

Animals including

Humans

Year 1/2

All living things have basic needs. They all need food, water and air to survive.



To stop us from getting ill, we must keep ourselves clean.



Key vocabulary

- Basic needs** The important things that animals need to survive (air, water and food).
- Change** When something becomes different.
- Develop** To grow and become stronger.
- Diet** The food that an animal eats.
- Disease** Illness or sickness
- Exercise** An activity that increases your heart rate and keeps your body fit.
- Germ** Bugs that cause disease and illness.
- Healthy** Something that is good for you.
- Heartrate** The number of times a heart beats in one minute.
- Hygiene** Being clean to prevent illnesses.
- Life cycle** The stages an animal goes through throughout their life.
- Offspring** The babies that an animal produces.
- Reproduce** To produce offspring.
- Species** A group. All animals or plants that are the same kind belong to the same species.
- Survive** To stay alive.

All living things **reproduce** and have **offspring**. Some animals give birth to live young. Their offspring looks like them when they are born.



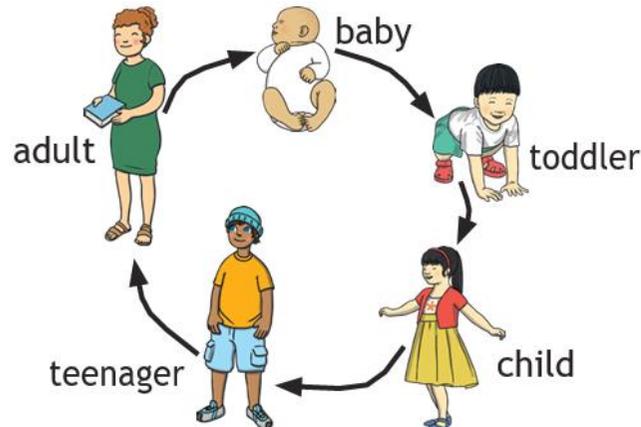
Some animals have offspring that do not look like them such as a frog's offspring is a tadpole.

Eatwell Plate



Drink at least 6-8 glasses of water a day.

The life cycle of a human



The life cycle of a frog

