



Superhero me!



Key Vocabulary

diet	An animal's diet is the food and water that it needs to stay alive and healthy.
exercise	Exercise is any physical activity that keeps your body fit.
germs	Germs are tiny things that can cause infections and illnesses.
hygiene	Hygiene is how we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
nutrition	Nutrients are the things in food we need to stay alive and healthy.

Basic Needs for Survival

All animals have three basic needs for survival.



air



water



food

Animals may also need:



shelter



warmth



sleep

Exercise

Exercising keeps our bodies and minds healthy. It builds muscles and helps to pump blood around our body.



Hygiene

Being hygienic and keeping ourselves clean stops the spread of germs, which can cause disease.



Senses



sight



hearing



touch

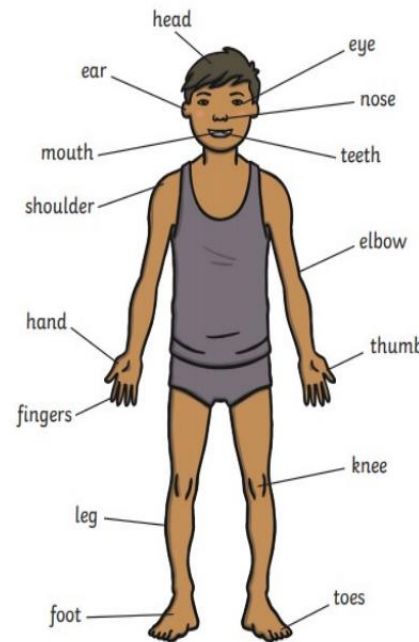


taste



smell

Parts of the Body



Arm	Used for lifting, holding, and moving objects.
Leg	Used for standing, walking, and running.
Nose	Used for smelling and breathing.
Mouth	Used for eating, speaking, and breathing.
Eyes	Used for seeing.
Feet	Used for standing, walking, and keeping balance.
Hands	Used for holding, touching, and carrying things.

It's important to eat a balanced **diet** to stay healthy.

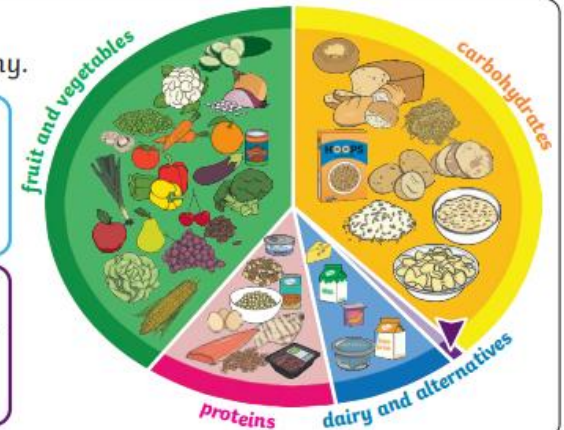
Being active and **exercising** keeps our bodies and minds healthy.



Drink water throughout the day.



oils and spreads



It's important to have good **hygiene** to keep germs from spreading.





Florence Nightingale

Well-known nurse who lived from 1820 to 1910.
She cared for soldiers in the Crimean War and was called "The Lady with the Lamp."
She made hospitals cleaner and safer and wrote books about nursing.



Mary Seacole

- Mary was a Jamaican healer who lived from 1805 to 1881.
- She opened a hotel to help soldiers in the Crimean War.
- After the war, she had little money and many people forgot her work.



Rosa Parks

- Rosa worked to make sure black and white people were treated equally.
- She stood up against the unfair treatment of black people.
- On 1st December 1955, Rosa refused to give her bus seat to a white person and was arrested and fined.



Emily Davison

- Emily was a member of the Suffragettes.
- They worked to give women the same rights as men.
- She sometimes broke rules to show how unfair women were treated.
- She died after running in front of the King's horse.

Jesus born
0AD

Victorian
times

Mary Seacole –
1850

Florence
Nightingale – 1854

Emily Davison
1913

Rosa Parks–
1955

2025

