

Basic Needs of Animals (Including Humans)

Instructions: Read the four sections about what animals (including humans) need to stay alive. Look for the science vocabulary in bold.

1) Food (Energy and Nutrients)

All animals need **food** to get **energy**. Energy helps them move, grow, and stay warm. Food also gives animals **nutrients** (useful parts of food) to help their bodies work properly. Different animals eat different things. Some are **herbivores** (plant-eaters), some are **carnivores** (meat-eaters), and some are **omnivores** (they eat both). Humans are omnivores, so we can choose lots of healthy foods.



Food

2) Water (Hydration)

Animals need **water** every day. Water keeps the body **hydrated**, which means it stops you from drying out. It helps carry nutrients around the body and helps get rid of waste. Some animals drink from rivers or puddles, and some get water from the food they eat. Humans need to drink plenty of water too, especially after running and playing.



Water

3) Shelter (Safety and Protection)

A **shelter** is a place to stay safe. Shelters protect animals from bad weather and from danger. Birds make nests, rabbits dig burrows, and spiders spin webs. Humans use houses and other buildings for shelter. Animals choose shelters that fit their habitat. For example, some animals hide under leaves, and others live in holes in trees. A good shelter gives **protection** and a place to rest.



Shelter

4) Air, Warmth, and Space

All animals need **air** to breathe. In air there is **oxygen**, which the body uses to release energy from food. Animals also need the right **temperature** (how hot or cold it is). Some animals have fur or feathers to keep warm. Humans use clothes and heating. Living things also need **space** to move, find food, and raise their young. If there is not enough space, it can be harder to stay healthy.



Air & warmth

Glossary

Word	Meaning
Basic needs	Things living things must have to stay alive (like food and water).
Energy	Power that helps a body move, grow, and stay warm.
Nutrients	Useful parts of food that help your body work properly.
Herbivore	An animal that eats plants.
Carnivore	An animal that eats other animals.
Omnivore	An animal that eats plants and animals.
Hydrated	Having enough water in your body.
Shelter	A safe place to rest and be protected from weather and danger.
Oxygen	A gas in the air that animals need to breathe.
Temperature	How hot or cold something is.

Questions

1. What do animals use energy for? Write two things from the text.

1. Using the text, explain what nutrients are and why they are important.

2. Humans are omnivores. How are omnivores different from herbivores and carnivores?

3. What does hydrated mean? Use a word or phrase from the passage in your answer.

4. Find two ways animals can get water.

5. What is a shelter, and why is it important for animals?

6. Choose one shelter from the text and explain how it helps that animal.

7. What is oxygen, and why do animals need it?

8. What does temperature mean in this text?

9. Why might an animal struggle if it does not have enough space? Use two ideas from the text.

Answer Key

1. Animals use energy to **move, grow, and stay warm**. Any two are correct.
2. Nutrients are the **useful parts of food**. They are important because they help the body **work properly**.
3. Omnivores eat **both plants and animals**. Herbivores eat only **plants**, and carnivores eat other **animals**.
4. Hydrated means having **enough water in your body** and not **drying out**.
5. Animals can get water by drinking from **rivers** or **puddles**, and some get water from the **food they eat**. Any two are correct.
6. A shelter is a **safe place** to stay. It is important because it protects animals from **bad weather** and **danger**, and gives them a place to **rest**.
7. Example answer: A **nest** helps a bird by keeping it and its eggs safe.
Other acceptable shelters include a **burrow, web, house, hole in a tree, or under leaves** with a suitable explanation.
8. Oxygen is a **gas in the air**. Animals need it to **breathe** and to help their bodies **release energy from food**.
9. Temperature means how **hot or cold** something is.
10. If an animal does not have enough space, it may struggle to **move, find food, or raise its young**. The text also says it can be harder for living things to **stay healthy**.