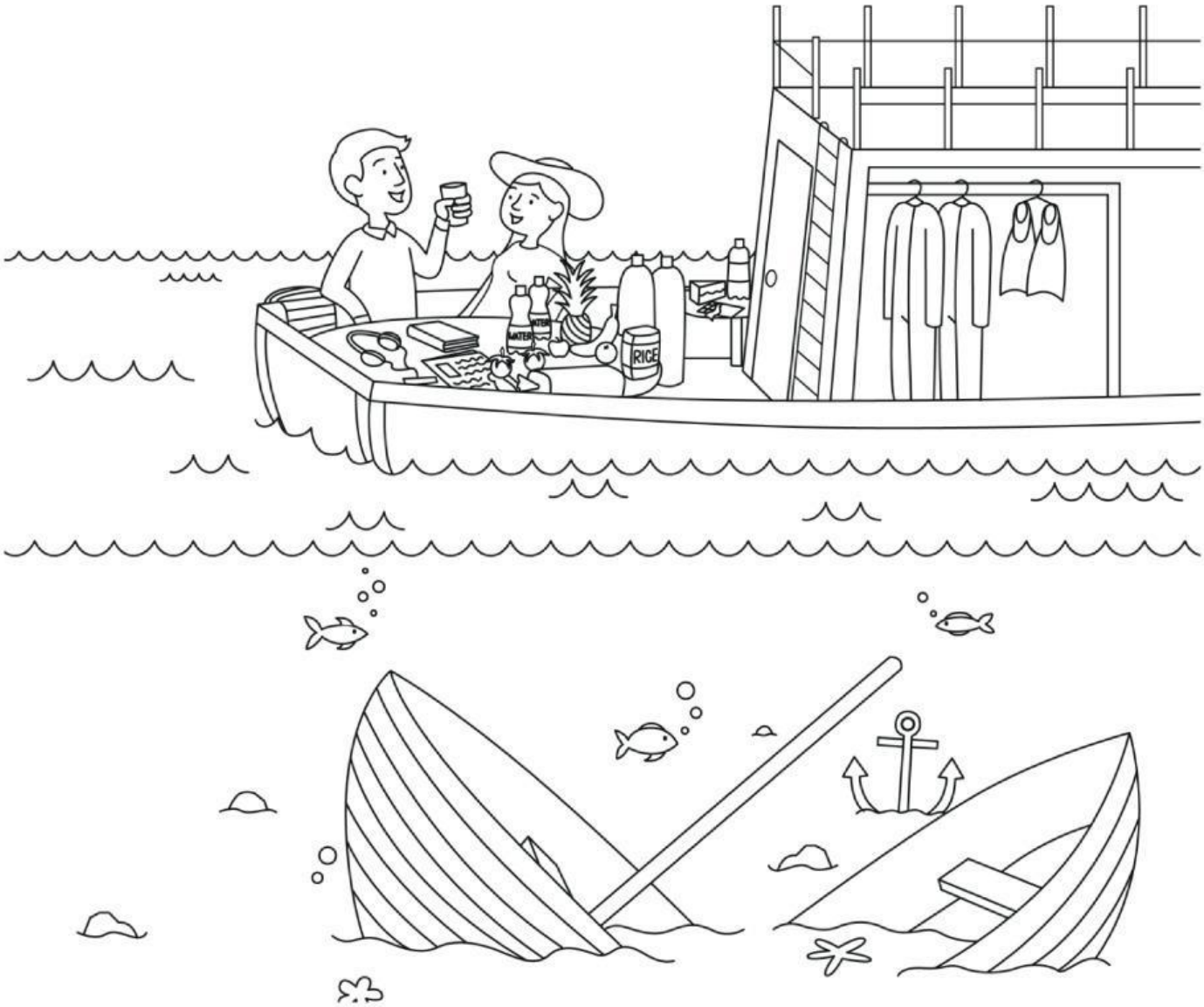
5 Humans

› 5.4 Staying alive

Focus

1 Udom and Kanya are on holiday.
Colour in only the things they need to stay alive.



LIVEWORKSHEETS

Practice

2 Which of these foods are healthy for humans?
Tick (✓) the right box.
The first one has been done for you.

Fruit

Healthy ☑ Not healthy ☐

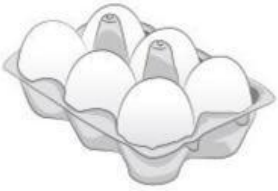
a Vegetables

Healthy ☐ Not healthy ☐

b Cake

Healthy ☐ Not healthy ☐

c Eggs



Healthy ☐ Not healthy ☐

d Noodles

Healthy ☐ Not healthy ☐

e Sweets

Healthy ☐ Not healthy ☐

LIVEWORKSHEETS

Challenge

3 Finish these sentences.

Use these words.

alive | water | air | healthy

unhealthy | food

a All animals need _____.

b All animals need _____.

c All animals need _____.

d Humans need these things to stay _____.

e If you eat the wrong food you will be _____.

LIVEWORKSHEETS