

KEY INFORMATION AND FACTS

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.

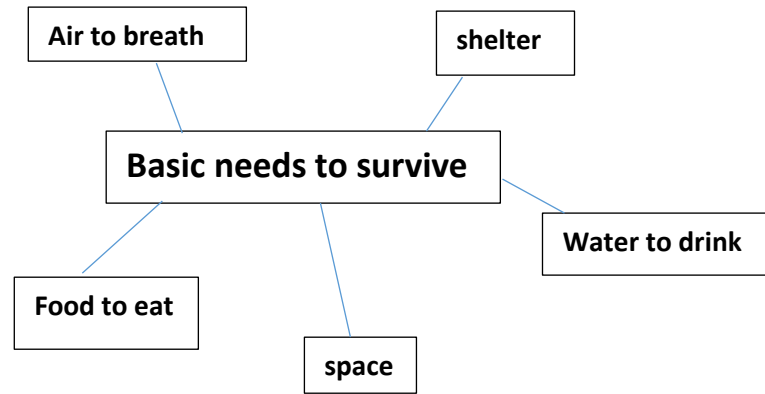
germs A very small thing that can cause diseases. We cannot see them with our eyes.

disease An illness which affects people, animals or plants.

lifecycle The process an animal goes through.

survival Ensuring that all of the basic needs of an animal are met.

diet The variety of foods that animals and humans eat

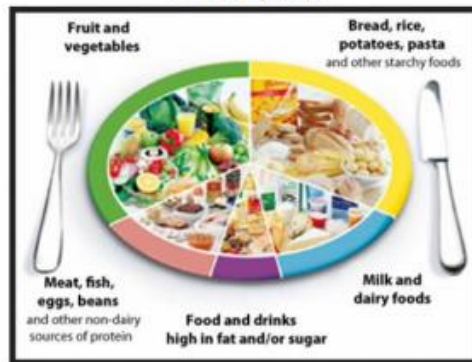


To grow into healthy adults humans need:

- A healthy diet
- Good hygiene
- Regular exercise

The Eatwell plate

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



Animals including humans have offspring that grow into adults

lamb → **sheep**

baby → **toddler** → **child** → **teenager** → **adult**

egg → **chick** → **chicken**

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

spawn → **tadpole** → **frog**

eggs → **caterpillar** → **pupa** → **butterfly**