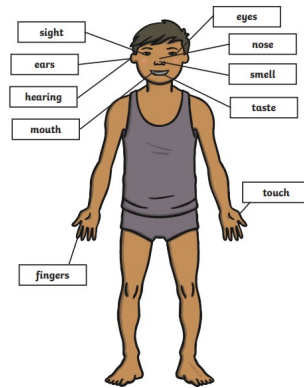


# Animals including Humans

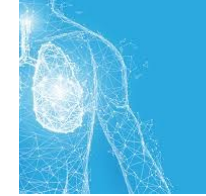
## What you should already know.....

- You should be able to label the basic parts of the human body.
- Which part of the body is associated with each sense



## What do humans need to survive?

- Water
- Food
- Air (Oxygen)



## What do Humans need to be healthy?

- Varied diet that includes things from the food pyramid
- exercise

**Hygiene**—how we stop ourselves from getting ill.

**Exercise** - physical activity/movement.

**Nutrition**—food for health and growth.

**Heart**— an organ that pumps blood around the body.

**Lungs**—organ used for breathing.

**Oxygen**—a gas vital for breathing

## How can we be hygienic?

- Use soap to wash our hands
- When coughing or sneezing cover our mouths
  - Daily brushing our teeth
  - Washing our bodies regularly

## The Food Pyramid

