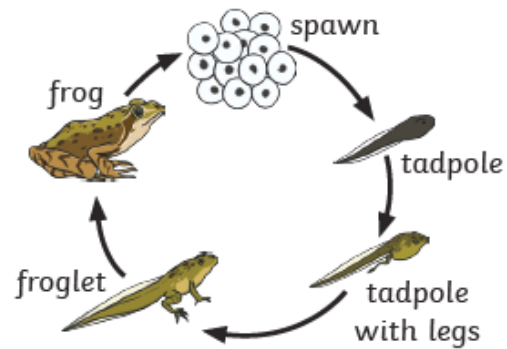
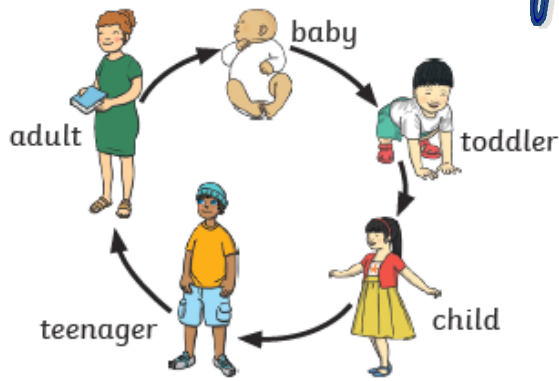


Animals including Humans - Year 2



Key Vocabulary to learn

Adult - A fully grown animal or plant

Develop - To grow and become stronger

Life cycle - The changes living things go through to become an adult

Offspring - The child of an animal

Reproduce - When living things make a new living thing of the same kind

Young - Offspring that has not reached adulthood

Live young - Offspring that has not hatched from an egg.

Dehydrate - To lose water (dry out)

Diet - The food and water that an animal needs

Disease - Illness or sickness

Energy - The power needed to carry out a task

Exercise - A physical activity to keep your body fit

Germs - Bugs that cause disease and illness

Heart rate - The number of times a heart beats in one minute

Hygiene - How clean something is (to stay healthy and stop disease and illness spreading)

Nutrition - Food needed to live

Pulse - The beating of the heart that can be felt in your neck and wrist.

Key Learning

I can notice that animals, including humans, have offspring which grow into adults.

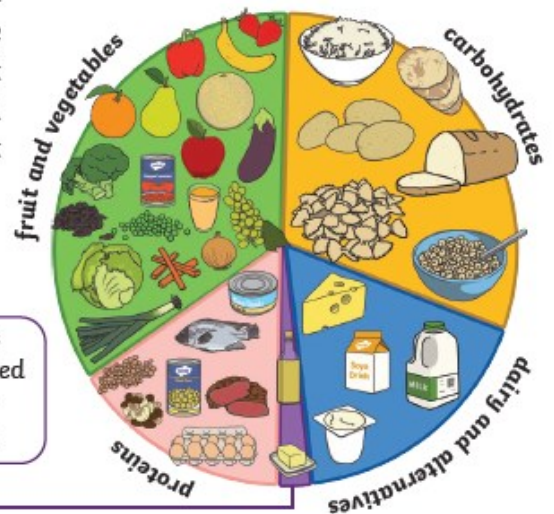
I can describe what the basic needs of animals, including humans, are for survival.

I can describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

I can ask simple questions. I can identify and classify.

To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.

Eatwell Guide



oils and spreads
Choose unsaturated oils and use in small amounts.

Water,
lower
fat milk,
sugar-free
drinks
including tea and
coffee all count.



Eat less often and
in small amounts.



To stay alive, all animals have 3 basic needs:

air



water



food

