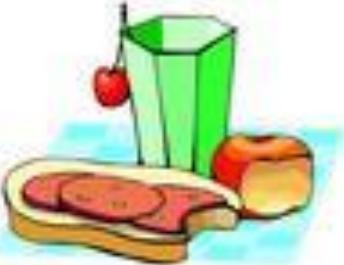
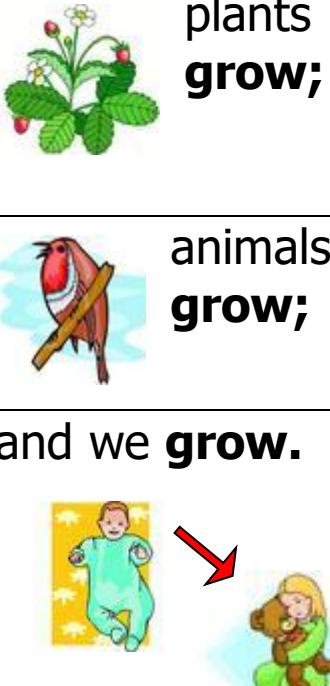


Animals, including humans HEALTH AND GROWTH

Glossary	 <p>We need to eat and drink a variety of foods in order to grow and stay healthy.</p>	<p>Growth is a life process – all living things grow:</p> <p>plants grow;</p> <p>animals grow;</p> <p>and we grow.</p>  	 <p>Washing hands kills the germs that may make us sick.</p>
<p>growth – the life process where all living things (plants and animals) start small and grow bigger.</p> <p>unhealthy – when we don't exercise or when we eat too much, we say it is unhealthy.</p> <p>healthy – when we are fit and well, we say that we are healthy.</p> <p>variety – a mixture of things.</p> <p>germs – tiny creatures that are too small to see that can make us sick.</p>	 <p>We need to exercise in order to stay healthy.</p> 		<p>When we are sick, the doctor might give us medicine to make us better.</p>  <p>It is dangerous to take medicine that the doctor did not give us.</p> 