

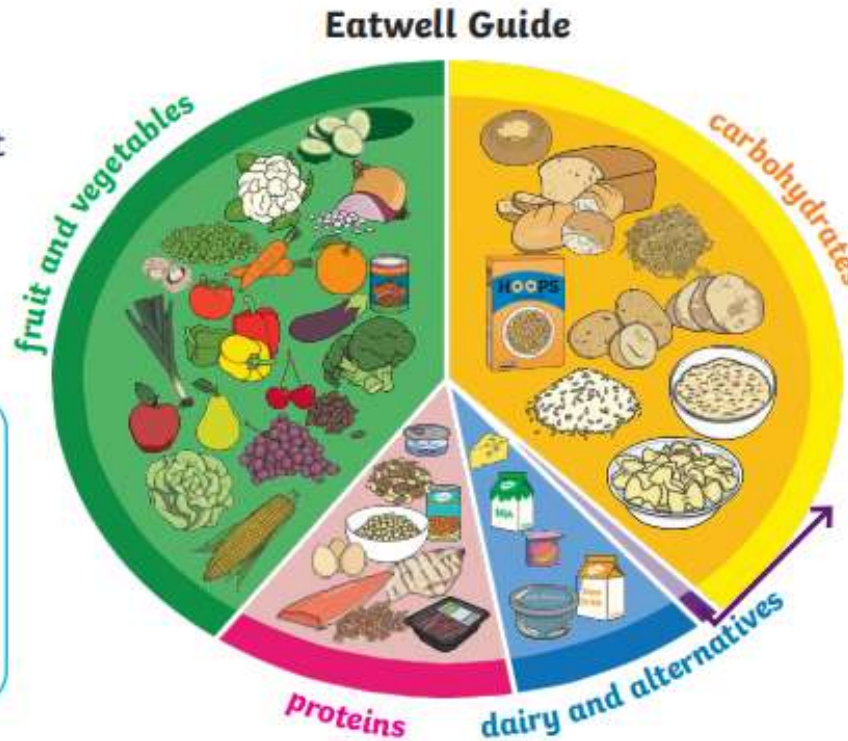
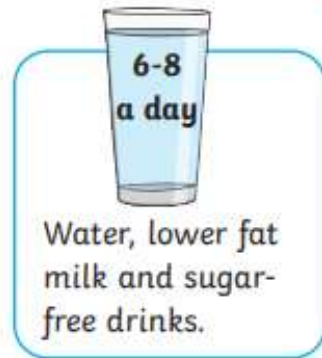
| Sticky Vocabulary |  |
|-------------------|--|
| <b>diet</b>       | The food and water that an animal needs.   |
| <b>disease</b>    | Illness or sickness.   |
| <b>exercise</b>   | A physical activity to keep your body fit.   |
| <b>germs</b>      | Tiny living things that can cause disease.   |
| <b>hygiene</b>    | How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading. |
| <b>nutrition</b>  | Food needed to live.   |
| <b>pulse</b>      | The beating of the heart that can be felt in your neck and wrist.                                    |

Sticky Knowledge

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



To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



Being active and **exercising** keeps our bodies and minds healthy.

To stop germs from spreading, it is important to be **hygienic**.