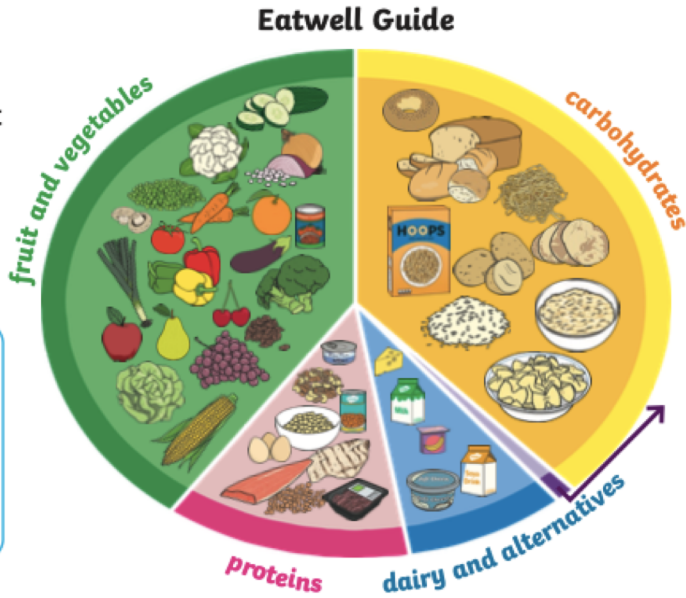


To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



Water, lower fat milk and sugar-free drinks.



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, exercise and hygiene (Yr 2 – Healthy Me)

### Key Vocabulary

diet	The food and water that an animal needs.
balanced diet	Food that provides all the essential nutrients in the right amounts.
healthy	Being strong, well and free from sickness or disease
disease	Illness or sickness
exercise	A physical activity to keep your body fit.
food groups	Fruit and vegetables, carbohydrates, proteins, dairy, fats and oils
germs	Tiny living things that can cause disease.
hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
nutrition	Food needed for health and growth

### Working Scientifically Skills

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

### 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

### Scientists/Inventors:

Poppy Okotcha (May 1996 - )	Horticulturalist interested in the connection between healthy environments, healthy food, and healthier people.
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To stop germs from spreading, it is important to be **hygienic**.

