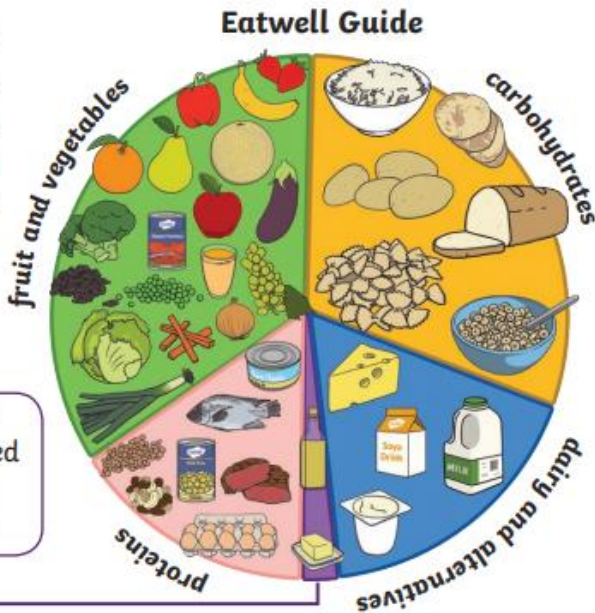


Key Vocabulary	
dehydrate	To lose water (dry out).
diet	The food and water that an animal needs.
disease	Illness or sickness.
energy	The power needed to carry out a task.
exercise	A physical activity to keep your body fit.
germs	Bugs that cause disease and illness.
heart rate	The number of times a heart 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 stay alive, all animals have 3 basic needs:



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



oils and spreads
Choose unsaturated oils and use in small amounts.

Water, lower fat milk, sugar-free drinks including tea and coffee all count.



Eat less often and in small amounts.



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

