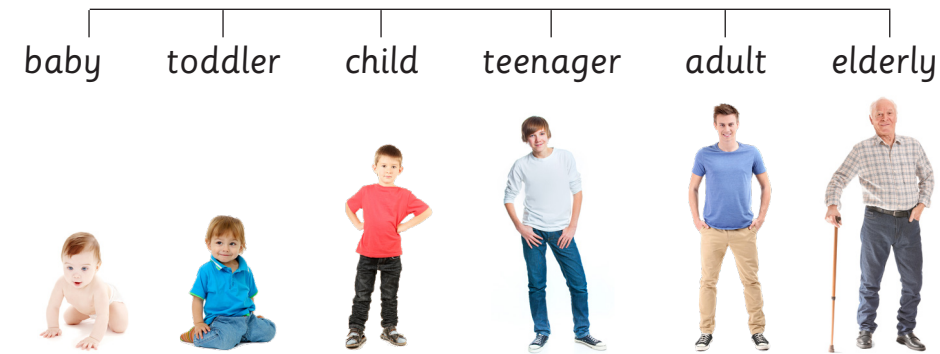


Healthy Humans

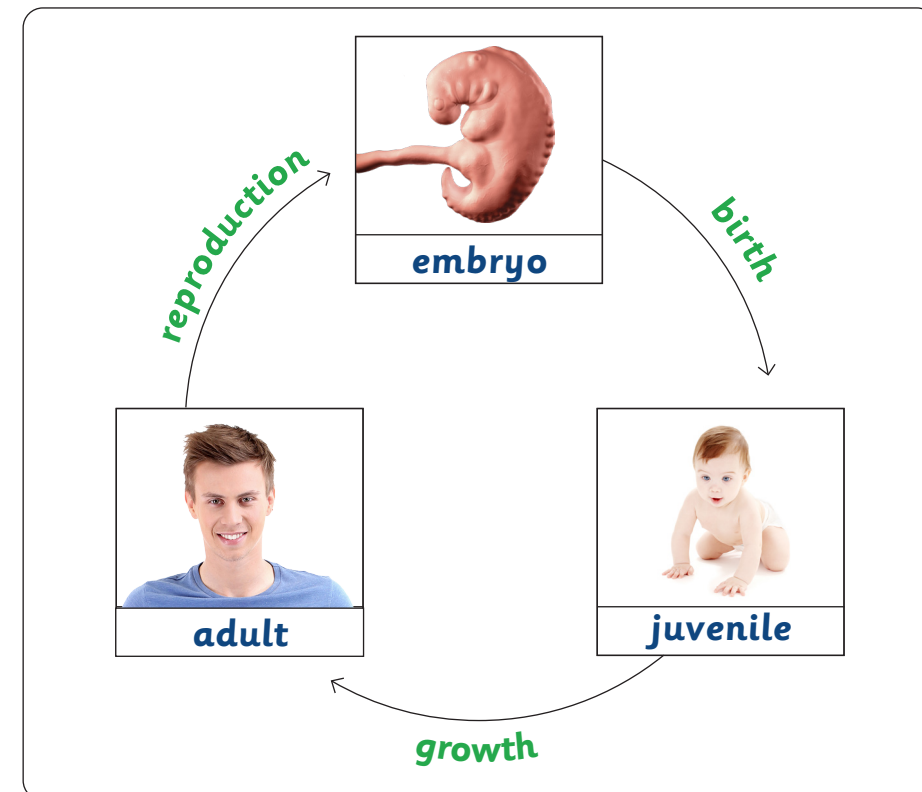
Stages of human life

All humans are born and they grow and change over time to become an adult. At the end of their lives, all humans die. We can show the six stages of life as a timeline.



Human life cycle

A human life cycle is different from a timeline because it is a circular diagram.



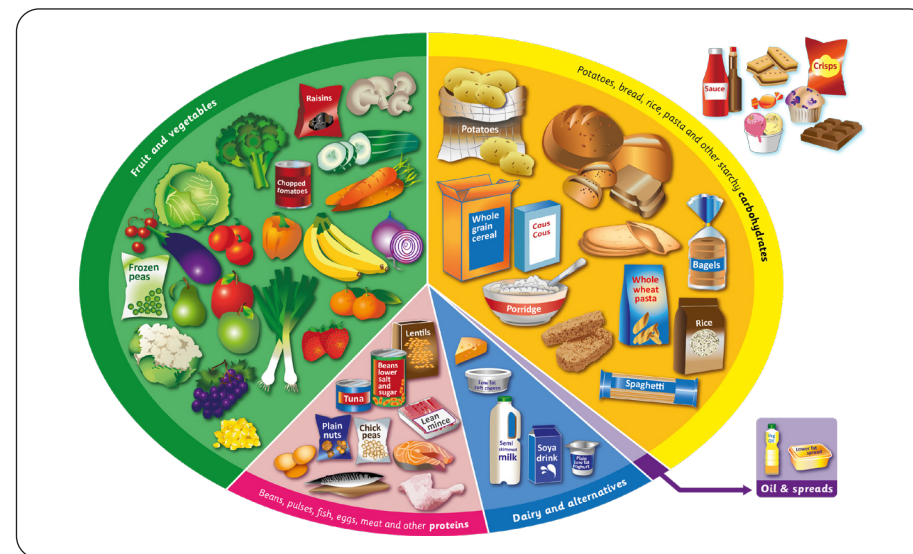
Human needs

Humans need different things to keep them alive and healthy. Without one or more of these things, we cannot survive. The most important human needs are:

- food
- water
- air
- shelter
- space
- sleep
- love

Nutrition and hydration

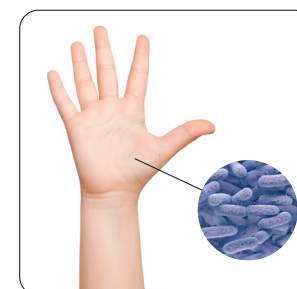
To stay healthy, humans need a balanced diet, plenty of water, exercise and enough sleep. To eat healthily, we must eat the right amounts of food from all five main food groups. This is called a balanced diet. These are the five main food groups: fruit and vegetables, carbohydrates, dairy and alternatives, proteins and oils and spreads.



The Eatwell guide shows which food is in each group and how much of each type of food we should eat each day. Sugary and fatty foods are not needed for a balanced diet.

Germs

Germs are microorganisms that can cause illness in humans. They get into the body through the eyes, nose or mouth.



Exercise

Regular exercise keeps our heart and lungs healthy and our bones and muscles strong. Exercise makes the heart beat faster, speeds breathing and can improve mood. There are four main types of exercise:



Aerobic



Strengthening



Stretching



Balancing

Personal hygiene

Personal hygiene is the way we keep our bodies clean, such as washing hands, brushing teeth and coughing and sneezing into a tissue before throwing it in the bin. Good personal hygiene stops us from smelling and prevents germs from getting into our bodies and making us ill.

