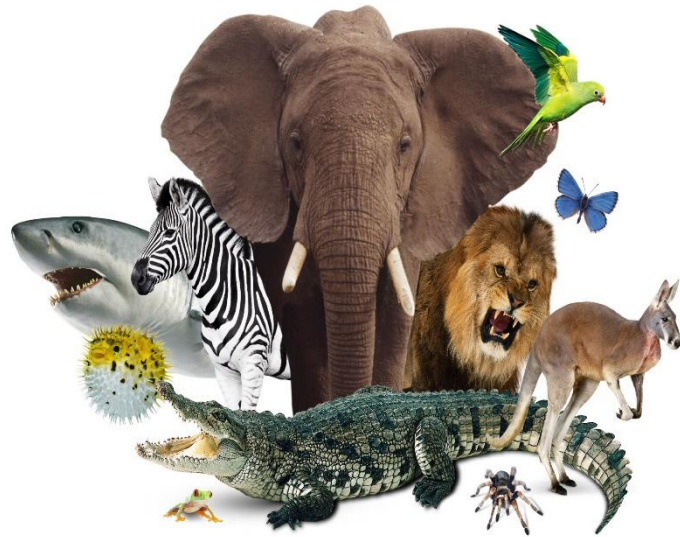


# ANIMALS including Humans

**Assessment Question:**  
**What do humans need to survive and live a healthy life?**

## Key vocabulary



Survival, needs, animal, human, water, food, air, want, healthy, unhealthy, energy, health, food groups, balanced diet, protein, carbohydrates, fats, fruit, vegetables, exercise, healthy, grow, growth, adult, baby, reproduce, offspring, toddler, life cycle, humans

## Reproduction



-All animals reproduce. This means that they have offspring (e.g. humans have babies).

-For example, mammals give birth to live young, whilst fish lay eggs.

-All of these offspring must receive the basic needs of animals (below on the left) to grow into adults.

-When they are fully grown, they can also reproduce. And so, life goes on!



## Basic Needs of Animals

### Water



-Animals need water to make sure that they stay hydrated.

-Many animals drink water to survive. Other animals (e.g. fish) live in the water.

-Some animals get their oxygen from the water. Humans are made up of 70% water.

### Food



-Animals use food to get the energy & nutrients that they need.

-Animals eat plants (herbivores), other animals (carnivores), or both (omnivores).

### Shelter



-Shelter provides safety from weather/ predators and basic things that an animal needs to survive.

-Burrows, nests and dens are some examples.

### Oxygen



-All animals (including humans) need oxygen to live.

-Oxygen exists in the air, in the soil, and even in the water. Fish breathe oxygen through gills.

### Temperature



-Sunlight and heat are vitally important to all animals. This gives animals the energy that they need.

Some animals need more heat than others.

## Staying Healthy

### Exercise



-Humans (and many other animals) need to exercise. It builds our muscles and helps to pump blood around our body. Regular exercise makes us stronger and faster.

-Exercise also helps to keep our weight down. When we are too heavy and have too much fat, it is much harder to move, and puts a strain on our bodies.

### Eating a Balanced Diet

-It is also important that humans eat a balanced diet with all of the right nutrients – this helps us to grow bigger, stronger and healthier!

-Eating a balanced diet includes having fruit & vegetables, starchy foods such as breads and pastas, meats and fish (and other alternatives) and foods containing fats.



### Hygiene



-It is important to be hygienic. This includes regularly washing our hair and bodies, washing hands before eating and brushing our teeth.

-Being hygienic stops the spread of germs, which can cause diseases.

## Animal Life Stages

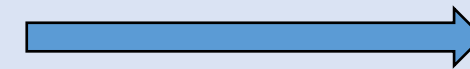
Birth



Growth



Reproduction



Death