

Human Survival

How do humans survive?

Human lifecycle

All humans are born, and they grow and change over time. At the end of their lives, all humans die.

The stages of human life are:

baby toddler child teenager adult elderly



What is nutrition and why is it important?

Nutrition and hydration

To stay healthy, humans need a balanced diet, plenty of water, exercise and enough sleep. To eat healthily, we must eat the right amounts of food from all five main food groups. This is called a balanced diet. These are the five main food groups:

Food group	Portions
fruit and vegetables	5+
carbohydrates	3-4
proteins	2-3
dairy and alternatives	2-3
oils and spreads	1

What is the Eatwell Guide?



What can we do to stay healthy?



What observations can you make about the effects of hygiene?

Regular exercise keeps our bodies strong and healthy.

Body hygiene is important to remove germs from our bodies.

How are germs spread?

Germs can spread onto our hands and surfaces we touch. Sneezing, coughing, using the toilet, handling pets and dirt from playing outside can all spread germs. Washing with soap and water removes germs.



Vocabulary

Life cycle	A series of changes throughout life.
Eatwell guide	A diagram that shows food groups and how much of each we should eat.
Hygiene	Activities that keep us clean and healthy.
Exercise	Activity requiring physical effort.
Germ	A microorganism that can cause disease.