

To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



Water, lower fat milk and sugar-free drinks.

Eatwell Guide



Eat less often and in small amounts.



oil and spreads
Choose unsaturated oils and use in small amounts.



What I already know:

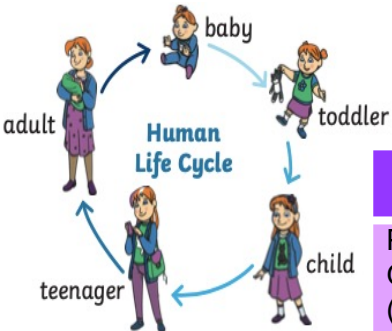
- 1 I can name a variety of common animals that are carnivores, herbivores and omnivores. (Yr 1)
- 2 I can name and label the basic parts of the human body (Yr 1)
- 3 I can identify the five senses (Yr 1)
- 3 I understand the importance of healthy eating and hygiene (Yr 2 – Healthy Me)

Key Vocabulary

offspring	The child of an animal
live young	Offspring that has not hatched from an egg.
develop	To grow bigger and become stronger.
adult	A fully grown animal (including humans) or plant.
life cycle	The changes living things go through to become an adult.
diet	The food and water that an animal needs.
food types	e.g. meat, fish, vegetables, bread, rice, pasta, dairy

What I will learn:

- 1 I will find out about and describe the basic needs of animals, including humans, for survival (water, food and air).
- 2 I can describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene
- 3 I know that animals, including humans, have offspring which grow into adults.



Scientists/Inventors:

Poppy Okotcha (May 1996 -)
Horticulturalist interested in the connection between healthy environments, healthy food, and healthier people.

Working Scientifically Skills

- 1 Observe closely
- 2 Use simple equipment
- 3 Sort and classify