



KS1 – Science - Humans

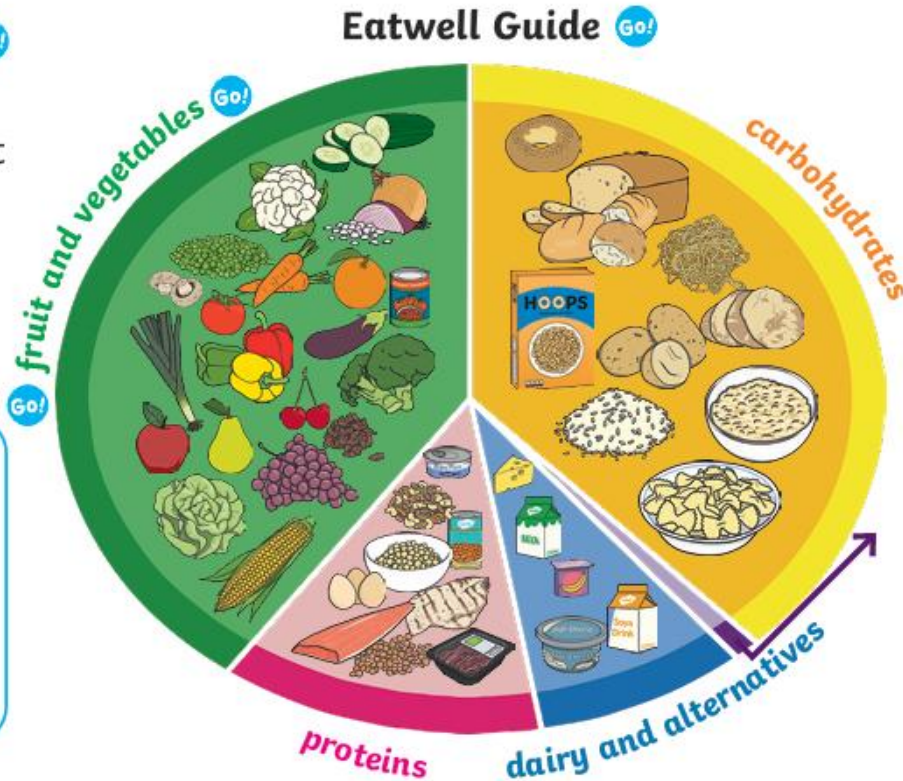


Living things: Living things are made of tiny parts called cells. These cells work together to help the living thing grow, move, and stay alive.

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.



Being active and **exercising** keeps our bodies and minds healthy.



To stop germs from spreading, it is important to be **hygienic**.



To stay alive, all animals have three basic needs for survival:



air



water



food



Vocabulary

hygiene - How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.

nutrition - Food needed to live.

pulse - The beating of the heart that can be felt in your neck and wrist.

disease - Illness or sickness.