

Knowledge Organiser: **Animals, including humans 1 - Growth** 

Careers connected to the human body: doctor, nurse, massage therapist, personal trainer, theatre technician













## **Lesson Sequence**



1. Describe the needs of animals for survival



2. Describe the needs of humans for survival



3. Explore the importance of eating the right food



4. Describe what a healthy, balanced diet looks like



5. Investigate the impact of exercise on our bodies



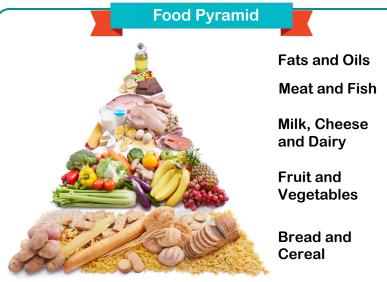
6. Investigate hygiene



Each serving (150g) contains

Energy 1046kJ	3.0g	Saturates 1.3g		Salt 0.9g
250kcal	LOW	LOW	HIGH	MED
13%	4%	<b>7</b> %	38%	<b>15</b> %







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**Before and After Test** 















Draw or write examples of the different types of food.



**Processed Food** 



Fresh Food



**Frozen Food** 



**Tinned Food** 



What fives thing	s does a human need to survive?
	What can you do to keep yourself clean?

Label the foods found in the layer	rs of the food pyramid.