

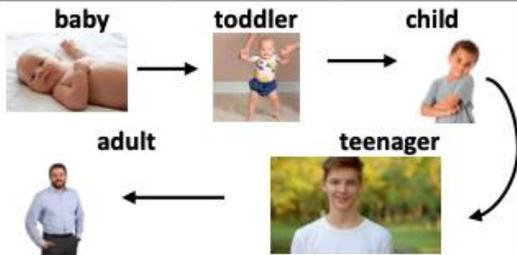


Year 2

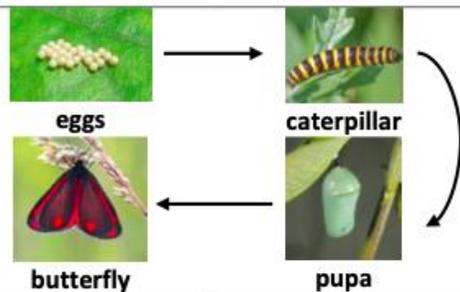
Science: Animals (Including Humans)



**Animals including humans have offspring that grow into adults**



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



**Key vocabulary**

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

