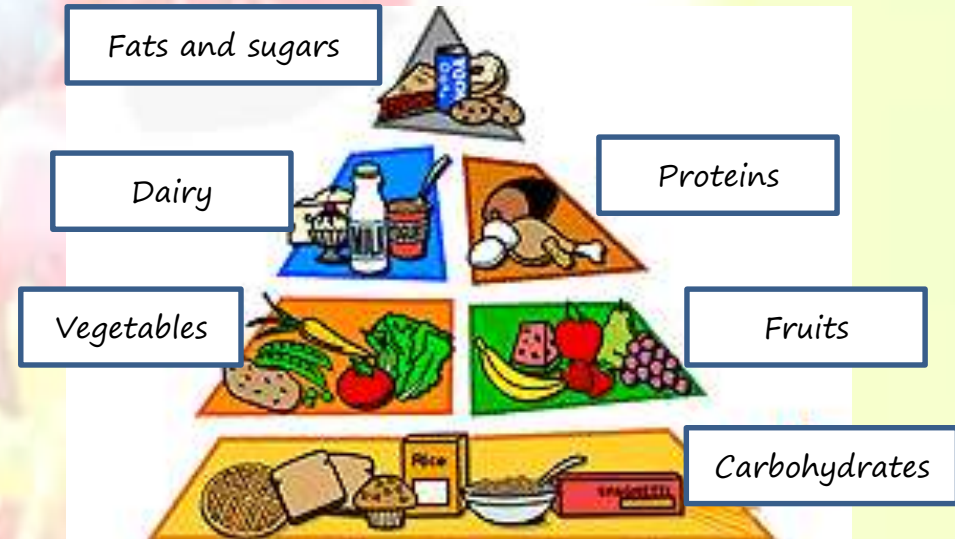


# Key Facts

- Humans are animals.
- Eating a balanced diet keeps us healthy.
- Taking exercise makes our bodies strong and fit.
- The heart pumps blood around the body.
- Animals have offspring that grow into adults.
- All living things need air, water and food to stay alive.
- Thinking about our hygiene can prevent us from getting ill.

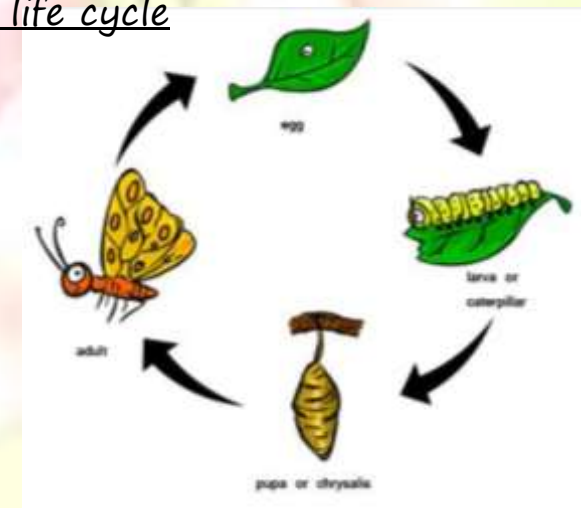
The food pyramid



# Key Vocabulary

human	balanced diet
healthy	offspring
food types	exercise
life cycle	hygiene

A simple life cycle



## Key Facts

- The world is made up of 7 continents.
- There are 5 oceans in the world.
- We live in the United Kingdom.
- There are 4 countries in the UK.
- The UK is an island which is part of Europe.
- Every country has a capital city.
- Worksop is a town.
- There are 4 points on a compass; North, East, South and West.

## Key Vocabulary

globe	continent	world
country	ocean	capital city

North	East	South	West
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Asia	Africa	North America
South America	Europe	
Australia	Antarctica	

