

- Exercise is good for us and can effect our bodies (EYFS)
- Doctors and nurses give us medicine when we are poorly (EYFS)
- There are five types of vertebrates (mammals, fish, reptiles, amphibians, birds) (Year 1)
- Some animals are suitable to be kept as pets but others are not (Year 1)



## What will I know by the end of the unit?

What do all animals need to survive?	All animals need water, air and food to <b>survive</b> .
What do humans need to be healthy?	To keep <b>healthy</b> , humans need: <ul style="list-style-type: none"> <li>• to eat a <b>balanced diet</b> and <b>healthy</b> food</li> <li>• some <b>exercise</b> to keep their <b>muscles</b> and <b>bones</b> healthy</li> <li>• to take <b>medicines</b> that are given by doctors and nurses when feeling poorly</li> <li>• to keep good <b>hygiene</b> by washing regularly, having clean clothes, brushing teeth and hair.</li> </ul>

## Investigate!

- Record a food diary and evaluate your **diet**.
- Collect information about favourite foods and present it in a **pictogram** or **bar chart**.
- Participate in a series of **exercises** and investigate how each **exercise** makes your body feel, affects your breathing, uses each of your **muscles**.
- Perform simple tests to investigate how **sneezes** spread germs.

## Vocabulary

balanced diet	a variety of food that you regularly eat
bar chart	a chart which uses bars to represent the value of something and comparing it to a different group 
bones	the hard parts inside your body which form your skeleton
disease	an illness which affects people, animals, or plants
exercise	when you exercise, you move your body energetically in order to get fit and to remain healthy
healthy	well and not suffering from any illness
hygiene	keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases
life cycle	the series of changes that an animal or plant passes through from the beginning of its life until its death
medicine	the treatment of illness and injuries by doctors and nurses
muscles	something inside your body which connects two bones and which you use when you make a movement
pictogram	a simple drawing that represents something 
skeleton	the framework of bones in your body
survive	continue to stay alive