



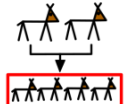
Key vocabulary




life cycle




reproduce




offspring




young




adult



nutrition



exercise



hygiene

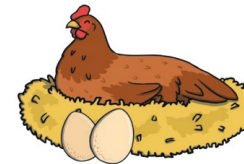
All living things reproduce and have offspring.

Some animals give birth to **live young**. Their offspring normally look like them when they are born.

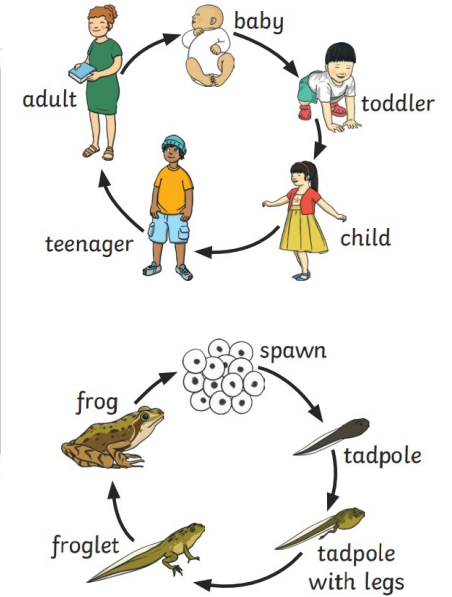


Some animals lay eggs which hatch into live young. This **young** then develops into an **adult**.

When these eggs hatch, some animals look like their adult, e.g. birds and reptiles.



Other animals have offspring which do not look like them, e.g. fish and amphibians.

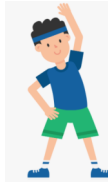


All young animals change at different stages as they grow into adults.

Staying healthy

Exercise

Humans (and many other animals) need to exercise. It builds our muscles and helps pump blood around the body. Regular exercise makes us stronger and faster. It also helps us to keep a healthy weight.



Eating a balanced diet

It is also important that we eat the right amounts of different types of food. This means we will get the right nutrients to help us grow stronger and healthier.

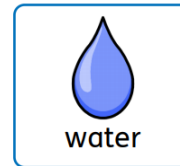
Hygiene

Being hygienic includes regularly washing our hair and bodies, washing hands before eating and brushing our teeth. This stops the spread of germs, which can cause diseases.



Basic needs of animals

To stay alive all animals have 3 basic needs:



Knowledge objective	Self-assessment (✓)
I can notice that animals, including humans, have offspring which grow into adults.	
I can find out about and describe the basic needs of animals, including humans, for survival (water, food, air)	
I can describe the importance of exercise for humans.	
I can describe the importance of eating the right amounts of different types of food for humans.	
I can describe the importance of hygiene for humans.	