

Key Vocabulary	
<b>adult</b>	A fully grown animal or plant.
<b>develop</b>	To grow bigger and become stronger.
<b>life cycle</b>	The changes living things go through to become an adult.
<b>offspring</b>	The child of an animal.
<b>young</b>	Offspring that has not reached adulthood.
<b>live young</b>	Offspring that has not hatched from an egg.

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

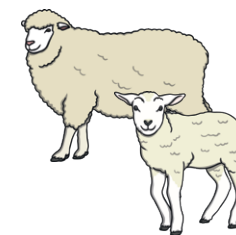


Some animals lay eggs which the **young** hatch from.



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

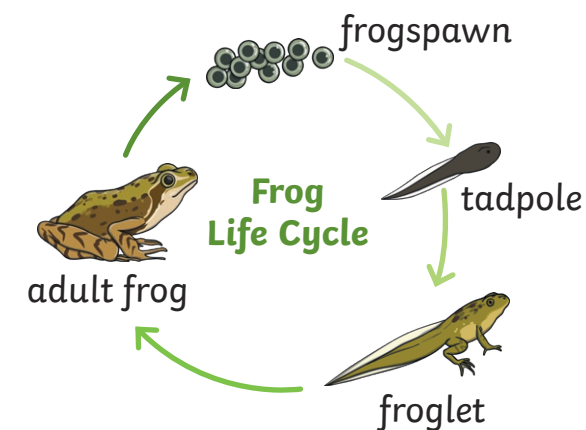
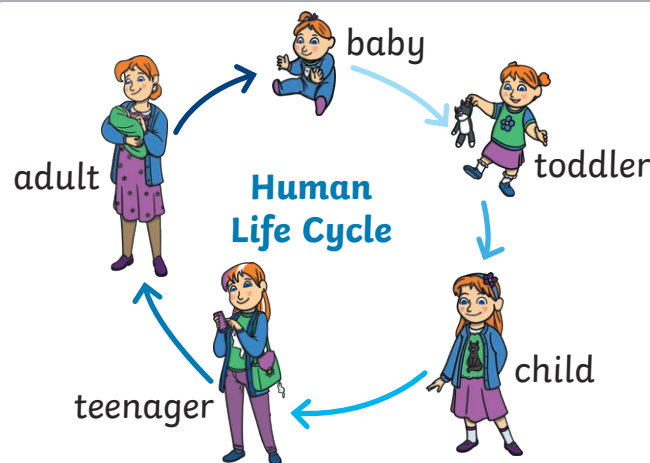
Some **offspring** look like their **adult** when they are born.



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



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



Key Vocabulary	
<b>diet</b>	The food and water that an animal needs.
<b>disease</b>	Illness or sickness.
<b>exercise</b>	A physical activity to keep your body fit.
<b>germs</b>	Tiny living things that can cause disease.
<b>hygiene</b>	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
<b>nutrition</b>	Food needed to live.
<b>pulse</b>	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



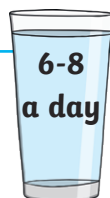
water



food

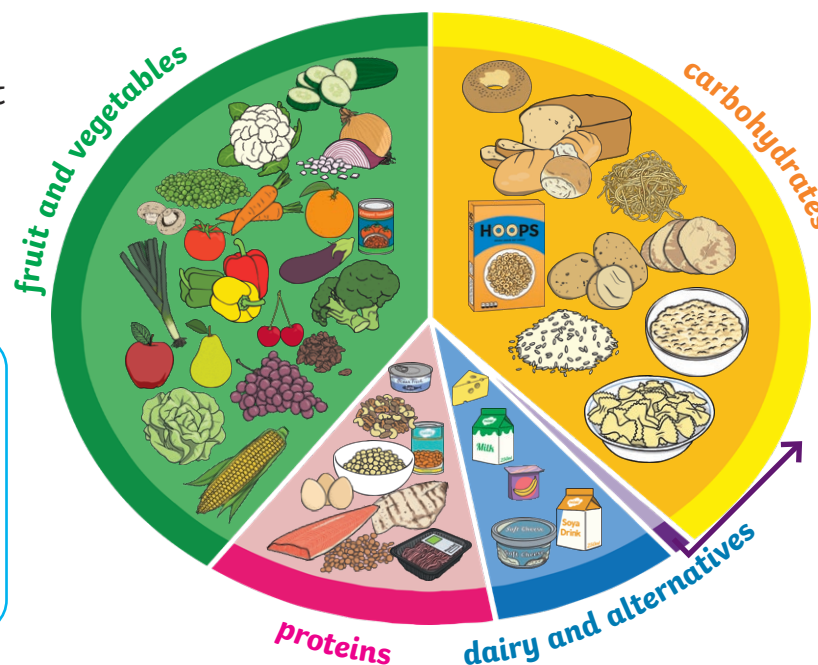


To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



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**.

