

**What I should already know**

**Carnivores**



Polar bear    snake    lion

**Herbivores**



cow    rabbit    elephant

**Omnivores**



chimpanzee    badger    bear

**6 types of animals**

- invertebrates
- fish
- amphibians
- reptiles
- birds
- mammals.

**Good hygiene**

**Remember ... wash your hands**

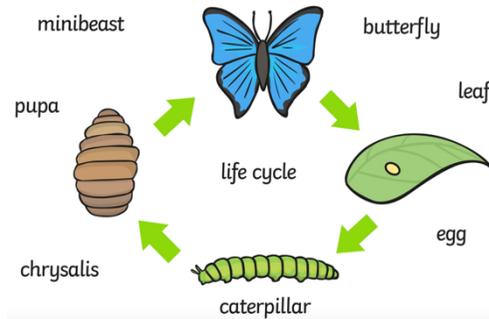


- 1** Wet your hands.
- 2** Use enough soap to work up a good lather.
- 3** Scrub your hands and count to 20.
- 4** Rinse off your hands.
- 5** Use a clean paper towel to dry your hands.

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**Life cycle**

**Life cycle of a butterfly**



**Life cycle of a human**

These pictures show the stages you go through as you grow from a baby into an adult.

Which of these stages are you at now?



baby    toddler    child    teenager    adult

**What is good hygiene?**

To maintain daily personal hygiene, you should make sure:

Your hands are washed after you've used the toilet

Your face is washed daily

You're fully bathed or showered at least twice a week

Your teeth are brushed twice a day

**Vocabulary**

<b>Offspring</b>	A person or animal's child or children
<b>Growth</b>	The process of getting bigger
<b>Pupa</b>	An insect that is about to turn into an adult
<b>Baby</b>	A very young child
<b>Toddler</b>	A young child that is just beginning to walk
<b>Child</b>	A young person below the age of 13
<b>Teenager</b>	A person aged between 13 and 19
<b>Adult</b>	A grown up
<b>Fluids</b>	A liquid

**Eatwell Guide**

**Eatwell Guide**

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods. Each serving (100g) contains: Typical values per 100g per 100g (kcal) of 100kcal. Choose foods lower in fat, salt and sugars.

Choose wholegrain or higher fibre options. Choose lower fat and lower sugar options.

Water, lower fat milk, sugar-free drinks including tea and coffee all count. Limit that juice and/or smoothies to a total of 150ml a day.

Choose unsaturated oils and use in small amounts.

Per day: 2000kcal, 2500kcal = ALL FOOD + ALL DRINKS

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