



What should I already know?

- Some animals give birth to live young but others lay eggs.
- Doctors and nurses give us **medicine** when we are poorly.
- The parts of the human body and how they are associated with each sense.

Key Vocabulary

A **balanced diet** means eating lots of different kinds of foods and the right amount of each type.

Carbohydrates - give us lots of energy.

These are in foods like bread, pasta, rice, cereals, potatoes.

Protein - helps to strengthen our muscles and repair injuries. Protein is found in meat, fish, eggs and also meat alternatives like Quorn.

Strengthens - make something stronger.

Dairy - helps to keep our teeth and bones strong. These are foods made from milk which contain calcium, like yoghurt, cheese and milk.

Fats - Give us energy and keep us warm e.g. oil

Fruit and vegetables - keep us healthy and give us lots of vitamins.

Vitamins - goodness that our bodies need to grow and be healthy.

Germs - tiny living things that can sometimes make us ill.



Hygiene

Hygiene means doing things that keep you clean and stop you from getting ill.

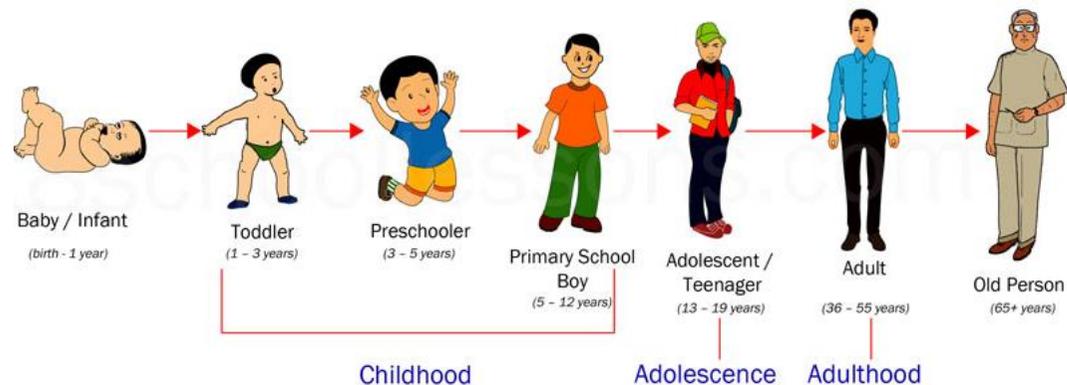
Germs are everywhere.

Some of them can make us ill.

Good **hygiene** helps us to stay healthy:

- Having a bath or shower.
- Washing your face.
- Brushing your teeth.
- Washing your hands.
- Cutting your nails.
- Wearing clean clothes.

Human life cycle



Question 1: Tick all the things that all animals need to survive:	Start of unit:	End of unit:
water		
exercise		
air		
food		

Question 2: Tick all the things humans need to keep healthy:	Start of unit:	End of unit:
exercise		
balanced diet		
medicine when given by a doctor or nurse		
look after animals		

Question 3: The word offspring means....:	Start of unit:	End of unit:
a form of gymnastics		
to go on and then off		
a season of the year		
a person's children or an animal's young		

Question 4: Place these in order 1-4 of how they happen in the life cycle of a human:	Start of unit:	End of unit:
toddler		
elderly		
adult		
baby		