



Basic Needs

All animals have three **basic needs** for survival:



water



air



food



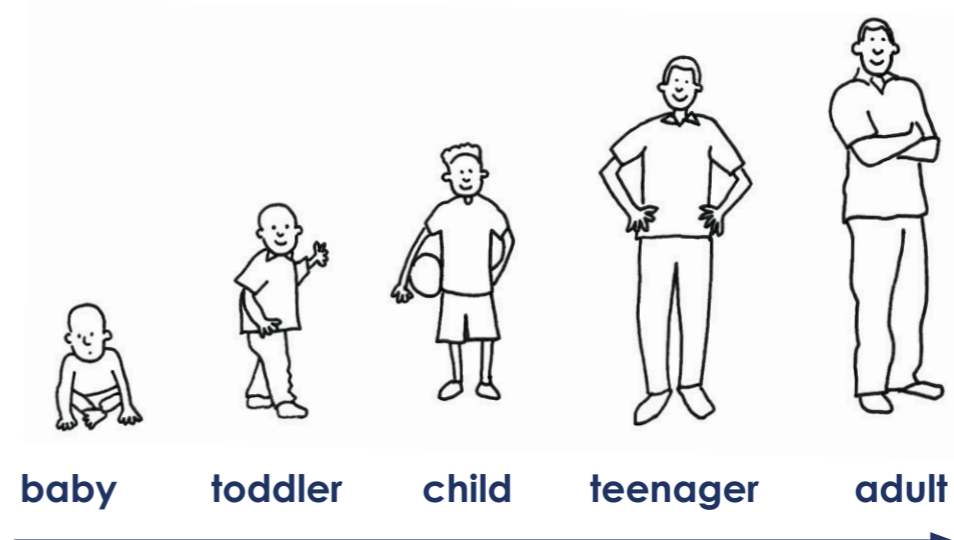
Shelter is also important as it protects animals from bad weather and danger.

Glossary

1	balanced diet	a healthy mix of the five food groups
2	basic needs	what animals need to stay alive
3	beats per minute (bpm)	how your heart rate is calculated
4	calcium	nutrient found in milk, cheese and yoghurt
5	carbohydrates	nutrient found in bread, potato, pasta & rice
6	dehydration	dried out
7	energy	power
8	exercise	moving around
9	germs	tiny living thing that can make us unwell
10	heart	muscle that pumps blood around your body
11	hygiene	things we do to keep things clean
12	life cycle	changes living things go through
13	nutrients	essential for life and growth
14	offspring	the baby of an animal
15	protein	nutrient found in beans, fish, eggs and meat
16	pulse	beating of heart, felt in wrist or neck
17	shelter	protects from bad weather and danger
18	survival	to stay alive
19	vitamins & minerals	nutrients found in fruit and vegetables

Offspring

All animals, including humans, have **offspring** which grow into adults. Humans go through different stages as they grow.



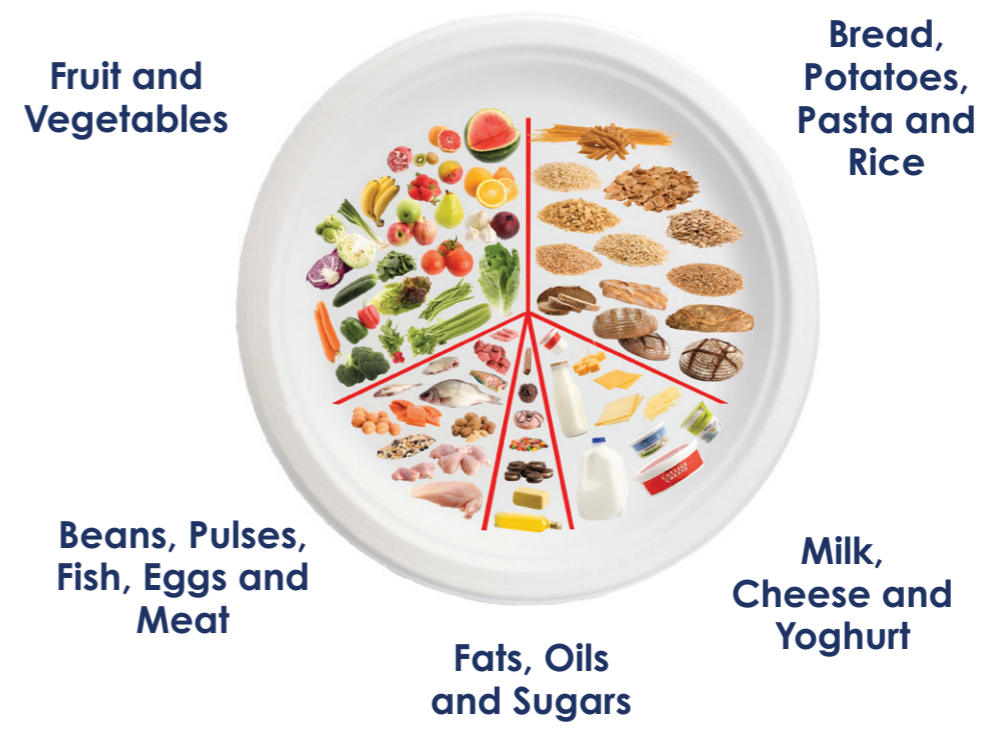
Exercise



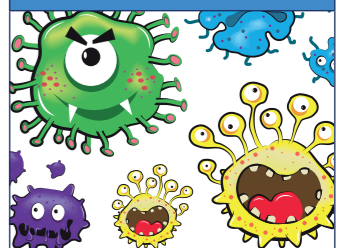
Exercise helps to keep you fit and healthy. It makes your muscles and bones stronger. Exercising can also make you happier.

Balanced Diet

The food we eat gives us **nutrients**. To have a **balanced diet**, we should eat foods from each of the five groups every day. These are:



Hygiene



Staying clean is important as it keeps you healthy. Germs can be spread easily. Washing your hands is the best way to stop germs from spreading.

