



Science Knowledge Organiser

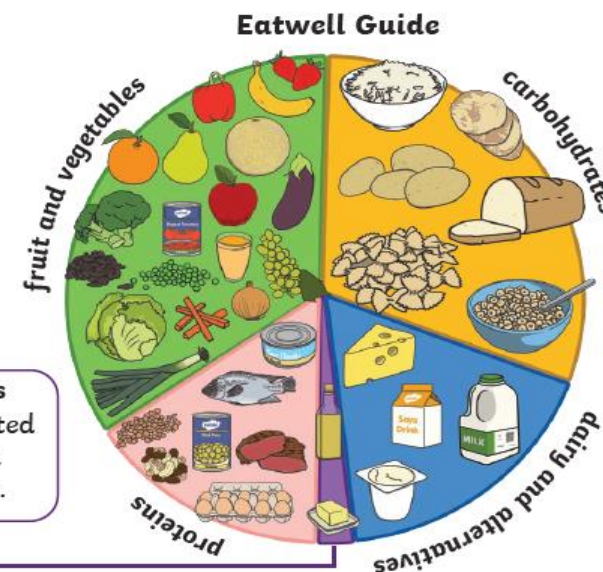
Animals including Humans



Key Vocabulary

dehydrate	To lose water (dry out).
diet	The food and water that humans needs.
disease	Illness or sickness.
energy	The power needed to carry out a task.
exercise	A physical activity to keep your body fit.
germs	Bugs that cause disease and illness.
heart rate	The number a heart beats in one minute.
hygiene	How clean something is (to stay healthy and stop disease and illness spreading).
nutrition	Food needed to live.
pulse	The beating of the heart that can be felt in your neck and wrist.

To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



Key Knowledge

To stay alive, all animals have three basic needs:

- air, water and food

To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**. Eat less often, and in small amounts.

To stop illness spreading, we must be hygienic and keep ourselves clean.

Water, lower fat milk, sugar-free drinks including tea and coffee all count towards our daily liquid intake of 6-8 glasses of water a day.

