

Name: \_\_\_\_\_



# What are the needs of humans for survival?

- Foods rich in \_\_\_\_\_ such as rice, noodles, pasta, potatoes and bread \_\_\_\_\_.
- We need energy to walk, run, play and to do work.



Rice



Noodles



Pasta



Potatoes



Bread

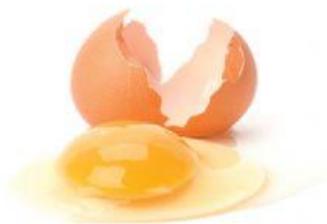
• Fish, meat, eggs, milk and chickens contain \_\_\_\_\_  
that \_\_\_\_\_.



Fish



Meat



Egg



Milk



Chicken



**Growing children are advised to take more milk, cheese, fish and meat. Do you know why?**

- Fresh fruits and vegetables contain \_\_\_\_\_ and \_\_\_\_\_ such as vitamin C and potassium.
- This group of food \_\_\_\_\_.



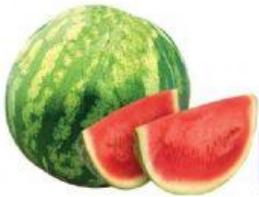
Mangoes



Broccoli



Carrots



Watermelons



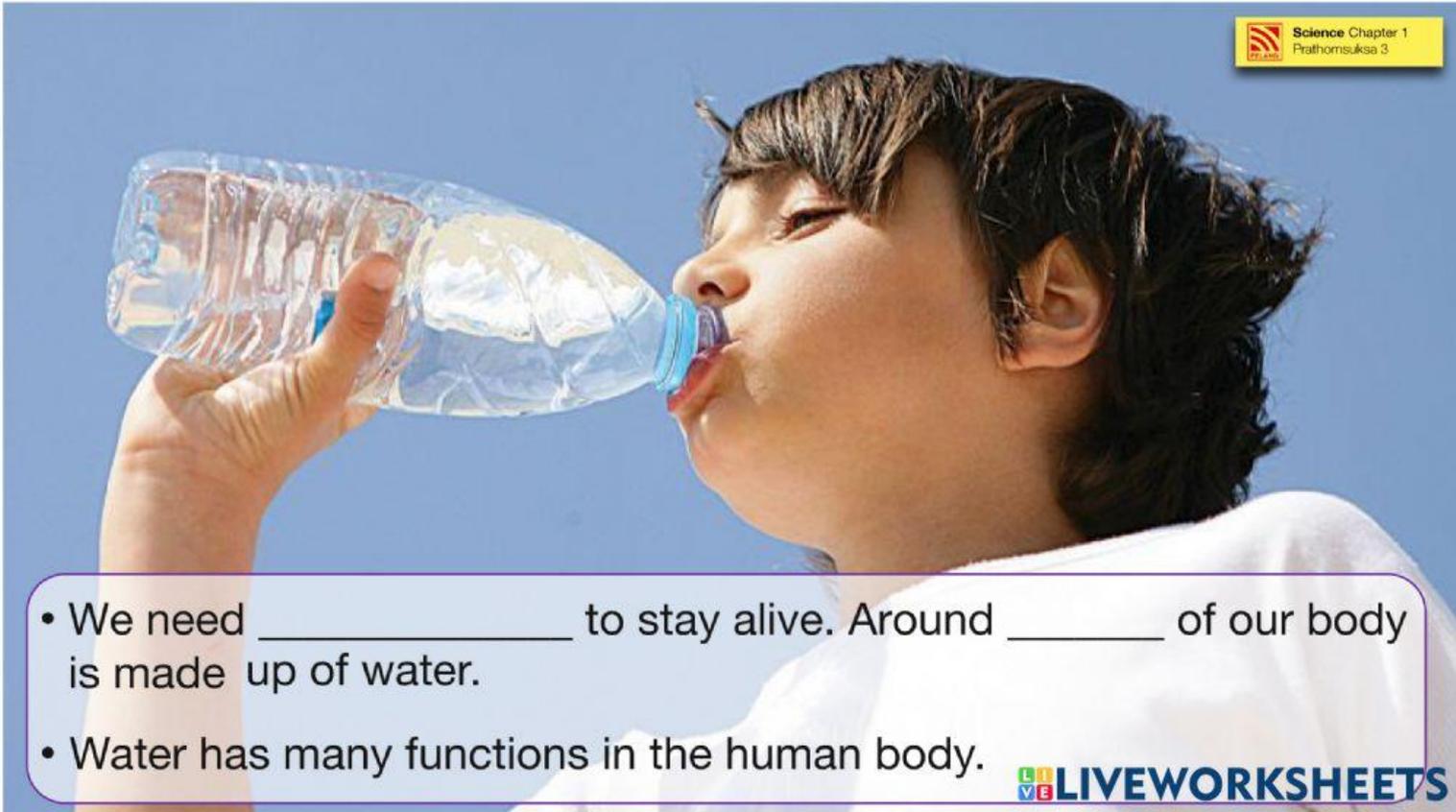
Cabbage



Tomatoes



# What are other needs of humans for survival?



- We need \_\_\_\_\_ to stay alive. Around \_\_\_\_\_ of our body is made up of water.
- Water has many functions in the human body.

# Importance of water in the human body



Four horizontal bars for writing, alternating in color: purple, yellow, purple, yellow.

# Importance of water in the human body

