

Needs of Animals

To survive, all animals – including humans – need...

Food



Animals need to eat to grow, get energy to move, and repair.

Oxygen



Some animals get oxygen by breathing air. Others get it from the water through gills.

Water



Animals get water by drinking and eating food. They lose it in sweat, urine and tears.

The right temperature

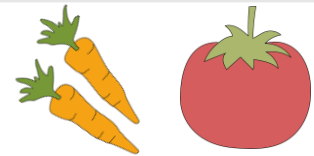


Some like it hot, some like it cold!

To stay healthy, humans need...

...a healthy, balanced diet.

Our diet should contain all the nutrients our needs and be low in sugar, salt and fat.



...to practise personal hygiene.

Brush teeth twice a day.



Change socks and underwear every day.



Wash hands and bodies regularly.



...to get enough exercise.

Exercise helps us maintain a healthy weight, makes our muscles and bones strong, and makes us sleep and feel better.

We should exercise for 60 minutes a day.

