



## Lesson Sequence



1. Describe the needs of animals for survival



2. Describe the needs of humans for survival



3. Explore the importance of eating the right food



4. Describe what a healthy, balanced diet looks like



5. Investigate the impact of exercise on our bodies



6. Investigate hygiene

## Pre-cooked Food



## Processed Food



## Fresh Food



## Frozen Food



## Tinned Food



Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

## Daily Needs of a Human

a place to live

food

water

air

sleep

hygiene



exercise

## Food Pyramid



Fats and Oils

Meat and Fish

Milk, Cheese and Dairy

Fruit and Vegetables

Bread and Cereal

## Rocket Words

nutrition	food that provides nourishment to live and grow
healthy	being well and fit
protein	a food group, consisting of meat, seafood, eggs, nuts and more, which help the body repair cells
carbohydrate	a food group, including rice, bread and pasta, which give the body energy
dairy	a food group, including cheese, milk and yoghurt, which contains calcium to keeps our bones strong
fat	a food group that are important for energy but only needed in small amounts
exercise	activity requiring physical effort, carried out to improve health and fitness
hygiene	the things you can do to keep yourself and your surroundings clean

### What I already know:

#### Year 1

- ☐ I can identify and name a variety of common animals that are carnivores, herbivores and omnivores.
- ☐ I can identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

### What I will learn now:

#### Year 2

- ☐ I notice that animals, including humans, have offspring, which grow into adults.
- ☐ I can find out about and describe the basic needs of animals, including humans, for survival (water, food and air).
- ☐ I can describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

### What I will learn next:

#### Year 3

- ☐ I can identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.



Draw or write examples of the different types of food.

Pre-cooked Food



Processed Food



Fresh Food



Frozen Food



Tinned Food



What five things does a human need to survive?

_____	_____	_____	_____	_____
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What can you do to keep yourself clean?

_____
_____
_____

Label the foods found in the layers of the food pyramid.



_____
_____
_____
_____
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