

# Animals including Humans

## Key Vocabulary

Survival	To carry on staying alive.	
Healthy	Good for your mind and body.	
Unhealthy	Bad for your mind and body.	
Nutrition	Having food needed for health and growth.	
Exercise	Physical activity/ movement.	
Germ	Small living things that can make us ill.	
Offspring	Children.	
Growth	Becoming larger in size.	
Toddler	A young child who is starting to walk.	
Teenager	A person who is between 13 and 19 years old.	

## What we've learnt already

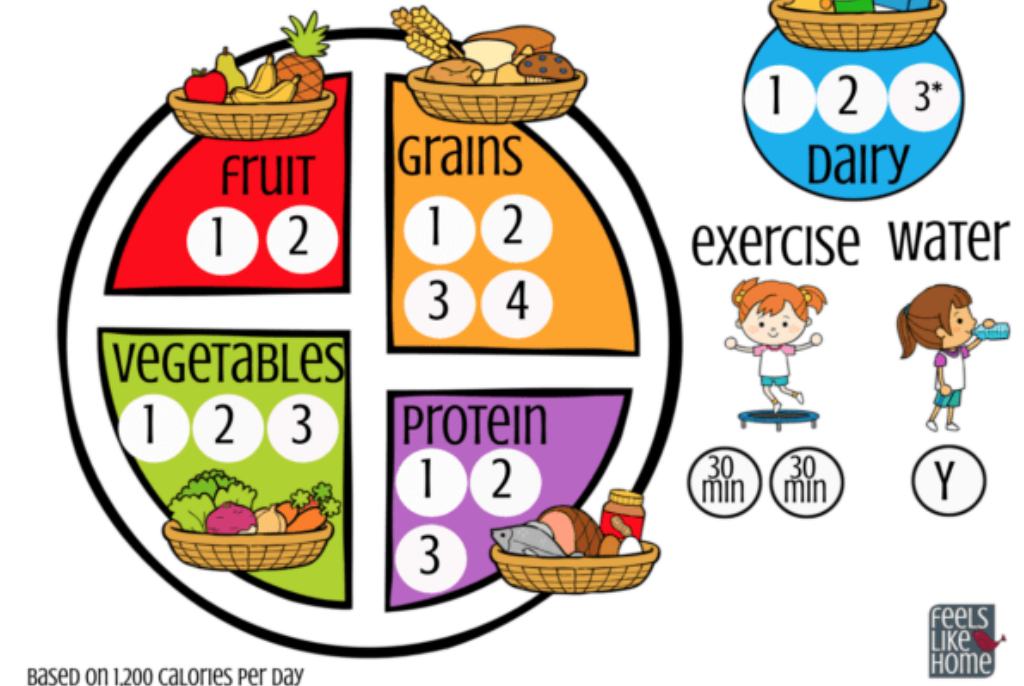
- We should have a basic understanding of healthy/ unhealthy foods.
- We should know that babies grow into adults.
- We should know that exercise keeps us healthy.

## Choices

- Choosing which foods are healthier to eat
- Choosing what is needed to survive compared to things that make us happy

## Diagrams

### MY HEALTHY CHECKLIST



## Lesson Sequence

L1	WALT: understand how animals change as they grow
L2	WALT: understand what animals need to survive
L3	WALT: understand the different food groups
L4	WALT: understand how humans keep clean
L5	WALT: understand how humans stay active
L6	WALT: understand how humans stay healthy

## Key Knowledge

Understanding that we need air, food and water to continue living, even if we were in space.

Understanding that some foods are healthier than others and how they provide us with nutrition to survive.

Knowing that a balance diet is the best to help us grow and keep us healthy.

Understanding the importance of exercising and having good hygiene to help us stay healthy and not become ill.

Understanding that humans and animals have offspring that grow and develop to have their own offspring.

When do babies grow into toddlers?

Why should we wash our hands regularly?

What do living things need to survive?

Why is exercising important?

What is the difference between babies and adults?

Why do we need air to survive?

Give 3 examples of exercise.

What do babies grow into?

What is a balanced diet?

Give three things we can do to maintain good hygiene.

Name a healthy food.

What is hygiene?

Name 3 food groups.

What is the difference between healthy and unhealthy foods?

What is a dogs offspring called?

Name an unhealthy food.

One Point

Two Points

Three Points

Four Points