

Knowledge Mat: Animals including humans - Growth

How does this link to GROW?

G - Respect and care for God's creation
 O - Developing subject specific knowledge, skills and understanding

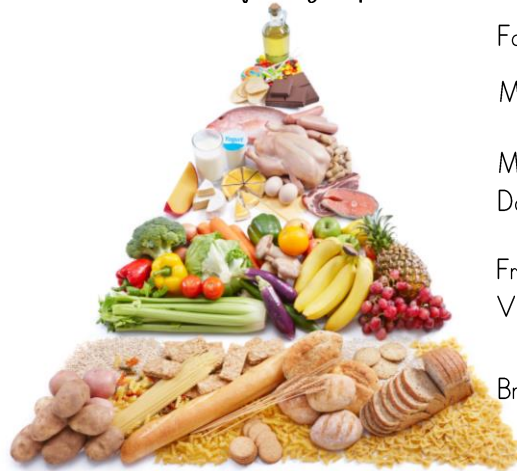
Subject Specific Vocabulary:

basic needs	things that people require to survive
hygiene	the things you can do to keep yourself and your surroundings clean
nutrition	food that provides nourishment to live and grow
exercise	activity requiring physical effort, carried out to improve health and fitness
healthy	being well and fit
balanced diet	Having different food and drink in equal or similar amounts

Key knowledge:

❖ Animals and humans need water, food, oxygen and shelter to survive.

The 5 food groups



Fats and Oils

Meat and Fish

Milk, Cheese and Dairy

Fruit and Vegetables

Bread and Cereal

❖ It is important to eat a balanced diet to stay healthy. Eating lots of fatty and sugary foods mean you are more likely to get ill.

❖ Good exercise or activity gets your heart beating faster than normal.

Books you might like:



What I've learnt previously:

What animals need to grow.

This will help me to:

Understand what animals need to survive.