

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.

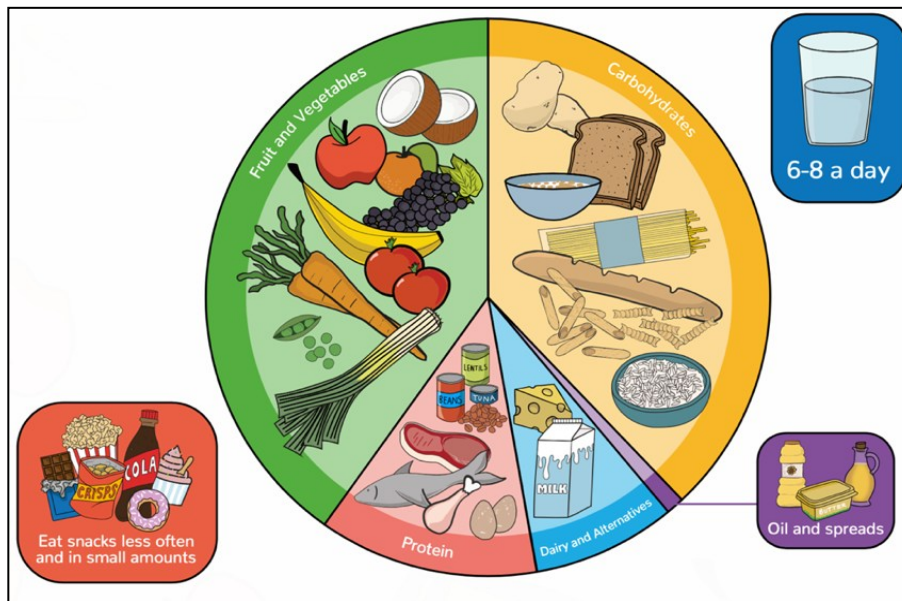


Children should drink about 6 to 8 glasses of water a day to stay hydrated. Younger children can have smaller amounts in each glass (150ml to 200ml).



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

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



Organs of the Human Body



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