

What do you need to stay alive?

- 1-Food
- 2-Water
- 3-Shelter
- 4-Air
- 5-Space

These are the most important things that all people must have to survive. There are some other things we need to do to stay healthy.



Lots of exercise.

What do we need to keep ourselves healthy?



A balanced diet.



Good hygiene.



Plenty of sleep.