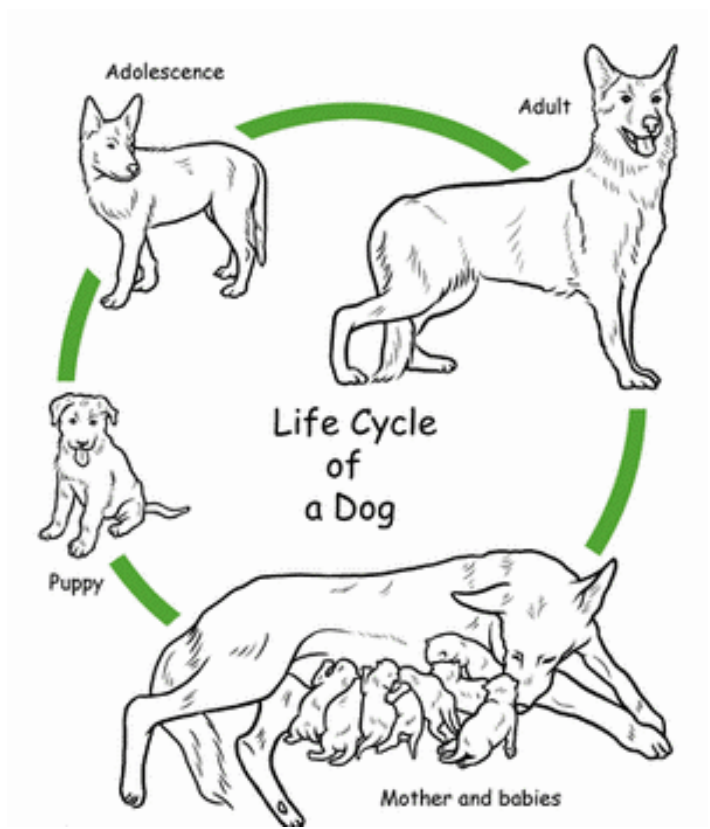
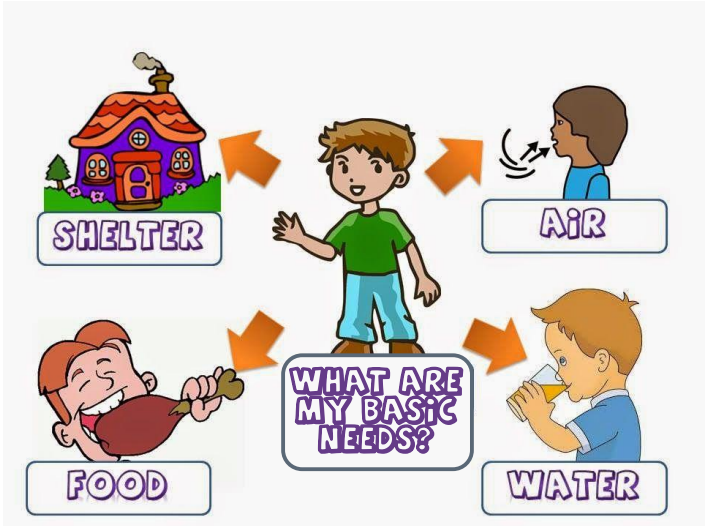


By the end of the unit, pupils will be able to answer...

- What are the stages of a human's life and how do they compare to the stages in an animal's life?
- What does a human need to survive?
- Why is a balanced diet and exercise important?

Vocabulary	Definition
adult	a mature, fully developed person
basic needs	what animals need to survive – water, food, air and shelter
breathing	taking in air and putting it back out again
disease	a change in a living thing that stops a part of it working properly
elderly	an older person who is in the later stages of their life
exercise	being physically active
germs	tiny living things that cause diseases
growth	when living things get bigger or change
hygiene	keeping clean to keep healthy
offspring	an animal's child or children



Investigate!

- Observe the obvious differences between babies, toddlers, children, teenagers, adults and the elderly.
- Interview a new parent to find out about newly born babies.
- Explore the effect of exercise on our bodies.
- Compare human life stages with animal life stages.
- Work out how to correctly wash hands using glitter gel.
- Make and try healthy foods.
- Sort foods into their different types.
- Research the benefits and drawbacks of different types of foods.