

Key Vocabulary	
adult	A fully-grown animal or plant.
develop	To grow and become stronger.
life cycle	The changes living things go through to become an adult.
offspring	The child of an animal.
reproduce	When living things make a new living thing of the same kind.
Young	Offspring that has not reached adulthood.
Live young	Offspring that has not hatched from an egg.
Dehydrate	To lose water (dry out).
Diet	The food and water that an animal needs.
Growth	The process of getting bigger.
Disease	Illness or sickness.
Energy	The power needed to carry out a task.
Exercise	A physical activity to keep your body fit.
Germs	Bugs that cause disease and illness.
Heart rate	The number of times a heart beats in one minute.
hygiene	How clean something is (to stay healthy and stop disease and illness spreading).
nutrition	Food needed to live.
pulse	The beating of the heart that can be felt in your neck and wrist.

Objectives
<ul style="list-style-type: none"> 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.

Growth	
Growth in animals	Animals become older and change as time passes
Examples of growth in animals	Egg > chick > chicken Egg > caterpillar > pupa > butterfly Spawn > tadpole > frog
Example of human growth	Baby > toddler > child > teenager > adult

Survival	
Things animals need to survive	Water, food, air and shelter

Human Survival	
Things humans need to survive	Water, food, air and shelter
Things humans need to be healthy	<ul style="list-style-type: none"> To have a balanced diet of the right amount of different types of food and drink. To exercise regularly: <ul style="list-style-type: none"> ✓ children aged 5-16 need to be active for at least 60 minutes a day. To be hygienic: <ul style="list-style-type: none"> ✓ Wash your hands after you've used the toilet ✓ Wash your private parts every day ✓ Wash your face daily ✓ Have a bath or shower ✓ Brush your teeth twice a day

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

