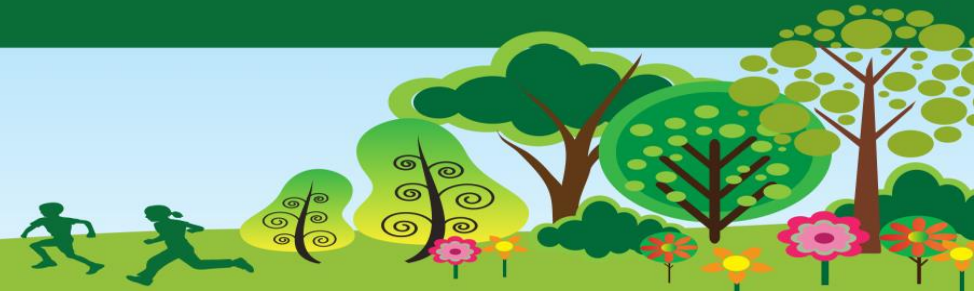




# Growth - How do we take care of ourselves?



## STICKY KNOWLEDGE

To survive all animals and humans need their basic needs met; air, water, food and shelter.	Humans need clean water and air, a healthy diet, clothes to wear and a good amount of sleep.	There are 5 major food groups; fruits and vegetables, carbohydrates, protein, dairy and fats and oils.
Too much sugar, salt and fat can cause health problems	I should exercise for 60 minutes a day. This exercise should make my heart beat faster.	Some bacteria can make us sick so we need to wash our hands and bodies regularly.

## KEY VOCABULARY

Survival	To continue to live or exist
Oxygen	a gas found in the air that is needed for survival.
Balanced diet	a diet which contains a variety of food types that help your body to be healthy
Healthy	being well and fit
Exercise	activity requiring physical effort, carried out to improve health and fitness
Hygiene	the things you can do to keep yourself and your surroundings clean

### Daily Needs of a Human

a place to live

food

water

air

sleep

hygiene



exercise

### 5 Food Groups:



USE SOAP



PALM TO PALM



BACK TO HANDS



FINGERS INTERLACED



BASE OF THUMBS



FINGERNAILS



RINSE HANDS



DRY HANDS



Poppy Okotcha