



Why and how do we need to stay healthy?

Sticky Knowledge

Animals including humans need 4 basic things for survival:







1. Air containing oxygen to breathe.
2. Food – to grow and be healthy.
3. Water
4. Shelter

To stay healthy humans need to eat a **balanced diet**, do **regular exercise** and maintain personal **hygiene**.

Vocabulary

balanced diet	eating the right amount of each different food group
healthy	in a good physical and mental condition
energy	strength to be able to move a grow
exercise	physical activities to keep you fit and healthy
hygiene	being clean to prevent the spread of germs and diseases

Food groups

carbohydrates		provide energy
protein		helps growth and repair
fats		provide energy
fruit and vegetables		these contain vitamins and minerals to keep you healthy
dairy		foods which contain milk (cheese, butter, yoghurt, cream)
water		moves nutrients around your body and helps get rid of waste

