

# We have healthy habits

## We are living things

Living things carry out the 3 life processes

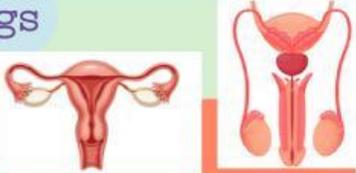
### 1. NUTRITION

- We get energy and raw materials from food.
- Organs involved: mouth, heart, lungs, stomach, intestines.



### 2. REPRODUCTION

- Living things can create offspring similar to us.
- Organs involved:
  - Male: testicles, penis.
  - Female: ovaries, vagina.



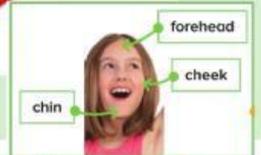
## Our body

Head

Three parts:

Limbs

Trunk



## What are we like inside?

The smallest unit of life inside or body is the CELL

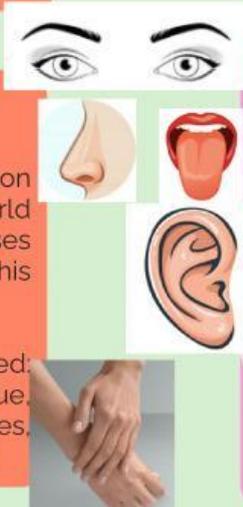
Cells of the same type get together to form TISSUES

Tissues join together to form ORGANS



### 3. SENSITIVITY

- We get information from the world through the 5 senses and react to this information.
- Organs involved: eyes, nose, tongue, skin, brain, nerves, muscles and bones



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## Stages of life

### CHILDHOOD

- Babies change very fast.
- They depend on adults.
- Children start to be more independent.

### ADOLESCENCE

- Teenagers prepare to become adults.
- They start having their own tastes.
- Boys and girls develop in different ways.

### ADULTHOOD

- Adults stop growing.
- Their body is fully developed.
- They have responsibilities (having jobs).

### OLD AGE

- They can lose strength. Their bones get fragile and their muscles weaker.
- They are very wise, we can learn a lot from them.

## Some tips to stay healthy

### Have good hygiene habits

Wash your teeth



Wash your hands



Help at home



Have a shower



Wash fruits and vegetables

### Have a good posture



### Eat healthy food



### Exercise

### Do leisure activities



### Sleep enough hours

