

Animals including Humans Vocabulary and Knowledge Mat

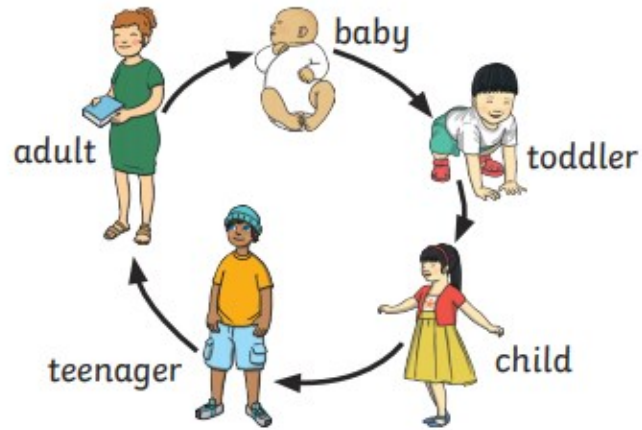
KS1

A human and animal life cycle

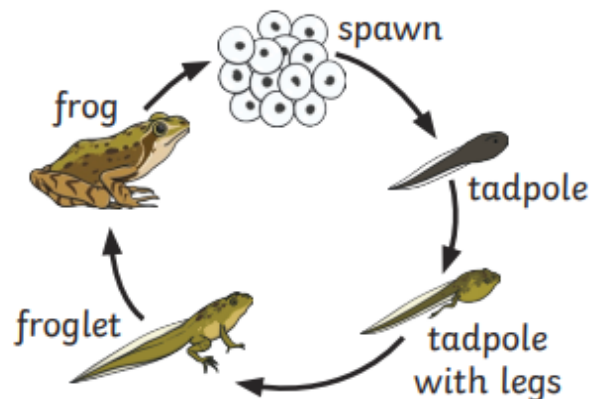
All living things change at different stages as they grow into adults.

This is know as a life cycle.

A human life cycle



A frog's life cycle



How to look after ourselves



Wash your hands before and after meal.



Avoid junk food.



Early to bed, early to rise.



Brush your teeth twice a day.



Go to school on time.



Be attentive in the class room.



Exercise regularly.



Take bath everyday.

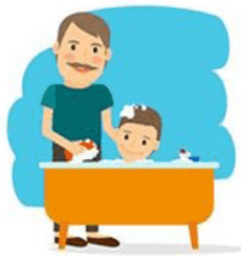
Important words that I need to know

animal	shelter	young	nutrition	exercise	reproduce
human	warmth	adult	survive	healthy	
offspring	energy	food	diet	hygiene	

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Personal Hygiene



Bathing Ritual



Hair Care



Toileting Hygiene



Coughing and Sneezing Hygiene



Hand Hygiene



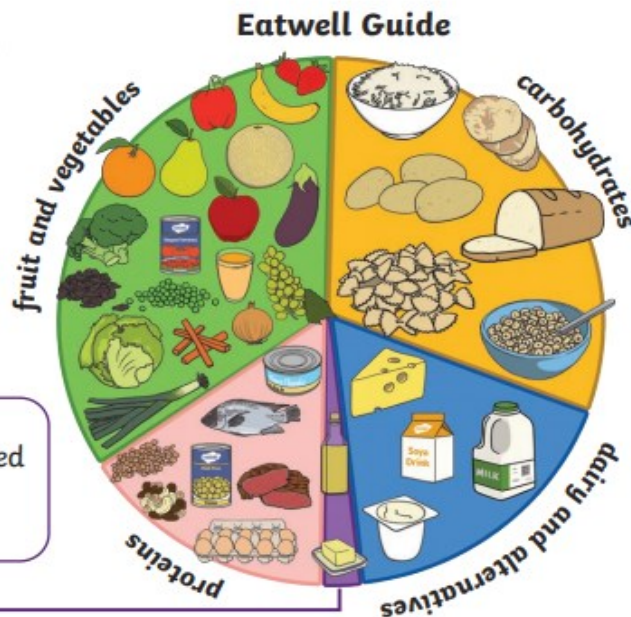
Oral Hygiene

Animals and their babies



Eating healthy

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.

Our basic needs for survival

To stay alive all humans and animals need:

