

## Key Vocabulary

**adult**

A fully grown animal or plant.

**develop**

To grow bigger and become stronger.

**life cycle**

The changes living things go through to become an adult.

**offspring**

The child of an animal.

**young**

Offspring that has not reached adulthood.

**live young**

Offspring that has not hatched from an egg.

All young animals change as they go through the different stages of their life cycle and grow into adults.

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

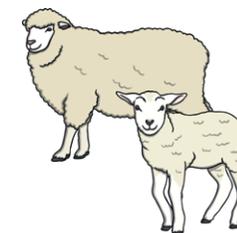
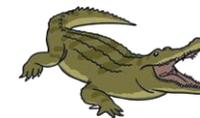


Some animals lay eggs which the **young** hatch from.

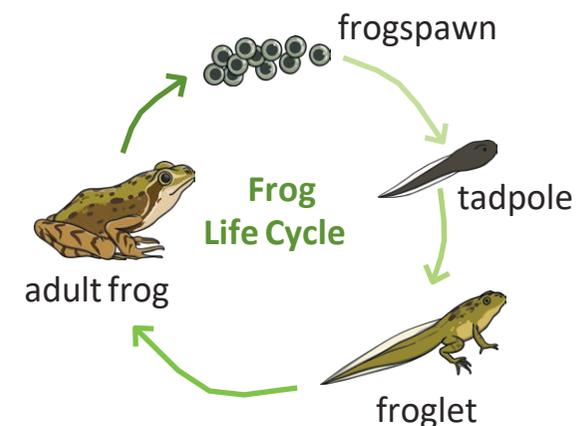
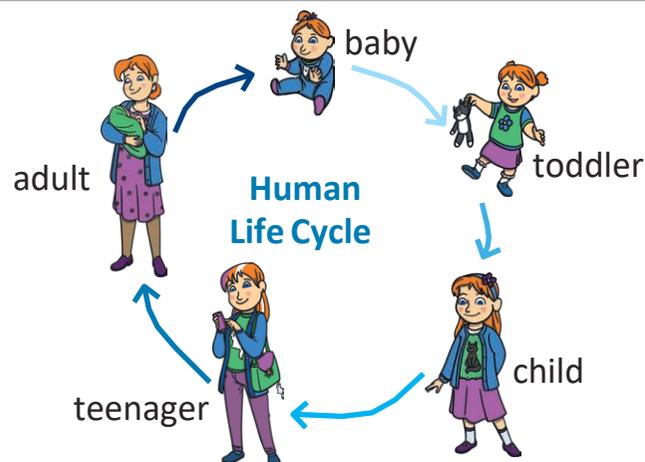


Both of these types of **young** then develop into **adults**.

Some **offspring** look like their **adult** when they are born.



Some **offspring** do not look like their **adult** when they are born.



# Animals Including Humans

## Key Vocabulary

**diet** The food and water that an animal needs.

**disease** Illness or sickness.

**exercise** A physical activity to keep your body fit.

**germs** Tiny living things that can cause disease.

**hygiene** How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.

**nutrition** Food needed to live.

**pulse** The beating of the heart that can be felt in your neck and wrist.

To look at all the planning resources linked to the Animals Including Humans unit, [click here](#).

To stay alive, all animals have three basic needs for survival:

air



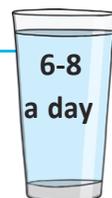
water



food

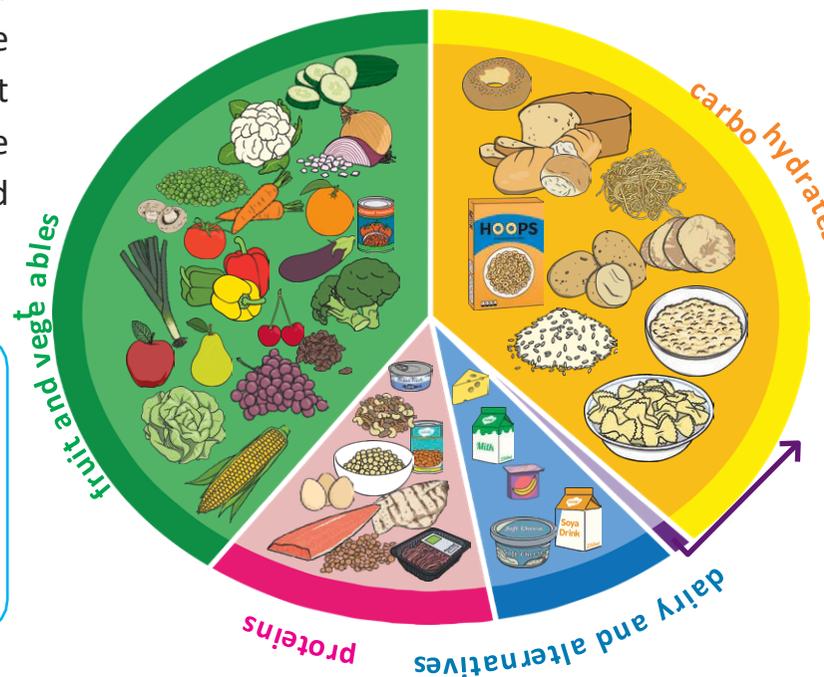


To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



Water, lower fat milk and sugar-free drinks.

## Eatwell Guide



Eat less often and in small amounts.



**oil and spreads**  
Choose unsaturated oils and use in small amounts.



Being active and **exercising** keeps our bodies and minds healthy.



To stop germs from spreading, it is important to be **hygienic**.

