

Basic Needs

All animals have three **basic needs** for survival:



water



air



food



Shelter is also important as it protects animals from bad weather and danger.

Key Vocabulary

balanced diet	a healthy mix of the five food groups
basic needs	what animals need to stay alive
beats per minute (bpm)	how your heart rate is calculated
calcium	nutrient found in milk, cheese and yoghurt
carbohydrates	nutrient found in bread, potato, pasta & rice
dehydration	dried out
energy	power
exercise	moving around
germs	tiny living thing that can make us unwell
heart	muscle that pumps blood around your body
hygiene	things we do to keep things clean
life cycle	changes living things go through
nutrients	essential for life and growth
offspring	the baby of an animal
protein	nutrient found in beans, fish, eggs and meat
pulse	beating of heart, felt in wrist or neck
shelter	protects from bad weather and danger
survival	to stay alive
vitamins & minerals	nutrients found in fruit and vegetables

Offspring

All animals, including humans, have **offspring** which grow into adults. Humans go through different stages as they grow.



baby



toddler



child



teenager



adult



Exercise

Exercise helps to keep you fit and healthy. It makes your muscles and bones stronger. Exercising can also make you happier.

Balanced Diet

The food we eat gives us **nutrients**. To have a **balanced diet**, we should eat foods from each of the five groups every day. These are:

Fruit and Vegetables

Bread, Potatoes, Pasta and Rice

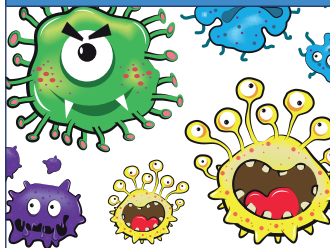
Beans, Pulses, Fish, Eggs and Meat

Fats, Oils and Sugars

Milk, Cheese and Yoghurt



Hygiene



Staying clean is important as it keeps you healthy. Germs can be spread easily. Washing your hands is the best way to stop germs from spreading.

