

Key Facts

- To stay alive all animals have 3 basic needs—air, water and food
- To grow into a healthy adult we must eat the right types of food in the right amounts
- We must exercise
- To stop illness and infection we must keep ourselves clean.



Vocabulary

- dehydrate –To lose water
- diet –the food and water that an animal needs
- disease –sickness or illness
- energy –the power needed to carry out a task
- exercise –a physical activity to keep your body fit
- germs = bugs that cause disease and illness
- heart rate—the number of times a heart beats in one minute]
- hygiene—how clean something is to stay healthy and stop disease and illness spreading]
- nutrition –food needed to live
- pulse—the beating of the heart that can be felt in your neck and wrist.

Facts about exercise

- Always stay active.
- Try and drink plenty of water.
- When you exercise, the heart pumps blood around your body.
- The pulse rate tells you how fast your heart is beating.



Facts about food

- Eat the right types of food.
- Do not eat too many fats and sugars.
- Fibre is good for your body.
- Make sure you get enough vitamins and minerals.