




Key Knowledge

Key Vocabulary

All animals have 3 basic needs which they need to **survive**:

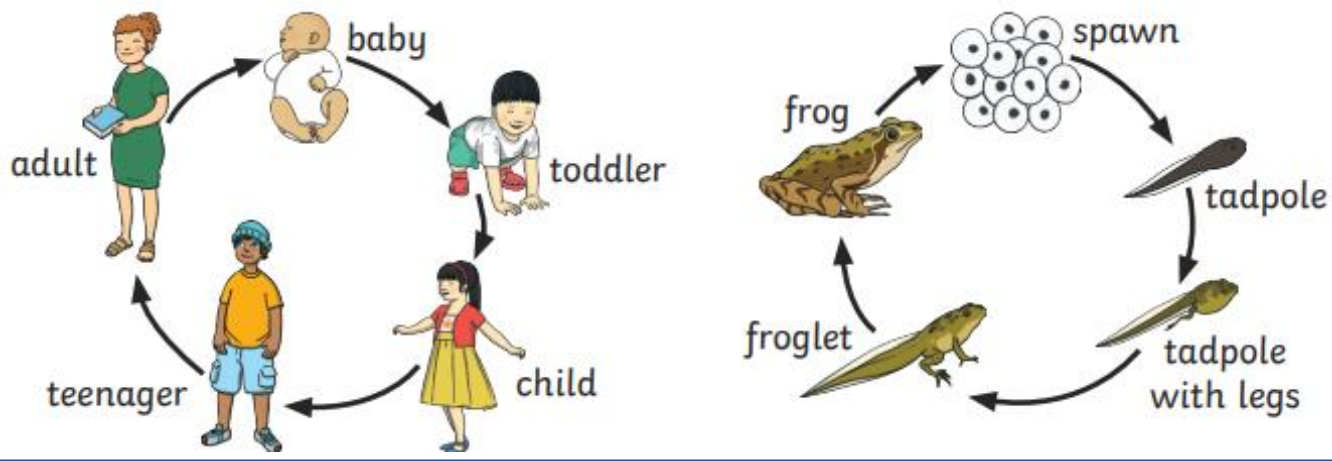


To stop illness and infections spreading, we must be **hygienic** and wash our hands with soap.

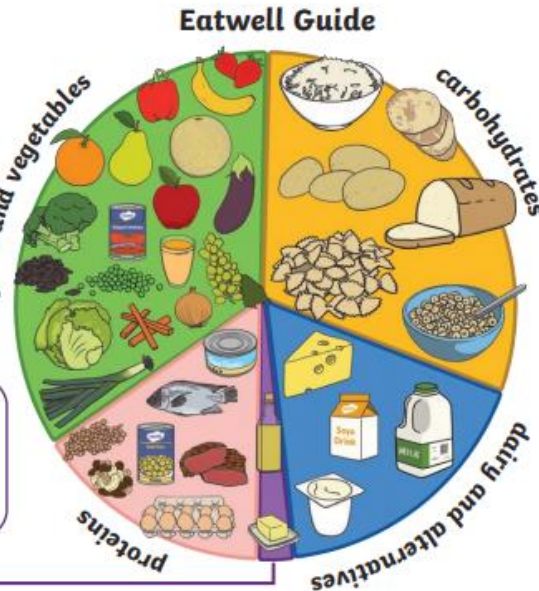


life cycle	The changes living things go through to become an adult.
survive	To stay alive.
balanced diet	What we eat to keep our bodies healthy.
exercise	A physical activity to keep your body fit.
hygiene	Things we do to stay clean.


All living things **reproduce** and have **offspring**. They develop through the stages of their **life cycle** and grow into adults.



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



Water, lower fat milk, sugar-free drinks including tea and coffee all count.



Eat less often and in small amounts.



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

Exercising and raising out heart rate is important to keep fit and healthy.



To keep our bodies healthy, we must eat a **balanced diet**.