

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.



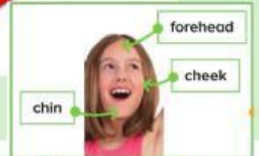
Our body

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



LIVEWORKSHEETS



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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

