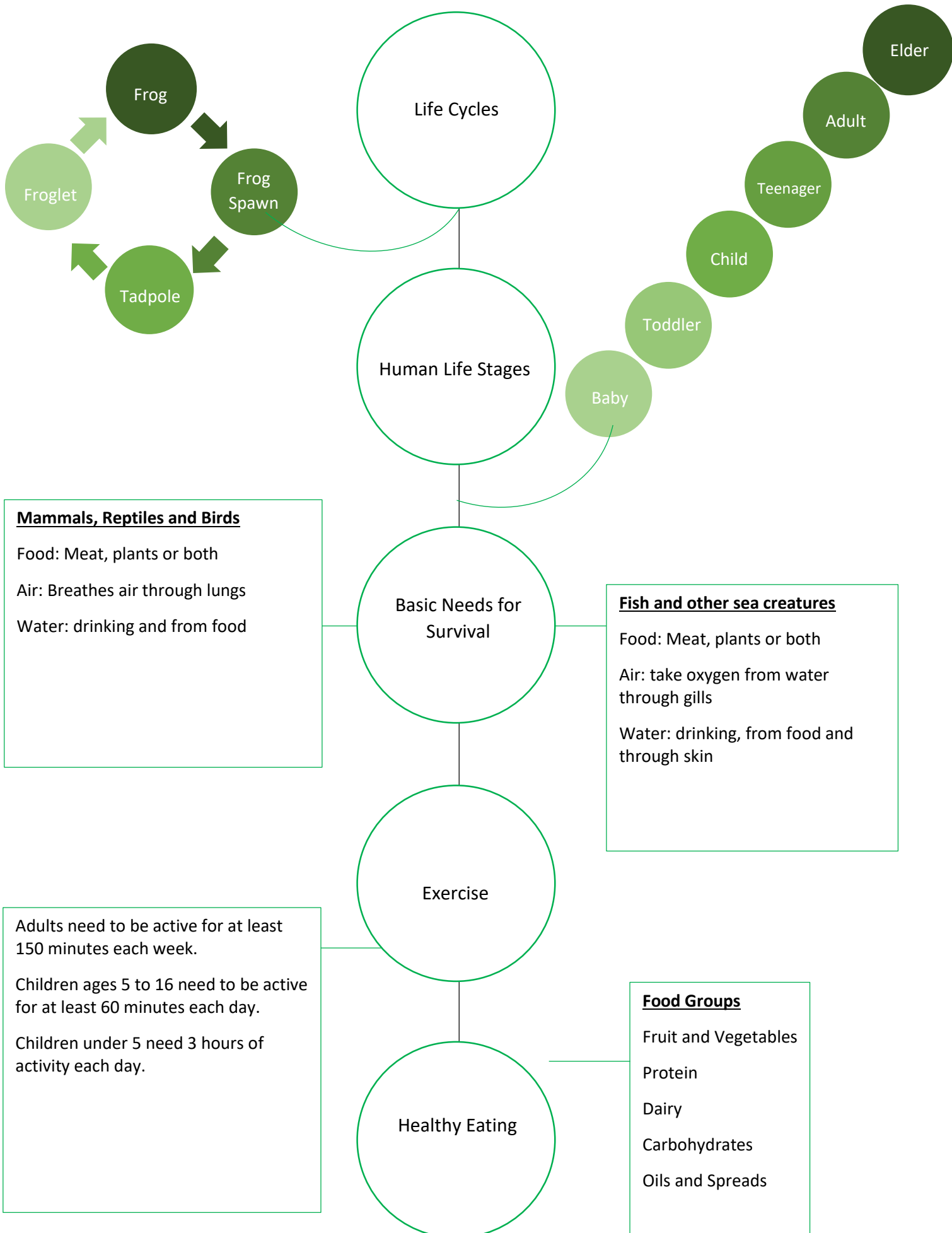


Animals Including Humans

Flow Spray (Our Sequence and Key Knowledge)



Mammals, Reptiles and Birds

Food: Meat, plants or both
Air: Breathes air through lungs
Water: drinking and from food

Fish and other sea creatures

Food: Meat, plants or both
Air: take oxygen from water through gills
Water: drinking, from food and through skin

Adults need to be active for at least 150 minutes each week.
Children ages 5 to 16 need to be active for at least 60 minutes each day.
Children under 5 need 3 hours of activity each day.

Food Groups

Fruit and Vegetables
Protein
Dairy
Carbohydrates
Oils and Spreads