

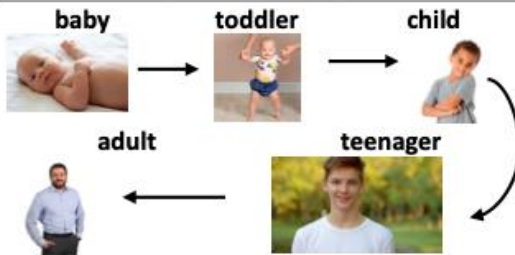


Year 2

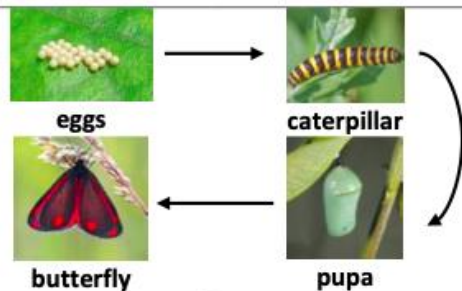
Science: Animals (Including Humans)



Animals including humans have offspring that grow into adults



The young of some animals don't look like their parents:



Key vocabulary

| | |
|---------------------|---|
| offspring | A person's children or an animal's young. |
| reproduction | The process where new animals, humans or plants are made. |
| growth | The process of getting bigger. |
| exercise | This is when you move your body physically to get fit and remain healthy. Our heartbeat increases when we exercise. |
| breathing | This is what we do to get oxygen in our bodies. |
| hygiene | Keeping clean to prevent illnesses and the spread of disease. |
| germs | A very small thing that can cause diseases. We cannot see them with our eyes. |
| disease | An illness which affects people, animals or plants. |

Basic needs to survive:

food to eat

shelter

water to drink

air to breathe

To grow into healthy adults, animals need:

good hygiene

exercise

Right amounts and types of food

It helps you to concentrate.

It burns fat.

It keeps our bodies strong.

It helps us to feel good.

It keeps our heart active and pumping.

Benefits of Exercise

Importance of good hygiene:

stop the spread of germs

keep us clean and tidy

keep us physically and mentally healthy

The Eatwell plate

This shows the different food groups that make up a healthy diet.

