Rolvenden Primary School – Knowledge Organiser



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**.

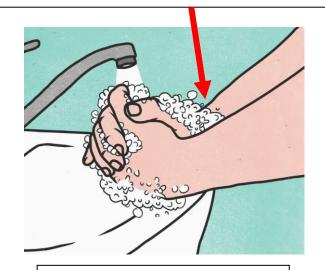


Lots of exercise.

What do we need to keep ourselves healthy?



A balanced diet.



Good hygiene.



Plenty of sleep.