

Animals including humans

Significant Scientist

Dr Ernest Madu

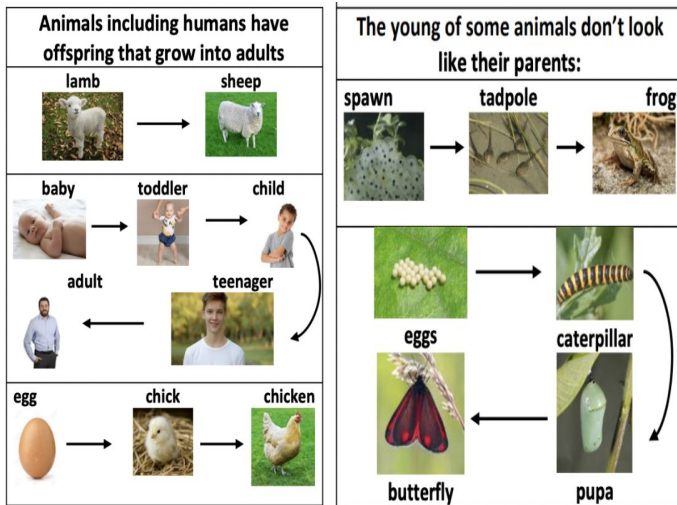


Dr Ernest Madu (born 1960) is a cardiologist. He is the founder, chairman, and CEO of the Heart Institute of the Caribbean. His work focuses on providing affordable healthcare in low-resource nations.

Working Scientifically Skills

Use observations and ideas to suggest answers to questions.

Gather and record data to help in answering questions.



Key Knowledge

Animals, including humans, get older and change as time passes. Some animals look like their offspring and some don't.

Humans need certain things to survive:

- water
- food
- air
- rest
- shelter

As well as the things humans need to survive, they need certain things to be healthy:

- a balanced diet of the right amount of different types of food and drink
- to exercise regularly
- to be hygienic
- to rest and have a good night's sleep

Adults need to be active for at least 150 minutes each week and children aged 5 to 16 need to be active for at least 60 minutes each day.

To maintain daily personal hygiene, you should make sure:

- your hands are washed after you've used the toilet
- your private parts are washed every day
- your face is washed daily
- you're fully bathed or showered at least twice a week
- your teeth are brushed twice a day

Rest is important for growth and development. Children aged 6 to 12 year olds should sleep 9 to 12 hours each night.

Enquiry Skills

Pattern seeking

Research

Sorting and classifying

Key Vocabulary

exercise	Take part in activity to improve physical fitness.
hygiene	Keeping clean to stay healthy and prevent disease.
balanced diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
living	Alive.
dead	No longer alive.
survival	Continuing to live or exist.
water	Liquid that forms the seas, lakes, rivers, and rain that living things need to survive.
air	The invisible gas surrounding the Earth that living things need to breathe.
food	Any nutritious substance that people or animals eat or drink.
reproduce	To create offspring.
adult	Fully grown.
baby	A very young person.
offspring	A person or animal's child or children.

The Eatwell plate

This shows the different food groups that make up a healthy diet.

