



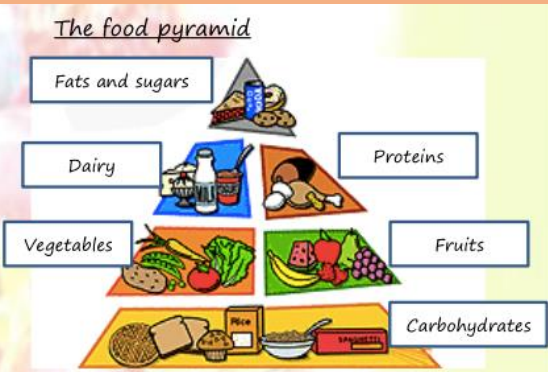


Key People/Scientists	
	<p>Florence Nightingale (1820 - 1910) She helped to make hospitals more sanitary places and wrote books about how to be a good nurse. Much of what we know about clean, organised hospital conditions today is thanks to Florence's hard work and research.</p>
	<p>Elizabeth Garrett Anderson (1836 - 1917) She was an English medical doctor. She is known for being the first woman to qualify as a doctor and surgeon in Britain and for starting a medical school for women. She was also the first female mayor in Britain.</p>

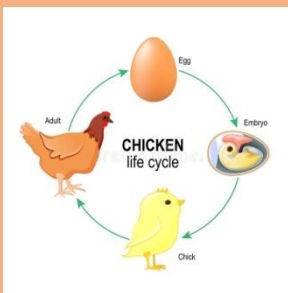
Key Questions	
What do animals and humans need to survive?	To survive, animals and human need air, water, food, and shelter (protection from predators and the environment).
What do humans need to eat?	Humans need to eat a balanced diet including foods from each food group in the food pyramid below.
Why is exercise important for keeping healthy?	Exercise is important because it helps to keep our bodies healthy by strengthening muscles, is good for our hearts and it makes us feel good.
How do germs spread?	Most germs are spread through the air in sneezes, coughs or even breaths. Germs can pass from person to person by touching something that is contaminated, like shaking hands with someone who has a cold and then touching your own nose.

Diagrams/Visual Aids

The food pyramid



CHICKEN life cycle



Misconceptions/Key Facts
<p>Misconception: A human is not an animal.</p>
<p>Fact: A human is an animal and is classified as a mammal.</p>

Key Vocabulary	
adult	A person who is fully grown or developed.
exercise	Moving parts of the body to become stronger and healthier.
grow	An increase in size by natural process.
hygiene	The practice of keeping our bodies clean to stay healthy and help to stop the spreading of germs.
life cycle	The stages a living thing goes through during its life.
nutrition	Nutrition is giving your body the food it needs for it to grow and be healthy.
offspring	A human child or an animal child.
reproduce	Reproduction is the process by which a living thing creates a likeness of itself.
survival	Something that survives.