Humans need food to grow. The correct amount of food and water keeps humans alive. Exercise helps us to stay healthy. Doctors can help people who are unwell.
Humans need the correct amounts of food and water to stay alive.

When you are **thirsty** it means your body does not have enough water.

Humans also need to eat food regularly. Food gives us **energy** to run and walk.

Water gives us energy to think, learn and play too.

So you need to drink more water when you exercise and when you are hot?

**Yes, but you need to drink regularly at other times too.**

Food gives us energy to think, learn and play too.

**Key words**

- sweat
- exercise
- regularly
- thirsty
- energy
- hydrated
Humans need the correct amount and correct types of food.

I can think of **starchy**, **sugary** and **fatty** foods. Are there more types?

Yes. We will look at those later.

We need to eat different types of food to have a **balanced diet**.

A balanced diet is a diet that contains the correct amount of all the different **food groups**.

People around the world have different diets. Many people do not eat meat. Others do not eat any food that comes from animals.

Some people need to eat a **special** diet to stop them from becoming ill.

What sort of diet do you eat? Do you eat meat or fish? Are there any foods you do not like?

**Key words**
- starchy
- sugary
- fatty
- balanced diet
- food groups
- special

**GLUTEN FREE CUPCAKES**
Sugary food

We use **sugar** in cooking to make food taste **sweet**. Sugar comes from plants. The plants make it using sunlight.

These are some of the different sorts of sugar.

Canned drinks often contain a lot of sugar. Some people put sugar into drinks to make them taste sweeter.

Plants use their sugars to make sweet-tasting **fruits**. We eat plant sugars by eating fruit ...

... and so do animals.

We can also sweeten food with **honey**. Honey is made by **bees** after visiting flowers.

Some foods contain lots of sugar. There is sugar in **chocolate**, **cakes** and sweets.

**Key words**

- sugar
- sweet
- chocolate
- cakes
- fruits
- honey
- bees

Do you like sweet foods?
Starchy food comes from plants. Plants store the sugars they make as starch.

When we eat a potato we are eating the potato plant’s food store.

We can make starchy foods using flour. Flour comes from grass plants like wheat.

Can you see wheat in the picture?

Do you eat potatoes?

We make these foods with flour. Do you eat any of them?

Sugary food gives us energy quickly. We get energy more slowly from starchy food. When we eat starchy food our body turns it into sugars.

Sugary food gives us energy quickly. We get energy more slowly from starchy food. When we eat starchy food our body turns it into sugars.

Key words
- starch
- potato
- rice
- flour
- wheat

Can you see the rice on the plant stems where it grows?

When we eat potatoes and other starchy foods, we feel full quickly.
Protein

Foods that contain **protein** are very important in our diet. Protein helps us to grow.

- **Meat and fish** contain a lot of protein.
  - salmon
  - lamb
  - chicken
  - tuna

Many people do not eat meat or fish in their diet. They have a **vegetarian** diet. They get the protein they need from other foods.

**Cheese**, milk and **eggs** contain a lot of protein.

- cheese
- milk
- eggs

**Peas and beans** also contain a lot of protein.

**Nuts and seeds** contain protein too.

- almonds
- pumpkin seeds

Which protein foods do you and your family eat?

**Key words**

- protein
- meat
- fish
- vegetarian
- cheese
- eggs
Fats and dairy foods

Fats and oils come from both animals and plants. Butter comes from animals. Olive oil and sunflower oil come from plants.

Dairy foods are made using milk from mammals. Dairy foods often contain a lot of fat. Milk, cheeses, butter, ghee, cream and yoghurt are all dairy foods.

Do you eat any dairy foods?

Dairy foods and oils are often eaten together.

Some people cannot eat dairy food. Instead, they drink milk from plants such as coconuts or almonds.

Key words
- fats
- oils
- butter
- olive oil
- dairy
- ghee
- cream
- yoghurt
- coconuts
- almonds

We use fats for two different jobs in our body:
- as a food store to give us energy
- to keep our body warm.

What foods are cooked with oil?

These are fats.

These are oils.

butter

ghee

olive oil

sunflower oil

Do you eat any dairy foods?
Humans eat many different fruits and **vegetables**. Fruits are parts of a plant that grow when the flowers die.

Fruits and vegetables can be many different **colours**. These are **purple**.

Fruits give us **vitamins** and **minerals**. Vitamins from fruits give us healthy skin. They help our body to stay healthy.

It is good to eat lots of different coloured fruits and vegetables. They give us different vitamins and minerals.

Can you see any leaves here?

Vegetables are other parts of plants. Many vegetables are green. Vegetables also help our bodies stay healthy.

What other colour groups can you see here?

Can you see fruits that you eat?

Key words
- vegetables
- vitamins
- minerals
- colours
- purple
Exercise means moving to stay healthy. Most of us walk around our school or home, but sometimes we need to do a bit more activity too.

Exercise means moving to stay healthy. Most of us walk around our school or home, but sometimes we need to do a bit more activity too.

Play sports is exercise.

Running can be for fun or competitive.

Exercise could be:
- throwing
- stretching
- dancing
- cycling

What activities do you like doing?
Are you competitive or do you exercise for fun?

Exercise keeps us fit. This helps us to stay healthy.

Key words
- walk
- activity
- sport
- fun
- competitive

What does 'competitive' mean?
It is when you try to win.
What happens when we exercise?

When we exercise we need to move more air in and out of our bodies.

Our chest moves up and down as we breathe in and out.

Seven children count how many times they breathe in and out in one minute. These are their results.

<table>
<thead>
<tr>
<th>Name</th>
<th>Number of breaths per minute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ria</td>
<td>22</td>
</tr>
<tr>
<td>Jo</td>
<td>24</td>
</tr>
<tr>
<td>Mason</td>
<td>26</td>
</tr>
<tr>
<td>Rakesh</td>
<td>27</td>
</tr>
<tr>
<td>Grace</td>
<td>23</td>
</tr>
<tr>
<td>Adem</td>
<td>24</td>
</tr>
<tr>
<td>Dabor</td>
<td>25</td>
</tr>
</tbody>
</table>

To be scientific you should draw a table for the results.

There are two columns. These are the column headings.

Write the unit up here.

Draw a table means make the table columns and the headings.

Those numbers are breaths per minute. That is the unit their breaths were counted in.

Who took most breaths per minute? Which children took the same number of breaths per minute? Count how many breaths you take per minute.

Key words
- in and out
- chest
- count
- results
- breaths per minute
- unit
- scientific
- draw a table
- columns
- headings
What is parental care?

Humans start life with two **parents**. When a human baby is born it cannot look after itself.

The baby’s parents care for it by doing things to keep the baby alive and healthy.

So **parental care** means looking after a baby?

Yes, but the baby still needs some parental care for many years.

What other parental care does this baby need?

**Parents** **show** their children how to do things.

What else do parents show children how to do?

**Key words**

- parents
- parental care
- bathing
- shoes
- brush
- show

As they grow older, children do more things for themselves.

The children in the pictures need less parental care than the baby.

Can you think of things they still need help to do?

**feed themselves**

**brush** their own teeth

**put their shoes on**
Parental care in animals

Some animals give their babies parental care, but not for as long as humans.

Kangaroos carry their babies in a pouch. The baby is safe and it can drink milk inside the pouch.

Most fish and amphibians do not give their babies any care. They lay lots of eggs so that some survive.

This toad is an amphibian. Can you see the eggs stuck on her back?

Adult birds build a nest to keep their babies safe.

Adult birds bring food to the babies until they can fly. What are the dangers for a baby bird?

Baby reptiles need very little parental care. This adult crocodile carries its baby to find water.

Key words

- pouch
- danger
Keeping clean

Keeping our body **clean** helps to keep us healthy. Sometimes we can see when it is time to **wash**.

We wash after playing sport.

Having a bath or shower washes off sweat.

Warm water, soap and a clean towel all help to remove **dirt** and sweat. Then we can put on clean clothes.

Hair needs washing too.

Sometimes tiny **insects** called **head lice** lay their eggs in human hair. When they hatch, the head becomes **itchy**. A comb and a special spray can remove them.

A **dentist** can help to keep our **teeth** healthy. We need to brush our teeth regularly too.

**Key words**
- clean
- wash
- dirt
- insects
- head lice
- itchy
- dentist
- teeth

When do you brush your teeth?
Some harmful things cannot be seen. Food can be unsafe to eat if we do not keep it clean.

Before eating or holding food everyone should wash their hands with soap.

People who prepare food should wash their hands too.

Fruit and vegetables are washed in cold water to remove soil or other dirt.

Everyone can help to keep the kitchen clean.

Food in tins and packets often shows a best before date. After that date, the food is not so good to eat.

Fresh food spoils quickest. We need to use it as soon as we can.

Flies pass on diseases.

We cover food to stop flies landing on it.

Key words:
- harmful
- unsafe
- prepare
- tins
- packets
- best before
- flies
- diseases
- cover
Feeling unwell

Sometimes we feel **unwell**.

It is important to tell an adult if you feel unwell. We usually feel better quickly. Our bodies can make us better without any help.

Sometimes when we are unwell we become very hot.

Some **medicines** stop us getting too hot when we are unwell.

An adult may use a **thermometer** to find out more.

If we do not start to feel better soon, we may need to see a **doctor**. The doctor can use **equipment** to listen to our breathing.

The doctor may look inside our mouth.

The doctor can **prescribe** many different medicines. She chooses the right one for each **patient**.

**Key words**

- unwell
- medicine
- thermometer
- doctor
- equipment
- prescribe
- patient
Medicines

Humans take medicine when they are ill. Some medicines are **liquids**, others are **pills**.

People may take medicines for a few weeks until they are better ...

... or forever, to stay well.

This box helps the patient to take the right number of pills.

Why does the box have letters on the top?

**Staying safe with medicines**

When a doctor prescribes medicine it is just for one patient. If someone else takes it, they could become very ill or die.

What is wrong in this picture? Predict what could happen.

Adults must store medicines where children cannot reach them and lock the cupboard or box.

Some medicines have special **lids** that are hard for children to open.

**Key words**

- **liquids**
- **pills**
- **bottle**
- **lid**

Read the bottle.
End of topic questions

Health and growth

Discuss these questions with a partner.

1. a) What is wrong in this kitchen? Find all the things you can.

b) What would you do to make this kitchen a better place to prepare food?

c) This is outside the kitchen. Suggest how to make this place better.

2. What food types do these shops sell?
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