



How do people stay alive? Can humans stay alive without water?

Word	Definition
Water	A drink to hydrate
Air	Oxygen we breathe
Food	Gives nutrition
Healthy	Doing things to help your body
Unhealthy	Doing things that don't help your

Key Knowledge and Concepts

Humans and animals need these things to survive

Air



Water



Food



You will die if you don't have air food or water!

Carbohydrates



Meat and Dairy

You also need to eat a healthy balanced diet.

You should eat something from each of the food groups

Fruit and vegetables

Fats and sugary food

Drink 6-8 glasses of water a day



To keep healthy you need exercise regularly and keep clean.

