

To stay alive, all animals have three basic needs for survival:

air



water



food



Quiz

What is diet?

What is a disease?

What is nutrition?

What are germs?

Key Vocabulary

diet

The food and water that an animal needs

disease

Illness or sickness.

exercise

A physical activity to keep your body fit.

germs

Tiny living things that can cause disease.

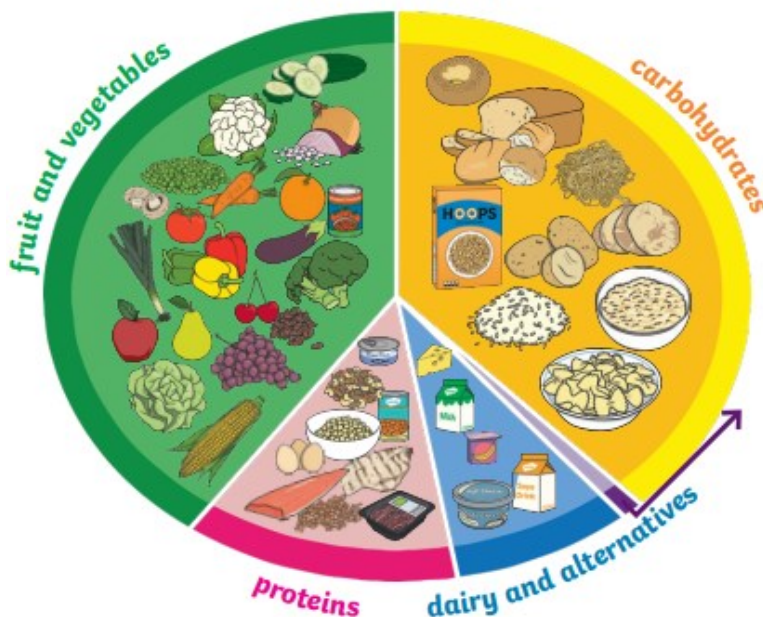
hygiene

How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.

nutrition

Food needed to live.

Eatwell Guide



Eat less often and in small amounts.



oil and spreads

Choose unsaturated oils and use in small amounts.

