

## Key Vocabulary (Life Cycle)

**Life cycle**—The changes living things go through to become an adult.

**Adult**—A fully grown animal or plant.

**Young**—Offspring that has not reached adulthood

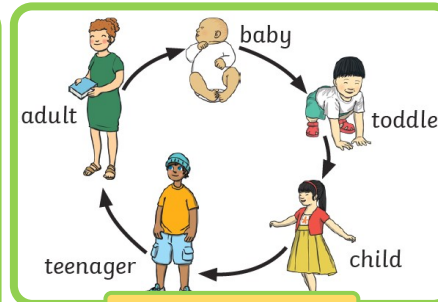
**Live young**—Offspring that does not hatch from an egg.

**Develop**—To grow and become stronger..

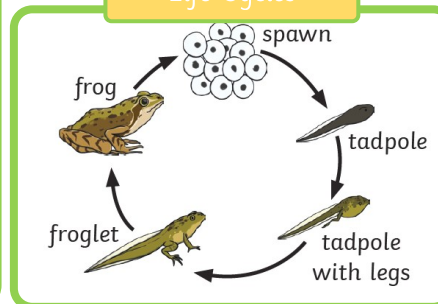
**Offspring**—The child or young of an animal.

**Reproduce**—When living things make a new living thing of the same kind.

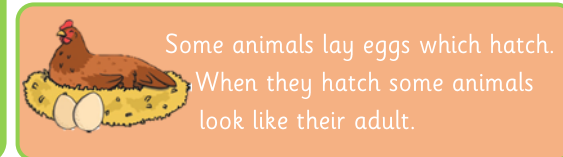
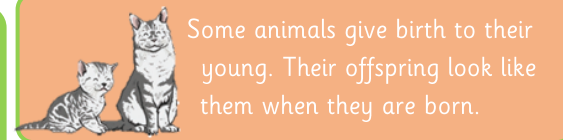
**Basic Needs**—The things animals need to survive (stay alive).



Life Cycles



## Basic Needs of Animals



## Key Vocabulary (Staying healthy)

**Nutrition**—Food needed to live

**Diet**—The food and water that an animal needs.

**Energy**—The power needed to carry out a task.

**Dehydrate**—To lose water (dry out).

**Exercise**—A physical activity to keep your body fit.

**Heart rate**—The number of times a heart beats in one minute.

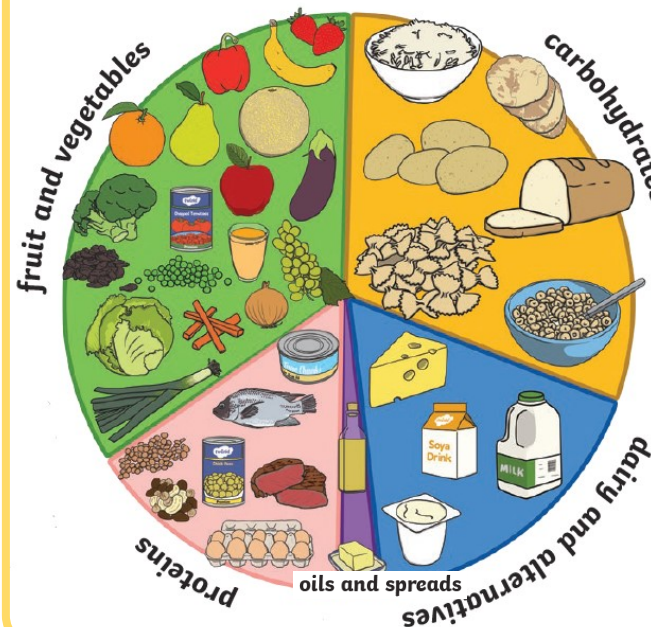
**Pulse**—The heart beat that can be felt in your neck and wrist.

**Disease**—Illness or sickness

**Germs**—Bugs that cause disease and illness.

**Hygiene**—How clean things are (to stop germs spreading).

## Eatwell Guide



## Key Questions

How do animals and humans change as they grow?

What are the basic needs of all animals and how do they meet these?

Do we get faster at completing tasks as we get older?

How does what we eat impact our health?

Why is exercise important?

How can exercise affect our bodies?