



Glossary

Adult - a fully grown animal or plant

Develop - to grow and become stronger

Diet - the food and water that an animal needs

Exercise - physical activity to keep your body fit

Hygiene - how clean something is (to stop disease and keep healthy)

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

Live young - offspring that has not hatched from an egg

Nutrition - food needed to live

Offspring - the child of an animal

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

Survive - to continue to live

Young - in early stage of life or growth

We must exercise often to keep our muscles and bones strong.

All living things **reproduce** and have **offspring**. All young animals change as they grow into adults.

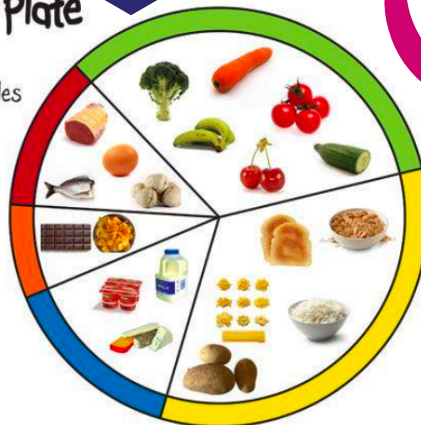
To stop illness and infections, we must be **hygienic** and keep ourselves **CLEAN**.



To stay **healthy**, humans need a **balanced diet**.

A Balanced Plate

- Fruit and vegetables
- Grains, cereals and potatoes
- Dairy products
- Meat, fish, nuts and eggs
- Fats and sugars

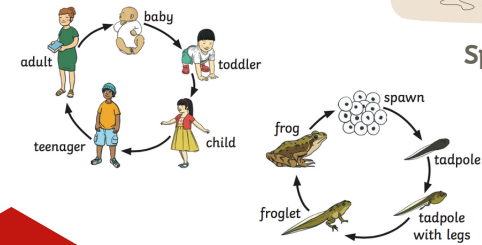


Some animals give birth to **live young**.
Some animals lay **eggs**.

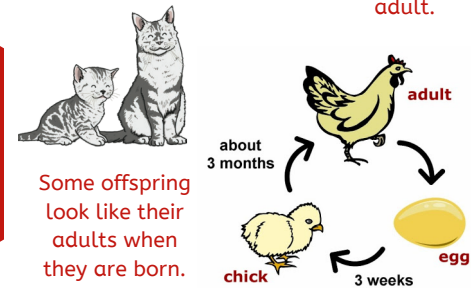
Year Two Animals including Humans



Spring 1



Some offspring look different when they are born but grow to look like their adult.



Some offspring look like their adults when they are born.

To stay **ALIVE**, all animals have **3** basic needs:

