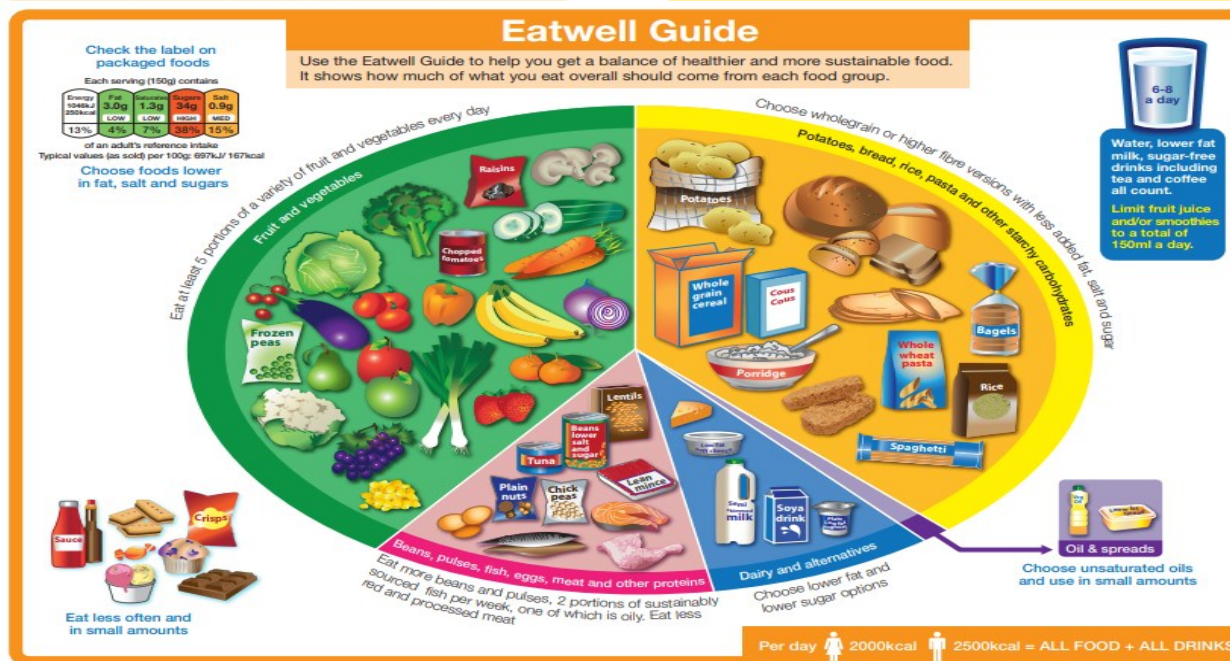
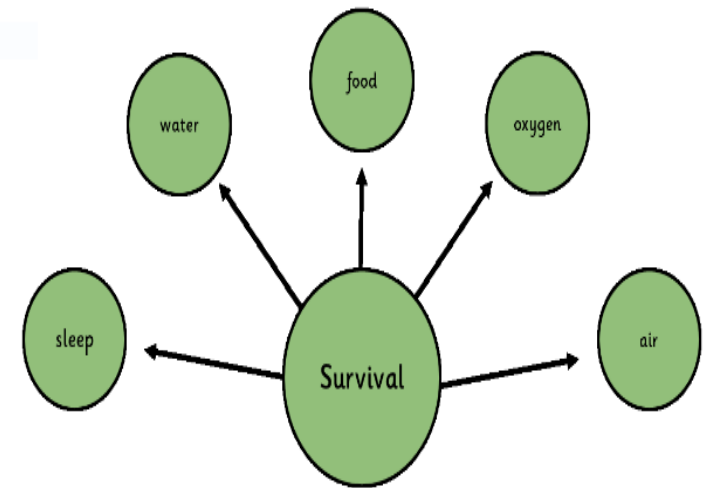


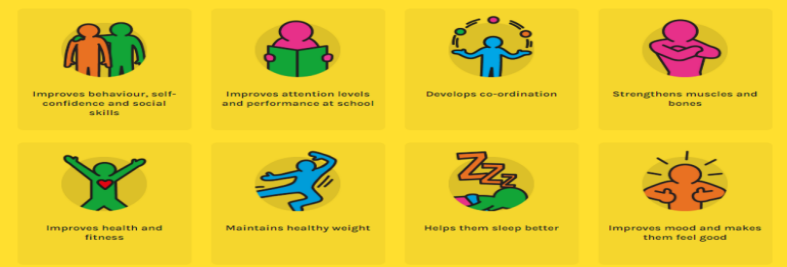
| Key Vocabulary—Humans and Animals | |
|-----------------------------------|---|
| Survive | To live even though conditions are difficult. |
| Food | Something that people and animals eat or drink in order to live and grow. Humans cannot survive for more than 3 weeks without it. |
| Water | A liquid that makes up over half of the human body. Humans cannot survive for more than 2-3 days without it. |
| Air | An invisible mixture of gases that surrounds the Earth. Two of the gases are oxygen and carbon dioxide. |
| Oxygen | A gas that all living things need to survive. |
| Carbon Dioxide | A gas all plants and animals release during respiration. |
| Exercise | A physical activity that maintains or improves your fitness or health. |
| A balanced diet | Eating a variety of foods in the right amounts that your body needs to be healthy. |

Animals including humans: basic needs



Lots of good reasons to get moving!

Research shows that physical activity can help school aged kids in lots of ways.



- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.