

Key Vocabulary and Facts

Adult - a fully grown animal or plant

Develop - to grow bigger, better and to become stronger

Diet - the food and water that an animal needs

Disease - an illness or sickness

Exercise - an activity taking effort to sustain or improve health and fitness

Germs - very tiny organisms that can cause disease

Hygiene - how we keep ourselves and those around us clean, so we can stay healthy and stop germs spreading

Life cycle - the changes all living things go through to become an adult

Offspring - the youngster of a mammal

Live young - offspring that has not hatched from an egg

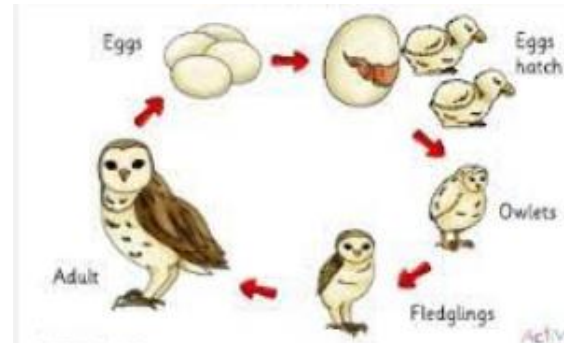
Nutrition - food needed to live

Pulse - the beating of the heart that can be felt in our necks and wrists

Survival - to live or to exist

Animals including humans Year 2

Life Cycle of an Owl



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

All animals have three basic needs for survival:



air



water



food

All animals (including humans) need oxygen to live

Shelter provides safety from weather or predators and basic things that an animal needs to survive

Temperature - sunlight and heat are vitally important to all animals. This gives animals the energy they need



Key Vocabulary and Facts

To grow into healthy adults we must eat the right types of food, and in the right amounts



Cakes, chocolate and crisps should be eaten less often and in small amounts

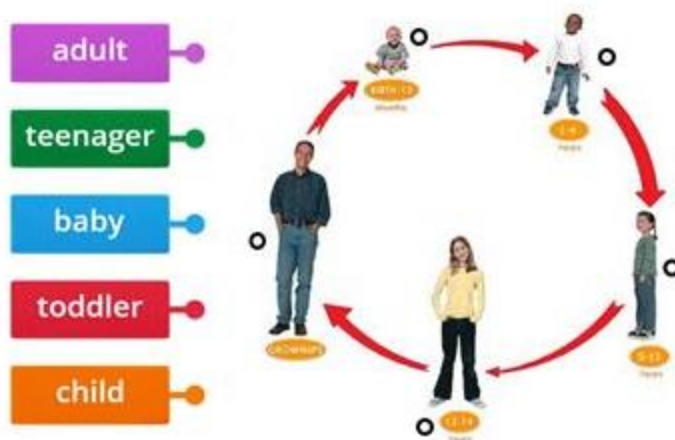


Choose unsaturated oils and spreads and use in small amounts



Drink 6-8 glasses of water, low fat milk or sugar free drinks

Human Life Cycle



Being active and exercising keeps our minds and bodies healthy

Scientific Skills

- *ask simple questions and recognise that they can be answered in different ways*
- *observe closely, using simple equipment*
- *perform simple tests*
- *identify and classify*
- *use their observations and ideas to suggest answers to questions*
- *gather and record data to help in answering questions.*