

Health and Growth

Sticky Facts

All animal offspring grow into adults over time.

For survival, humans and animals need water, food and air.

Keeping healthy means caring for your body so you have enough energy to learn, play and grow.

To be very healthy, we need to keep clean, eat a variety of different types of food and exercise our bodies.

We should try to have five portions of fruit and vegetables, to get the right amount of nutrients.

It's important not to eat too much sugar as it damages teeth and can make us overweight.

For healthy teeth, brush twice every day.



Key Vocabulary

Healthy

Diet

Offspring

Adult

Needs

Survival

Exercise

Nutrients

Hygiene

Variety

Fat

Sugar

Vitamins

Minerals



During this unit, I will be learning to:	Completed	Self-Assessment
Notice that animals, including humans, have offspring which grow into adults.		
Find out about and describe the basic needs of animals, including humans, for survival (water, food and air).		
Describe the importance for humans of exercise.		
Describe the importance for humans of eating the right amounts of different types of food.		
Describe the importance for humans of good hygiene.		



