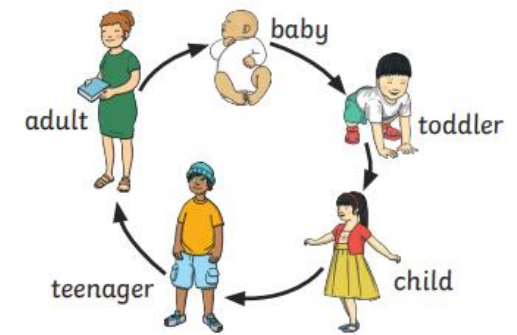


Knowledge Organiser – Fighting Fit

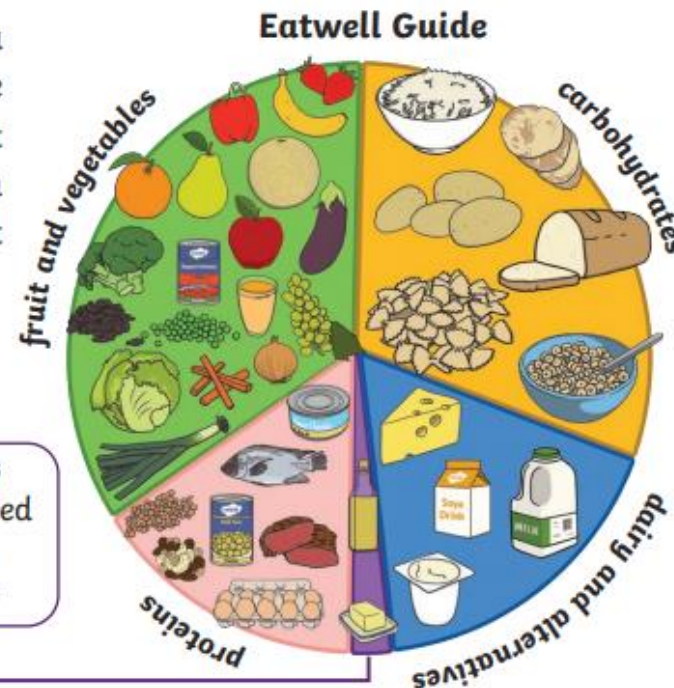
To stay alive, all animals have 3 basic needs:



Humans change as they grow into adults.

develop	To grow and become stronger.
diet	The food and water that an animal needs.
dehydrate	The lose water (dry out).
energy	The power needed to carry out a task.
exercise	A physical activity to keep your body fit.
disease	Illness or sickness
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 than can be felt in your neck and wrist.

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.

6-8 a day

Eat less often and in small amounts.

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

