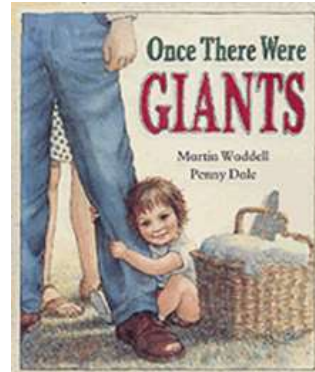


Animals including humans

Subject Specific Vocabulary

healthy	Means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep
diet	Eating a balanced diet means choosing foods in the right amount from each of the food groups.
off-spring	An animals' or humans' young (baby) reproducing new animals or humans
exercise	Running, walking and playing. You will need to feel out of breath if you have exercised properly.
heartbeat	The sound your heart makes pumping blood around the body.
hygiene	Taking care of our body by being clean and making sure we don't smell.
rvival	To succeed in staying alive when conditions are bad.



Prior Knowledge

- Can identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- Can identify and name a variety of common animals including fish, amphibians, reptiles, birds and mammals.
- Identify and name a variety of common animals that are carnivores, herbivores and omnivores.
- Describe and compare the structure of a variety of common animals (fish, amphibians, reptiles, birds and mammals, including pets) - Recall the meaning of the words: soft, stiff, waterproof, absorbent,

New Knowledge

- notice that animals, including humans, have offspring which grow into adults
- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene



Adelle Davis

(25 February 1904 – 31 May 1974) was an American and considered "the most famous nutritionist in the early to mid-20th century." She strongly supported that health could be improved through better nutrition. She wrote many books on the subject and changed

the diets of millions of people.