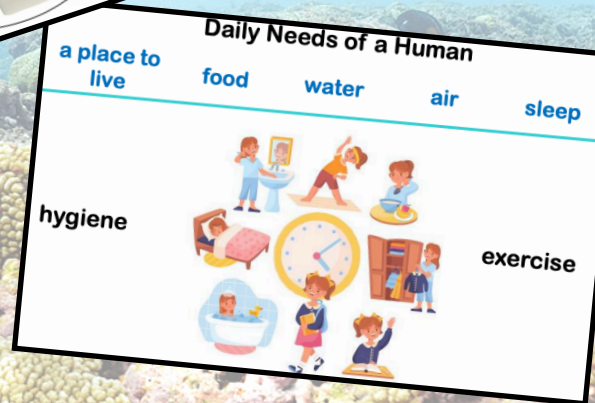


# What do animals need to survive and thrive ?

Key scientist – Elsie Widdowson



Elsie Widdowson was a female, food scientist. During World War 2 she was concerned about how the war was affecting people's diets. Her research led to vitamins being put into foods.



## Key vocabulary

Balanced diet	A diet which contains a variety of food groups which help to keep the body healthy.
carbohydrate	A food group that gives the body energy. It includes rice, bread and pasta.
dairy	A food group that contains calcium. It includes milk, cheese and yoghurt.
exercise	Moving your body to improve health and fitness.
healthy	Being fit and well.
hygiene	Keeping yourself and your surroundings clean.
nutrition	Food that provides nourishment to live and grow.
Air	A mixture of invisible gases on Earth that are essential for survival
protein	A food group that helps the body repair itself. It includes meat, fish and nuts.
Survive	To continue to live or exist.
Thrive	To grow and develop well.

## Key learning

- Know that animals need water, food and air to survive.
- Know that humans need exercise to maintain their structure and movement.
- Know that humans need a balanced diet of carbohydrate, vegetable and protein
- Know the importance of hygiene for good health.

## Working scientifically focus



Recording Data

Asking and Exploring questions



## Thrive and Survive – Our Learning Journey

<b>Year 2</b> <ul style="list-style-type: none"> <li>Identifying what animals need to survive</li> <li>Identify what plants need to survive</li> </ul>	<b>Year 3</b> <ul style="list-style-type: none"> <li>Nutrition</li> </ul>	<b>Year 4</b> <ul style="list-style-type: none"> <li>Food chains</li> </ul>	<b>Year 6</b> <ul style="list-style-type: none"> <li>Humans staying healthy</li> </ul>
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## Ethics

Can everyone exercise in the same way?

