



Divina Infantita  
(Almería)

# NATURAL SCIENCE

UDI 1. Me cuido.

- Life and health
- Vital functions of human beings

# 1. THE HUMAN LIFE CYCLE

**Infancy.** “to learn how to chew” 0-3 years



**Childhood.** “We learn to read and write” 3-11 years



**Adolescence.** “ Our body changes” 12-20 years



**Adulthood.** “Finish studying and start working” 20 -65 years



**Old age.** “ lose strenght in our muscle and bones” 65 years-



## 2. HEALTH AND ILLNESS

### Healthy habits

Healthy diet

- Eat a variety of food every day

Exercise

- Do physical exercise

Rest

- Sleep around 8-9 hours a day

Posture

- Sit upright in your chair

Hygiene

- Wash your hand
- Brush your teeth

# 3. FOOD AND NUTRITION

## Kind of nutrients

### VITAMINS AND MINERALS

- To help prevent illness
- Fruit and vegetables contain vitamins and mineral

### PROTEINS

- Nutrients for growth and repair
- Milk, fish, meat and egg give us proteins

### FATS AND CARBOHYDRATES

- Give us energy to stay active
- Oil or butter contains fats
- Potatoes, pasta and bread give us carbohydrates



### Macronutrientes



Carbohidratos



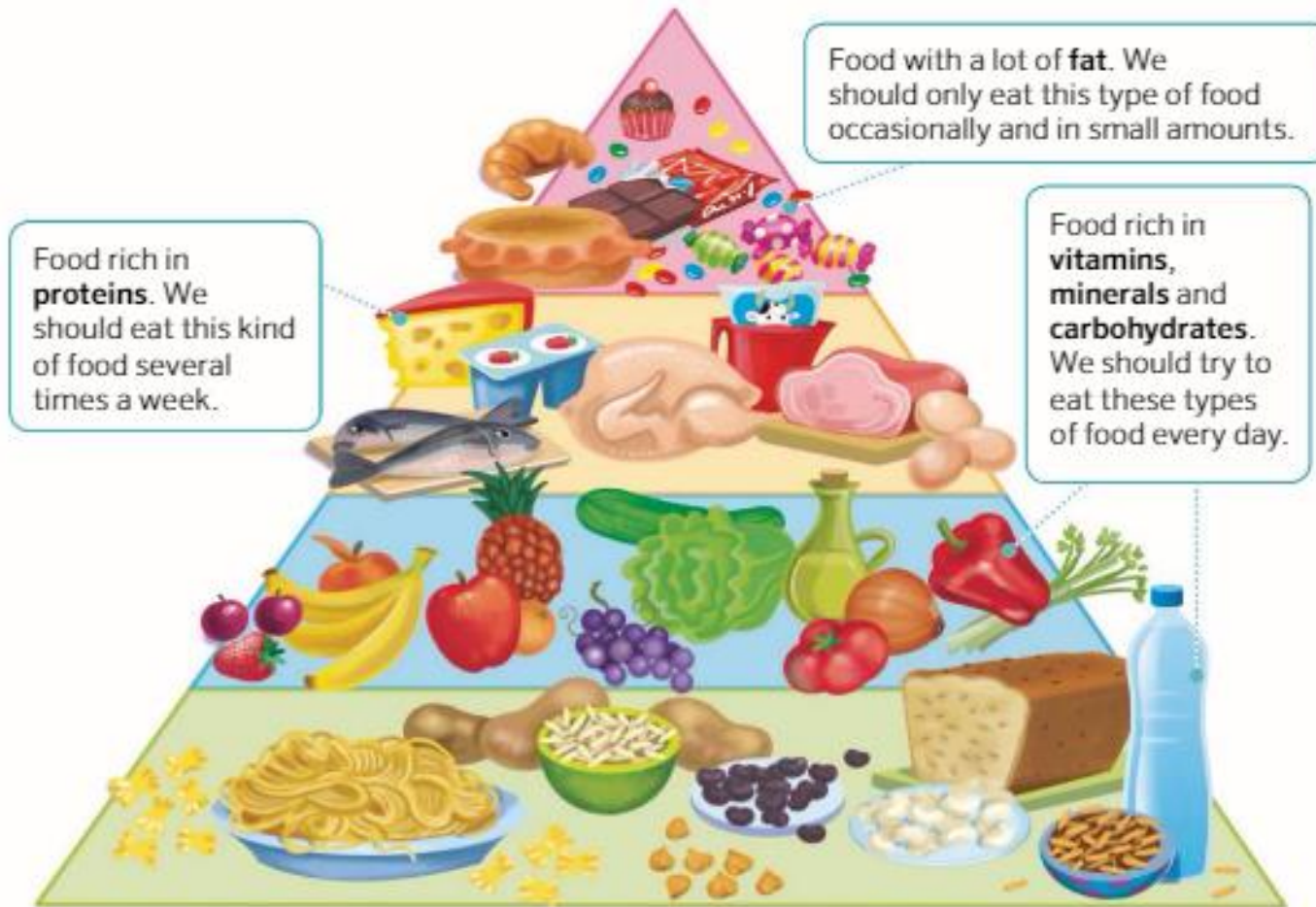
Proteínas



Grasas

# 4. A BALANCED DIET

## Food pyramid



# Tips for healthy habits

- Avoid eating too many **fats**
- Eat **five times** a day: breakfast, lunch and dinner and a piece of fruit or a yogurt between meals.
- Always eat **breakfast** because is the most important meal of the day.



# 5. VITAL FUNCTIONS

All human beings performs **three** vital functions:

## Nutrition



It is the process of taking in food and turning it into energy. **Food** contains

## Interaction



It describes the relationship that we have with the world around us.



## Reproduction

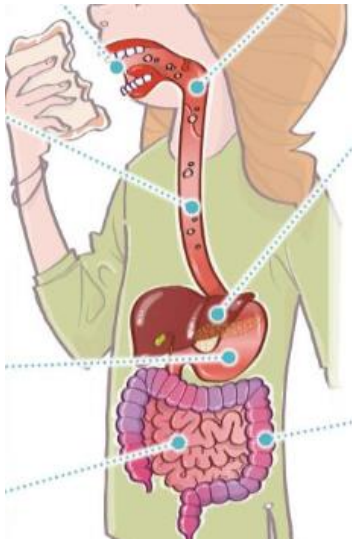


For human beings, reproduction is the process of making and **giving birth to a baby**.

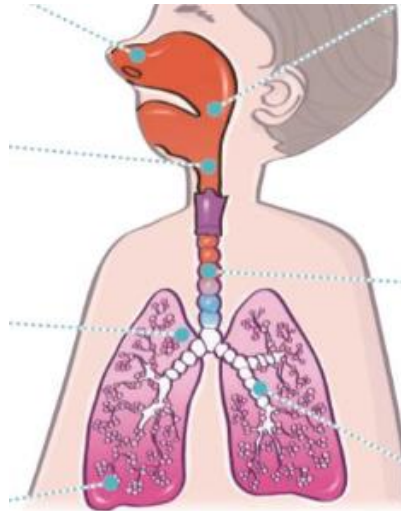


# 6. BODY SYSTEMS

**Digestive systems**



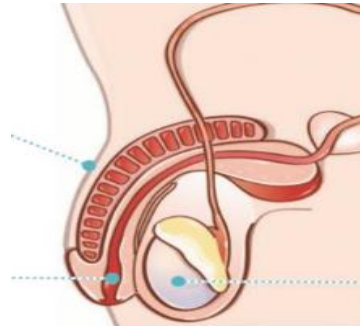
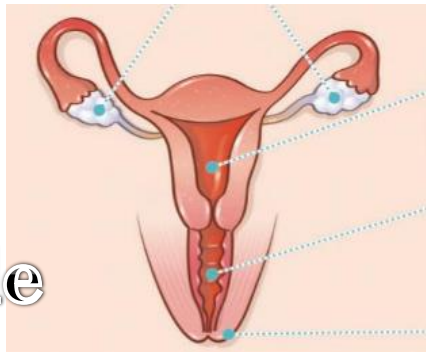
**Respiratory systems**



**Circulatory systems**



**Reproductive Systems**



female

male

