

# Science-Animals including humans.

Water is important for humans and animals. It keeps them cool, helps them to grow and flushes out waste.

Food is important for humans and animals. It gives them energy to think, move and grow.

Air is important for humans and animals. It helps their bodies to work, grow and produce energy.

To stay healthy, it is important that we have a balanced diet with the right amounts of different foods and we should get plenty of exercise. This helps us to stay fit and keep our bones and muscles strong.



To stay healthy, we need to make sure we keep ourselves clean, or hygienic. Doing this helps us remove germs and stops us getting sick.



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**Animals** - A living thing that can move and eat and react to the world through its senses e.g. bird, insect, reptile and mammal.

**Humans** - Humans are a type of animal known as mammals.

**Survival** - The act or fact of continuing to be alive or survive.

**Diet** - The food and drink usually eaten and drunk by a person or animal.

**Balanced Diet** – A balanced diet is a diet consisting of a variety of different types of food and providing the right amount of the nutrients necessary for good health.

**Exercise** - Activity done to keep the body or mind strong or to make them stronger.

**Healthy** - Being free from sickness and showing good mental or physical condition.

**Hygienic** – Maintaining cleanliness

**Germs** - A microscopic organism, especially one that causes illness. Bacteria and viruses that cause diseases are called germs.

**Sickness** - The condition of being sick or having an illness.