



Key vocabulary.

Offspring – a baby or young human.

Exercise – physical activity that makes the body strong and healthy.

Healthy diet – a diet that includes fruit, vegetables and other healthy food.

Unhealthy diet – a diet that is high in fat, sugar or salt.

Hygiene – keeping yourself and your surroundings clean.

Germs – tiny living things that can make humans sick.



What do humans need to stay alive?

Why do humans need to eat a healthy balance of food?

How does exercise help our bodies?

Why is washing your hands important?

What happens to humans as they grow from babies to adults?

How does brushing your teeth keep you healthy?

