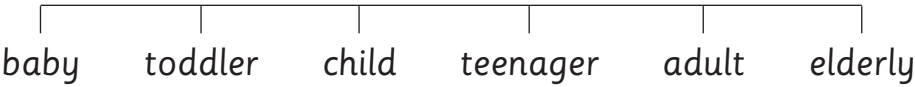


# Human Survival

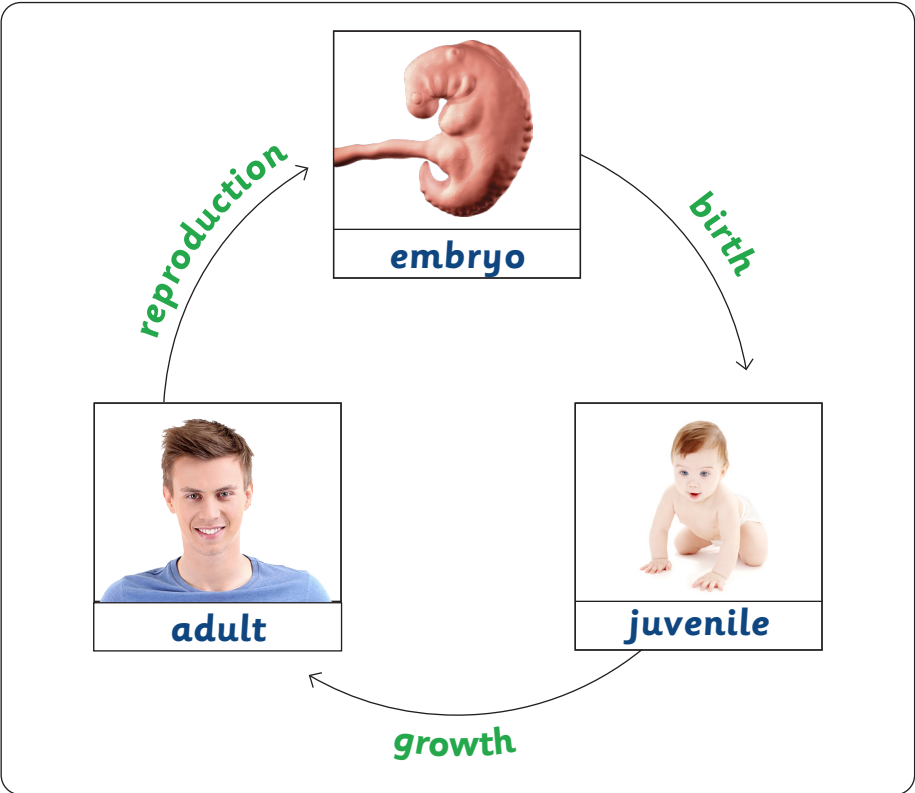
## Stages of human life

All humans are born and they grow and change over time to become an adult. At the end of their lives, all humans die. We can show the six stages of life as a timeline.



## Human life cycle

A human life cycle is different from a timeline because it is a circular diagram. It starts when a baby is an embryo inside the female's body. Following birth it is a juvenile. It grows over time to become an adult. An adult is a fully grown human and can reproduce and have offspring of its own, starting the life cycle again.



## Human needs

Humans need different things to keep them alive and healthy. Without one or more of these things, we cannot survive. The most important human needs are:



food



water



air



shelter



space



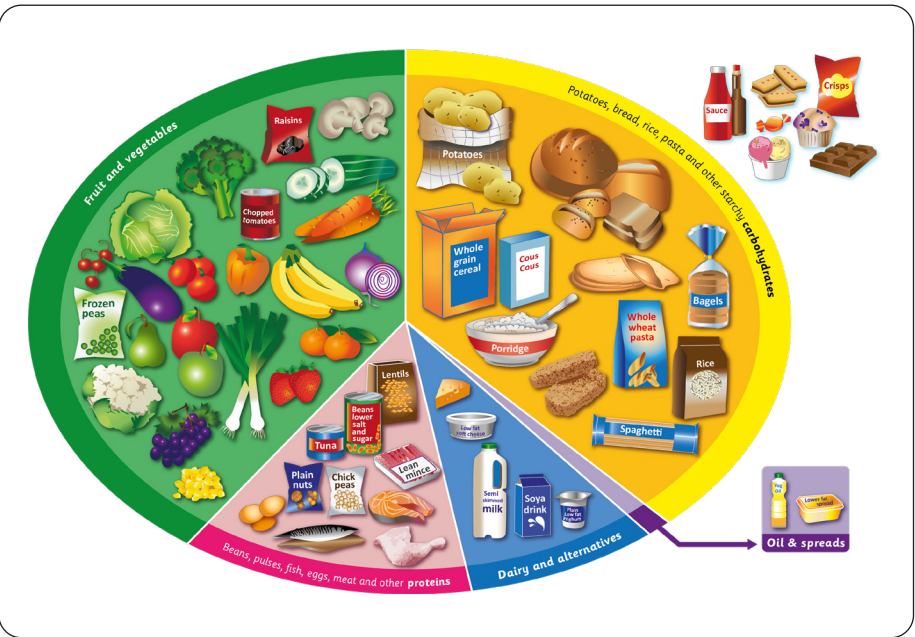
sleep

## Nutrition and hydration

To stay healthy, humans need a balanced diet, plenty of water, exercise and enough sleep. To eat healthily, we must eat the right amounts of food from all five main food groups. This is called a balanced diet. These are the five main food groups:

Food group	Portions
fruit and vegetables	5+
carbohydrates	3–4
proteins	2–3
dairy and alternatives	2–3
oils and spreads	1

The Eatwell guide shows which food is in each group and how much of each type of food we should eat each day. Sugary and fatty foods are not needed for a balanced diet.



We should also drink six to eight glasses of water every day to stay hydrated. Water carries the nutrients from food around our bodies and helps us to concentrate.





# Exercise

Regular exercise keeps our bodies strong and healthy. It also improves our mood. We should exercise for one hour every day. There are four main types of exercise:

**Aerobic** exercises like running make the heart beat faster to keep it healthy for pumping blood around the body.



**Strengthening** exercises like push-ups make our bones and muscles stronger and helps our balance.



**Stretching** exercises like the cobra stretch make our bodies more flexible, to help prevent sprains and injuries.



**Balancing** exercises like gymnastics improve our balance and coordination. This makes us less likely to fall and improves our sporting performance.



# Bodily hygiene

Bodily hygiene is the way we keep our bodies clean and get rid of germs. Germs are tiny living things, such as bacteria, that can cause illness in humans. There are germs on most surfaces we touch, so keeping ourselves clean helps us stay healthy.

Wash your hands with soap and running water frequently.



Brush your teeth twice a day.



Wipe your bottom and wash your hands after using the toilet.



Have a bath or shower at least twice a week and also after playing sport or getting dirty.



Wash your hair with shampoo at least once or twice a week.



Trim your fingernails and toenails every week and clean them every day.



Wear clean clothes. Change your underwear and socks every day.



Cough and sneeze into a tissue before throwing it in the bin and then washing your hands.



# How germs spread

Germs can spread onto our hands and surfaces we touch. Sneezing, coughing, using the toilet, handling pets and dirt from playing outside can all spread germs. Washing with soap and water removes germs.



# Glossary

**carbohydrates** A food group containing nutrients that gives the body energy, such as wheat and potatoes.

**juvenile** A stage in the life cycle of animals. In humans, it includes the baby, toddler, child and teenager stages.

**proteins** A food group containing nutrients that helps build muscle, such as meat or beans.

