








## 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 <b>energy</b>
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide <b>energy</b>
vitamins		keep you <b>healthy</b>
minerals		keep you <b>healthy</b>
water		moves <b>nutrients</b> around your body and helps to get rid of waste

#### Key Vocabulary

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