



# HEALTHY HUMANS

## KNOWLEDGE ORGANISER



### Herbivore

An animal that **only** likes plants.



### Omnivore

An animal that likes to eat plants **and** meat.



### Carnivore

An animal that **only** likes to eat meat.



### Not Enough Water

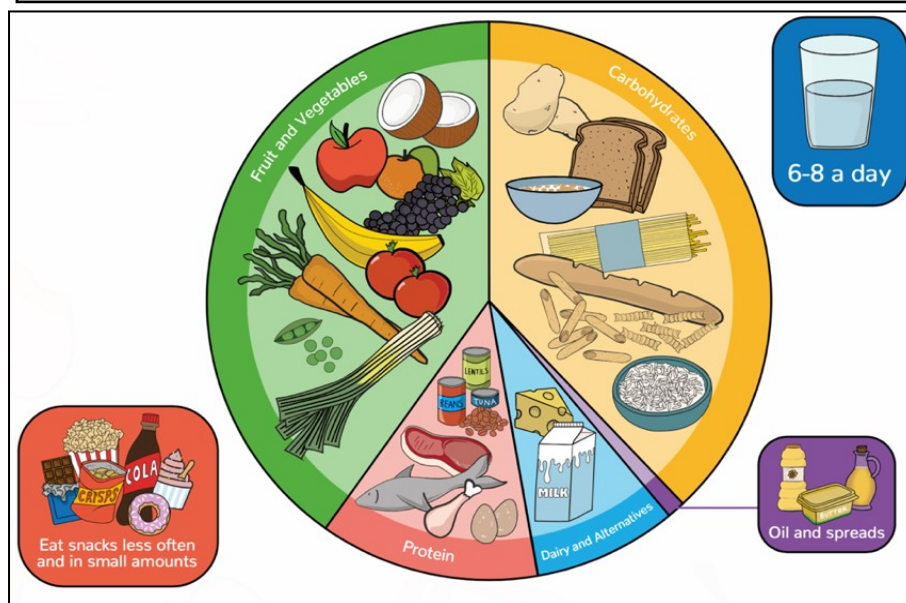
If we don't drink enough water, it can make us feel poorly and irritable and we can find it hard to concentrate. It is called being dehydrated.



Children should drink about 6 to 8 glasses of water a day to stay hydrated. Younger children can have smaller amounts in each glass (150ml to 200ml).



This is the Eatwell plate. It shows how much of each food group should be included in each meal.



Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide <b>energy</b>
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide <b>energy</b>
vitamins		keep you <b>healthy</b>
minerals		keep you <b>healthy</b>
water		moves <b>nutrients</b> around your body and helps to get rid of waste

## Organs of the Human Body



brain	lungs	heart
liver	kidneys	bladder
spleen	pancreas	stomach
small intestine	large intestine	skin