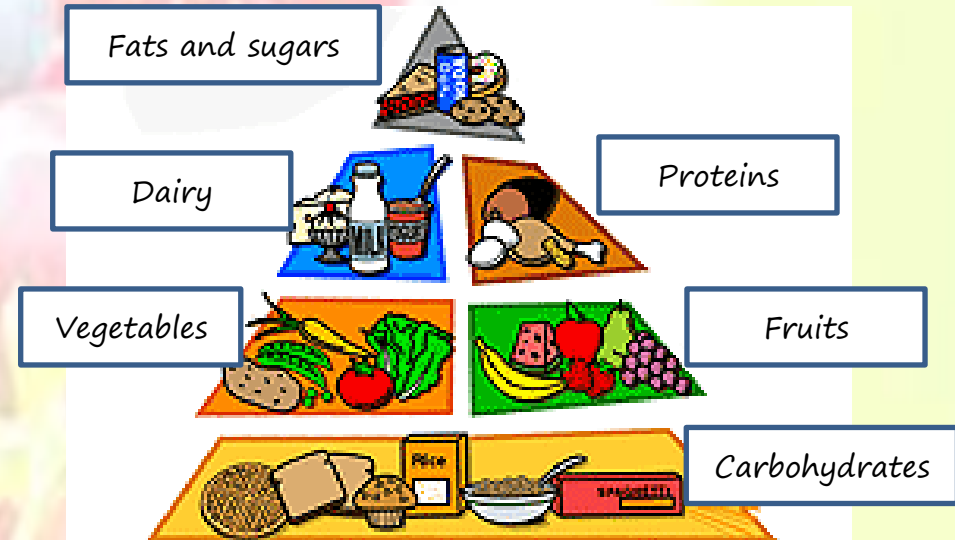


Key Facts

- Humans are animals.
- Eating a balanced diet keeps us healthy.
- Taking exercise makes our bodies strong and fit.
- The heart pumps blood around the body.
- Animals have offspring that grow into adults.
- All living things need air, water and food to stay alive.
- Thinking about our hygiene can prevent us from getting ill.

Topic: Where will a journey take us?
Science – Animals, including humans.

The food pyramid



Key Vocabulary

human	balanced diet
healthy	offspring
food types	exercise
life cycle	hygiene

Life cycle

Look at the life cycle of this butterfly.

