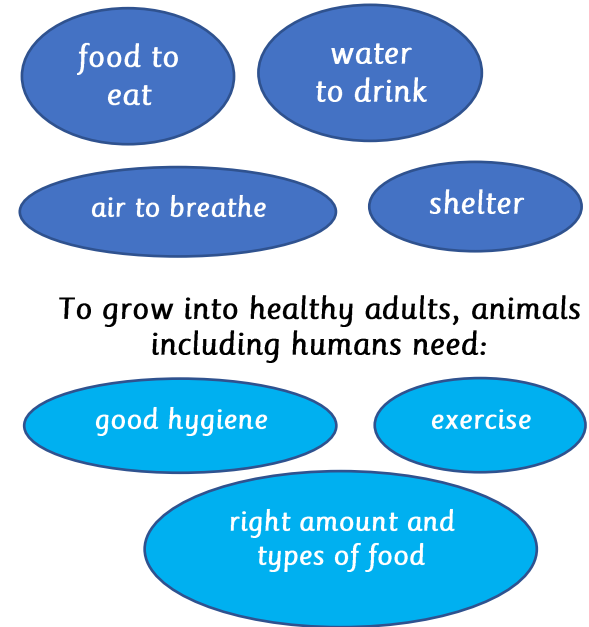
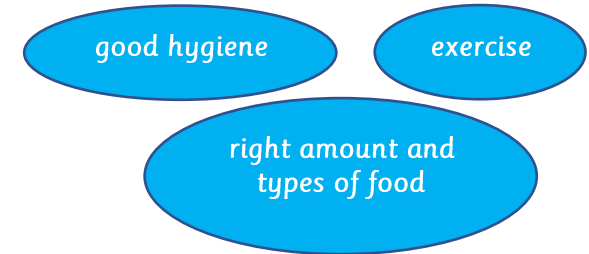


# Animals and Humans

All animals including humans have these basic needs to survive:

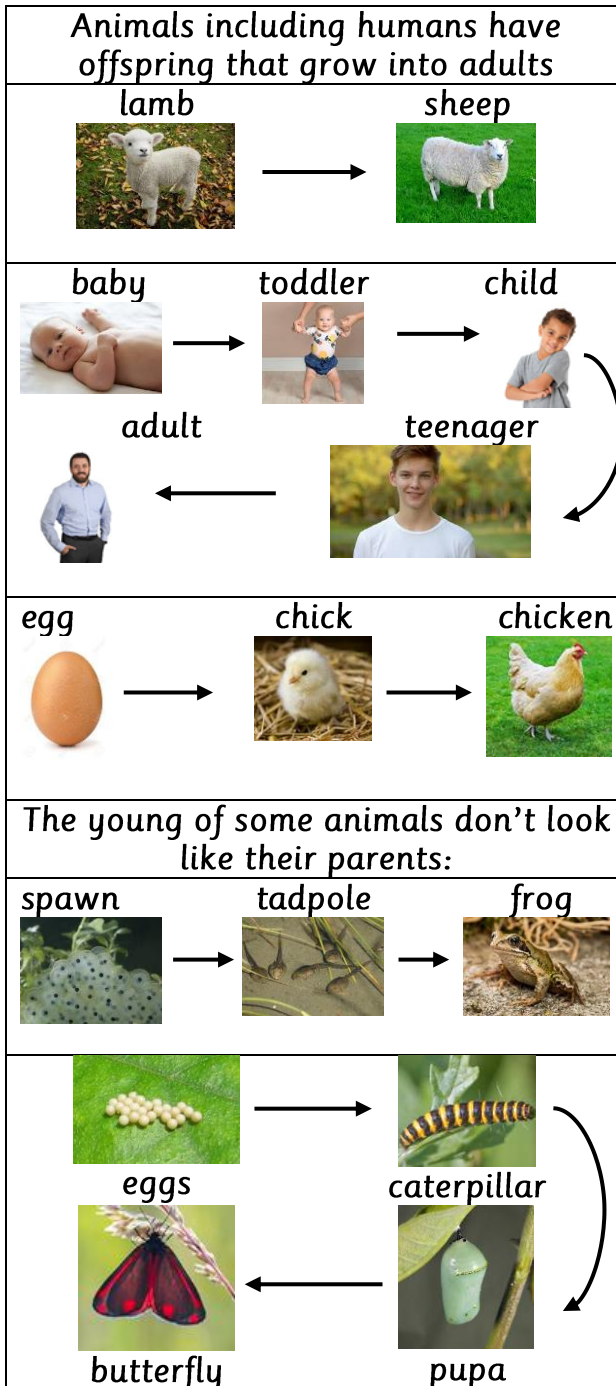
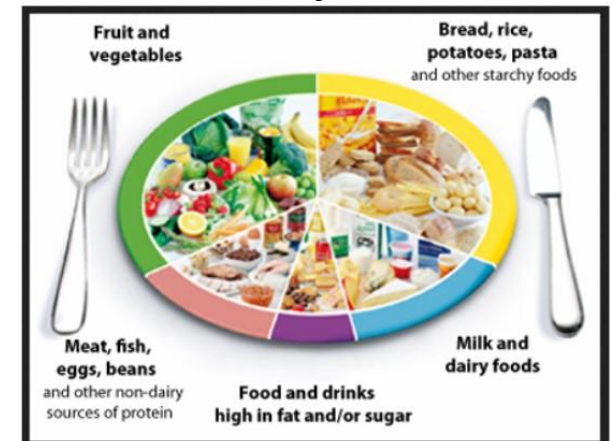


To grow into healthy adults, animals including humans need:




## The Eatwell Plate

This shows the different food groups that make up a healthy diet.



Key Vocabulary	
offspring	A person's children or an animal's young.
reproduction	The process where new animals, humans or plants are made.
growth	The process of getting bigger.
exercise	This is when you move your body physically to get fit and remain healthy. Our heartbeat increases when we exercise.
breathing	This is what we do to get oxygen in our bodies.
hygiene	Keeping clean to prevent illnesses and the spread of disease.
germs	A very small thing that can cause diseases. We cannot see them with our eyes.
disease	An illness which affects people, animals or plants.

## Significant scientist

<p><b>Dr Ernest Madu</b> (born 1960)</p> 	<p>Dr Ernest Madu is a cardiologist. His work focuses on providing affordable healthcare in low-resource nations.</p>
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