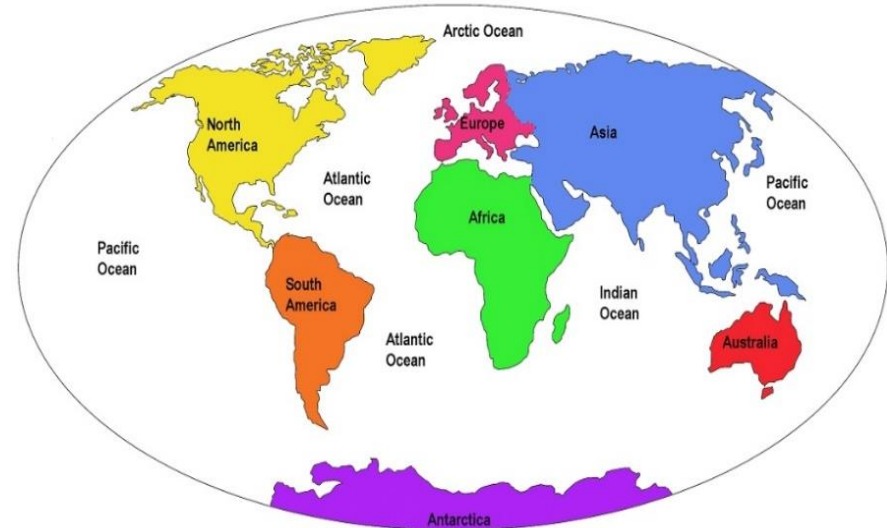


Key Vocabulary:

- continent** a large area of land
- diet** the food eaten by a person or animal
- healthy** a state of complete physical, mental and social well-being
- hygiene** the act of being clean
- island** a body of land surrounded by water
- offspring** an animal's or person's young
- sea** a small area of ocean, often with land on several sides
- survive** continue to live or exist
- ocean** a large area of water

The continents and oceans of the world:



Key Questions:

- Can you name and locate the seas surrounding the United Kingdom?
- Why is sleep so important to being healthy?
- Why should we protect the oceans? How can we make a difference?

Key Facts:

- The world is divided into seven continents and five oceans.
- We live in the United Kingdom (a country), within the continent of Europe.
- All animals need food, water and air to survive.
- A healthy lifestyle is important to stay well. This requires a balance of physical, mental, emotional and social well-being.

Sir David Attenborough, born 8 May 1926, is an English broadcaster, biologist, natural historian and author. He educates and inspires people around the world, showcasing the natural world, including the importance of ocean life, its habitats and the damage that will be caused if these are mistreated.

King Charles III was one of the early advocates for the Marine Conservation Society and has been their president for more than 30 years, supporting their mission to provide cleaner, better protected and healthier oceans for everyone.

Florence Nightingale was born in 1820. She studied nursing and learned the important skills of caring for patients. She was one of the first medics to understand how vital hospital cleanliness was.