Key Stage 1 - Forest Academy
Knowledge organiser – Animals Including Humans

Know how to…

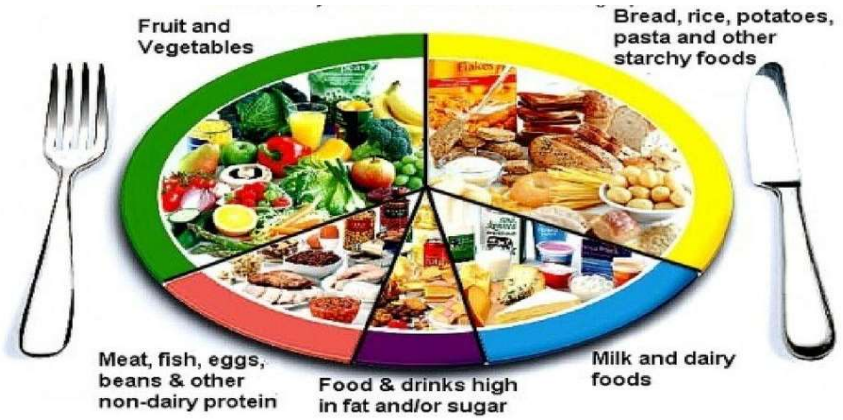
- Find out about and describe the basic needs of animals, including humans, for survival (water, food and air).
- Describe the importance for humans of exercise.
- Describe why we need to eat the right amounts of different types of food.
- Describe the importance of hygiene

A Healthy Diet

Nutrient	Found in… (examples)	What it does/they do
carbohydrates		provide **energy**
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide **energy**
vitamins		keep you **healthy**
minerals		keep you **healthy**
water		moves **nutrients** around your body and helps to get rid of waste

Key Vocabulary

balanced diet	A variety of food that you regularly eat
carbohydrates	Food such as bread, pasta and cereal
dairy	Food such as cheese and yoghurt
exercise	When you **exercise**, you move your body energetically in order to get fit and to remain **healthy**
fat	Food such as oil, butter and cream
germs	A tiny organism that causes a disease in a plant or animal.
healthy	When a person is strong and well
heart	A muscle which pumps blood around the body
hygiene	Keeping yourself clean and preventing diseases from spreading
muscles	Something inside your body which connects two bones and which you use when you make a movement
pulse rate	The number of heart beats per minute
unhealthy	When something is harmful towards your health



Human Survival

Here are some important things that humans need to survive:

- Water
- Air
- Food
- Shelter

Here are some things that humans need to stay healthy:

- To have a balanced diet of the right amount of different types of food and drink.
- Exercise regularly.
- Be hygienic

Exercise

Exercise is an activity that needs effort that helps us improve our fitness.
Why is exercise important?

- Exercise makes your heart healthy.
- Exercise strengthens your muscles.
- Exercise makes you flexible.
- Exercise makes you feel good.

Hygiene

Hygiene means doing things that keep you clean and stop you from getting ill. Germs are everywhere. Some of them can make us ill.

Good hygiene helps us to stay healthy. Here are some of things we can do to ensure we have good hygiene:

- Have a bath or shower.
- Wash your face.
- Brush your teeth.
- Wash your hands.
- Cut your nails.
- Wear clean clothes.