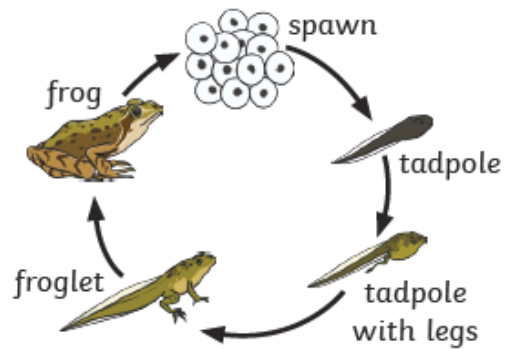
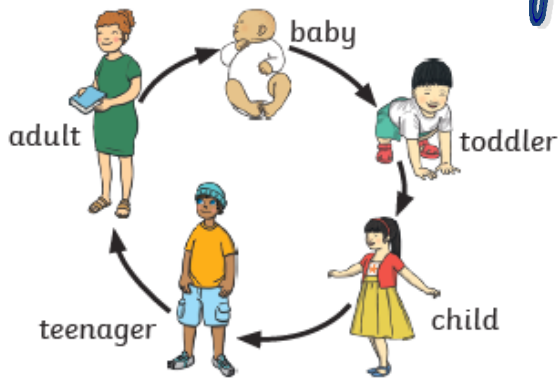


# Animals including Humans - Year 2



## Key Vocabulary to learn

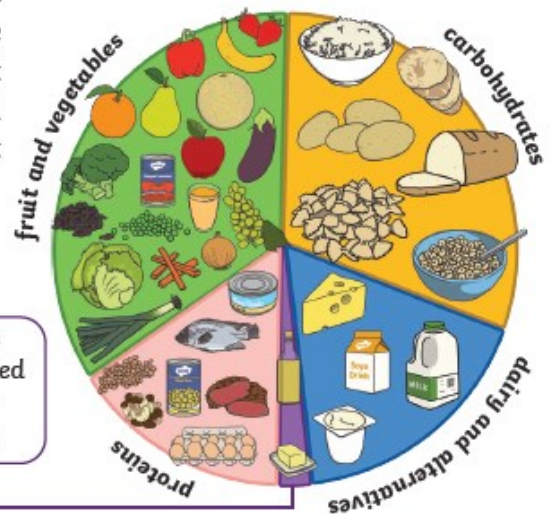
- Adult** - A fully grown animal or plant
- Develop** - To grow and become stronger
- Life cycle** - The changes living things go through to become an adult
- Offspring** - The child of an animal
- Reproduce** - When living things make a new living thing of the same kind
- Young** - Offspring that has 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
- 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.

## Key Learning

- I can notice that animals, including humans, have offspring which grow into adults.
- I can describe what the basic needs of animals, including humans, are for survival.
- I can describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
- I can ask simple questions. I can identify and classify.

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

## Eatwell Guide



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

Water,  
lower fat milk,  
sugar-free drinks  
including tea and coffee all count.



Eat less often and in small amounts.



To stay alive, all animals have 3 basic needs:

air



water



food

