



It is important to eat a **balanced diet** and get regular **exercise** to stay **healthy**.



It is important to stay **hygienic** to keep us **healthy**.

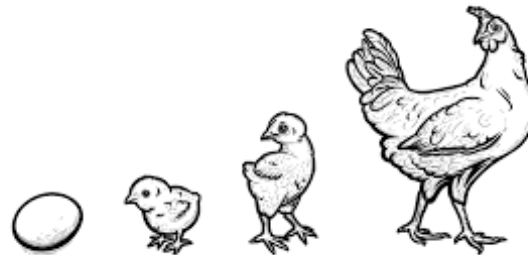
What do animals need to **survive**?



food



water



All living things grow. Different animals start life in different ways; like eggs, tadpoles or babies.



air



shelter

**Life cycles** show us how animals grow from babies to adults. This is the **life cycle** of a frog.

