

Animals Including Humans



1. What do animals, including humans, need to grow up healthy?

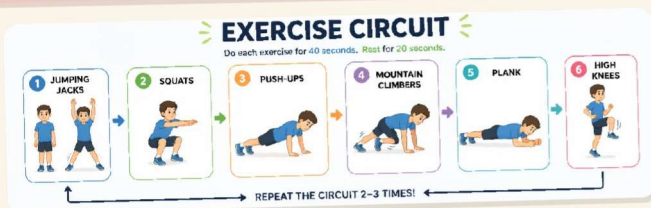
We need food, water, exercise, sleep and hygiene.

- A balanced diet gives us the right nutrients.

3. Why is exercise important for our bodies?

Exercise makes our heart and muscles stronger.

- Our heart beats faster to pump blood around.



5. Why is hygiene important, and how do germs spread?

Washing our hands stops germs spreading and keeps us well.

- Germs are tiny living things, too small to see.

6. How do we measure and compare handspans fairly?

We measure handspan, thumb tip to little finger, in cm.

- Using the same ruler for everyone keeps it fair.



2. What do our bodies need to survive?

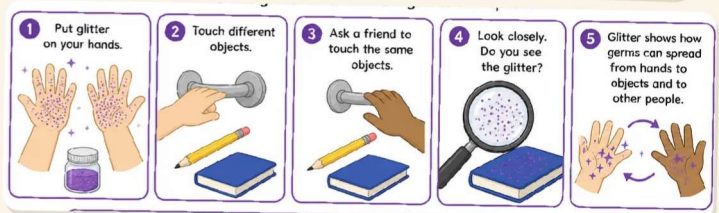
Humans, like all animals, need food, water and air.

- We also need shelter and warmth.

4. What makes a meal balanced?

A balanced meal has fruit, veg, carbs, protein and dairy.

- Too much sugar or fat can harm our health.



Measuring Handspan



7. TAPS: How do we write up our handspan investigation?

We follow the steps of a pattern-seeking test.

- **Predict, measure, record, then conclude.**

Measure here						
	Handspan (cm)	Less than 15 cm	15 – 17.9 cm	18 – 20.9 cm	21 – 23.9 cm	24 cm or more

VOCABULARY

healthy balanced diet nutrients exercise hygiene
germs survive handspan measure centimetres
pattern predict evidence conclusion

SKILLS I'LL USE

- Take accurate measurements
- Record in a simple table
- Make a prediction
- Compare results
- Spot a pattern