

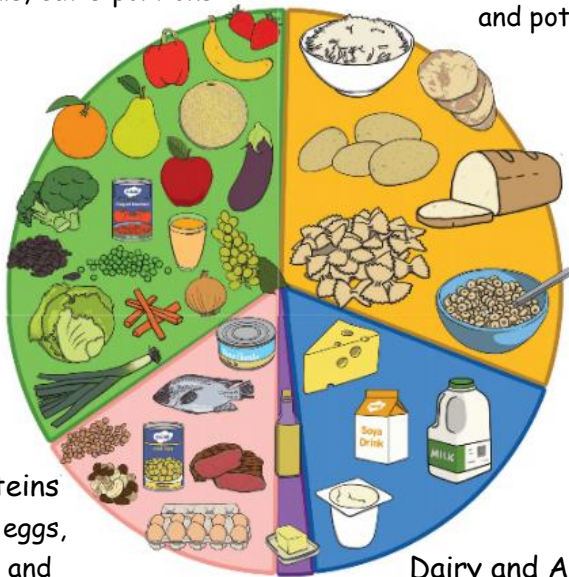
# Animals including Humans

What do animals need to be healthy?  
 All animals need water, food and air to survive. They also need to exercise to stay fit and to eat a **balanced diet**.

## Food Groups

**Fruit and Vegetables**  
 these provide vitamins and minerals, eat 5 portions a day

**Carbohydrates**  
 bread, pasta, rice and potatoes

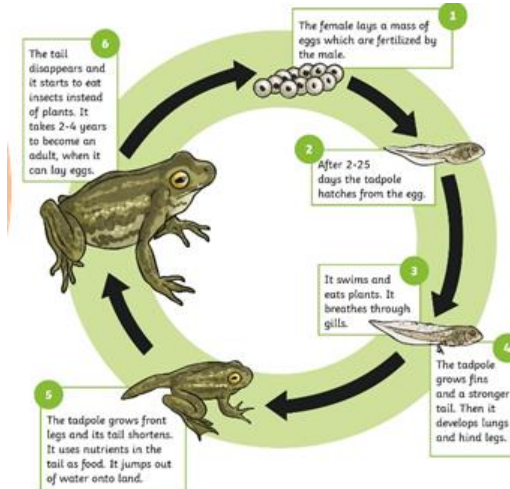


**Proteins**  
 fish, eggs, meat and beans

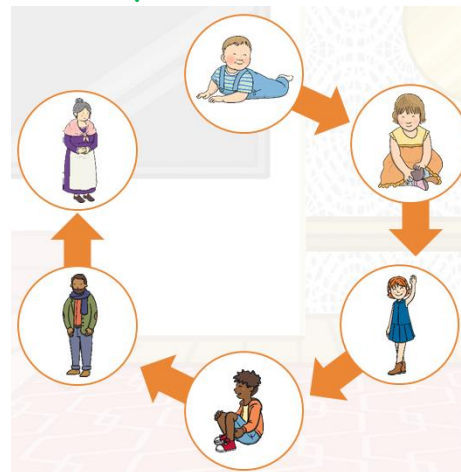
**Oils**  
 only eat small amounts

**Dairy and Alternatives**  
 these foods give us calcium which keeps our bones and teeth strong

## Life cycle of a frog



## Life cycle of a human



How have you changed as you have grown?

## Key vocabulary

<b>balanced diet</b>	Eating the right amount of food from different food groups
<b>carbohydrate</b>	Food that gives us energy
<b>exercise</b>	Physical activity to improve health
<b>life cycle</b>	The changes living things go through from the start to the end of their lives.
<b>protein</b>	Food that helps us to grow and build muscles
<b>vitamins</b>	Found in food and given an letter to identify it Vitamin C is found in oranges, broccoli and tomatoes