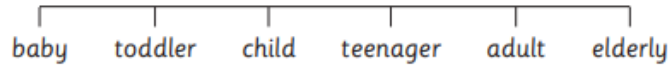


Human Survival

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 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

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:

Food group	Portions
fruit and vegetables	5+
carbohydrates	3-4
proteins	2-3
dairy and alternatives	2-3
oils and spreads	1

We should also drink six to eight glasses of water every day to stay hydrated. Water carries the nutrients from food around our bodies and helps us to concentrate.

Exercise

Regular exercise keeps our bodies strong and healthy. It also improves our mood. We should exercise for one hour every day.

How germs spread

Germs can spread onto our hands and surfaces we touch. Sneezing, coughing, using the toilet, handling pets and dirt from playing outside can all spread germs. Washing with soap and water removes germs.



Glossary

human	A human is a person. Every human is unique. No two humans are exactly the same.
mammal	Humans belong to a group of animals called mammals. Mammals have four limbs, such as arms and legs, and hair or fur on their bodies.
hydrated	Staying hydrated means adding water to the body by having a drink.
germs	Germs are tiny living things, such as bacteria, that can cause illness in humans.
nutrition	Nutrition is the study of food and how the food that you eat affects your health.