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| Vocabulary |
| Offspring | The child of a human or animals. |
| Life cycle  | A series of changes that an animal or plants passes through from the beginning of its life until death. |
| Diet | The food and water that an animal needs. |
| Exercise | A physical activity to keep your body fit. |
| Hygiene | How clean something is. Taking care of our body by being clean and making sure we don’t smell. |
| Reproduce | When living things make a new living thing of the same kind. |

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| Sticky knowledge |
| Plants and animals produce offspring that grow into adults. |
| Animals, including humans, need food, water and air to survive. |
| The basic food groups are: fruit and vegetables, carbohydrates, protein, dairy, fat and sugary foods. |
| More than half of our diet should be made up of carbohydrates, fruit and vegetables. |
| Fats and sugary foods should be eaten rarely and in small amounts. |
| People need to exercise often to help their body stay strong and fit. |
| Keeping clean, including washing and brushing teeth, is an important part of staying healthy. |
| Some animals are carnivores (meat eaters), some are herbivores (eat plants) and some are omnivores (eat both). |





Objectives

-notice that animals, including humans, have offspring which grow into adults

-find out about and describe the basic needs of animals, including humans, for survival (water, food and air)

-describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Did you know?

