

To survive, animals including humans need:

Water



Air



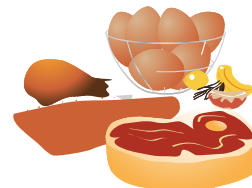
Food



### Food Groups



Dairy



Protein



Carbohydrates



Vegetables



Fats & Sugars



Fruit

### Key Words

Key Word	Meaning
<b>exercise</b>	Activity requiring physical effort.
<b>hygiene</b>	The things that you do to keep you and your surroundings clean and healthy.
<b>healthy</b>	Being in a good condition with your body and mind.
<b>nutrition</b>	Having the right food needed for health and growth.
<b>portion</b>	The size or amount of food provided at one time.
<b>balanced diet</b>	Having different food and drink in equal or similar amounts.
<b>measuring</b>	Working out the size or amount of something.
<b>temperature</b>	The heat that is present in a substance or object.