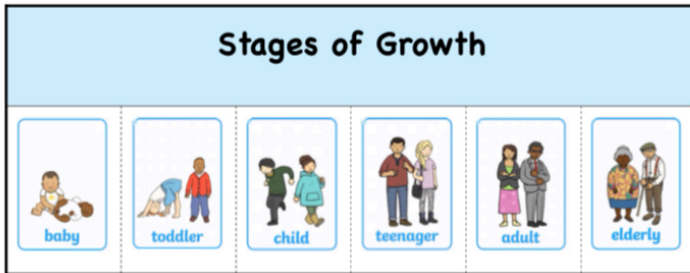




# Fighting Fit Knowledge Organiser



## Stages of Growth



These are the stages of the human life cycle.

## Eatwell Guide



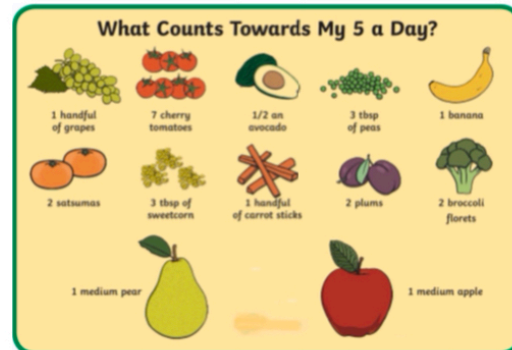
The Eatwell Guide shows us what we need to eat and drink to be healthy. It helps us to remember that we need different types of foods, and 6-8 drinks a day, to be healthy.

## Nutrients



Nutrients are found in food and help our body to work.

## 5 a Day



## Animals Need...



In order to survive, animals need air, water, food, and shelter.

Humans should eat a variety of fruits and vegetables. Aim for at least 5 portions everyday.

## Vocabulary

Key Word	Definition
Hygiene	Keeping clean to stay healthy and prevent diseases.
Health	Keeping your body 'working at its best' by looking after it to stay healthy.
Balanced diet	The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups: Carbohydrates, Proteins, Fats and Fibres.
Carbohydrates	Carbohydrates give us energy. They are found in foods such as bread, potatoes and pasta.
Proteins	Proteins help our bodies to repair themselves. They are found in foods such as fish, meats, nuts, seeds, eggs and cheese.
Fats	Fats help store energy for our bodies. They are found in foods such as butter, cheese and fried foods.
Fibres	Fibres are important for helping us digest our foods. Fibres are found in fruit and vegetables.