

Needs of animals

To survive, all animals – including humans – need...

food



Animals need to eat to grow, get energy to move and repair.

water



Animals get water by drinking and eating food. They lose it in sweat, urine and tears.

oxygen



Some animals get oxygen by breathing air. Others get it from the water through gills.

the right temperature

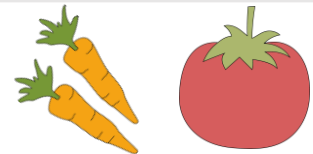


Some like it hot, and some like it cold!

To stay healthy, humans need...

... a healthy, balanced diet.

Our diet should contain all the nutrients we need and be low in sugar, salt and fat.



... to practise personal hygiene.

brush teeth
twice a day



change socks
and underwear
every day



wash hands
and bodies
regularly



... to get enough exercise.

Exercise helps us maintain a healthy weight, makes our muscles and bones strong and helps us sleep and feel better.

We should exercise for 60 minutes a day.

