

Key Vocabulary

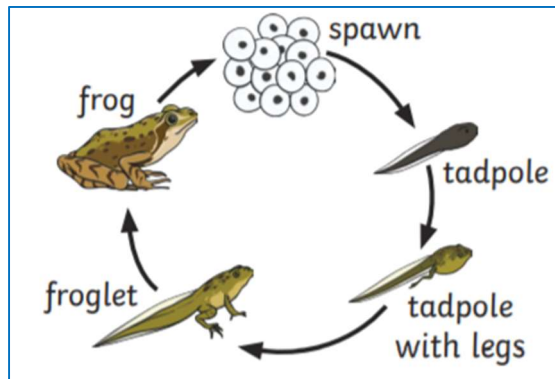
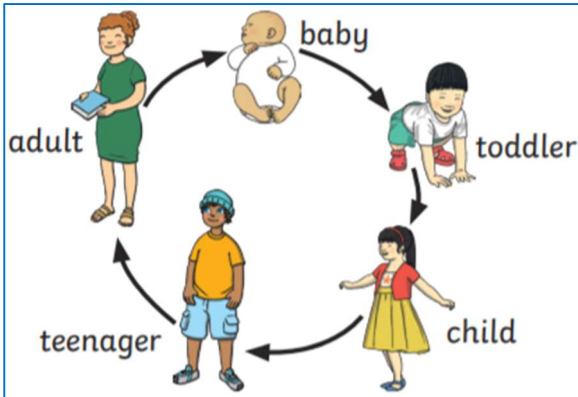
offspring reproduction growth child young/old stages
 exercise heartbeat breathing hygiene/hygenic germs disease
 food types (examples – meat, fish, vegetables, bread, rice, pasta)

All living things **reproduce** and have **offspring**.
 Animals, including humans, have **offspring** which
 grow into **adults**.

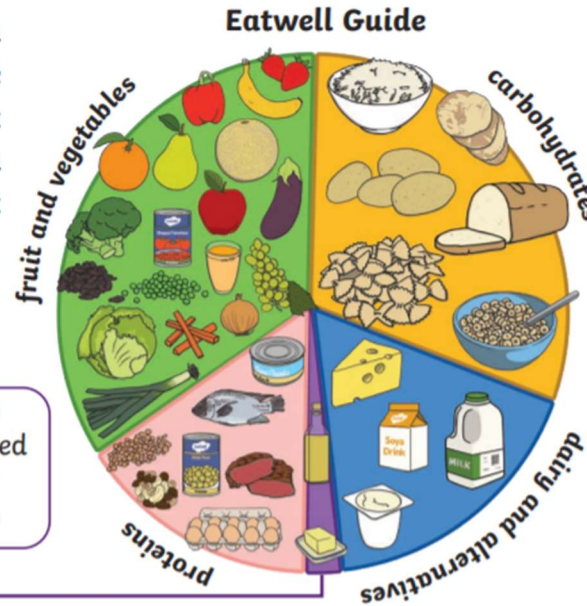
In humans and some animals, these **offspring** will be
young, such as babies or kittens, that grow into
adults.

In other animals, such as chickens or insects, there
 may be eggs laid that hatch to **young** or other **stages**
 which then grow to **adults**.

The **young** of some animals do not look like their
 parents e.g. tadpoles.



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

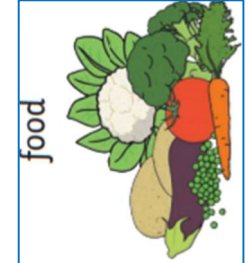


oils and spreads
 Choose unsaturated oils and use in small amounts.

Water, lower fat milk, sugar-free drinks including tea and coffee all count.
6-8 a day

Eat less often and in small amounts.

To stop illness and infections spreading, we must be hygienic and keep ourselves clean.



food



water



air



To stay alive, all animals have 3 basic needs: