

## 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

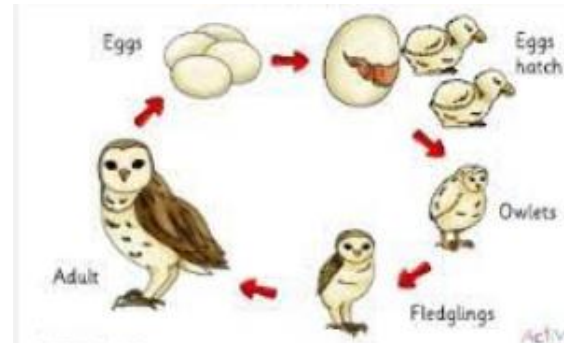
**Nutrition** - food needed to live

**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



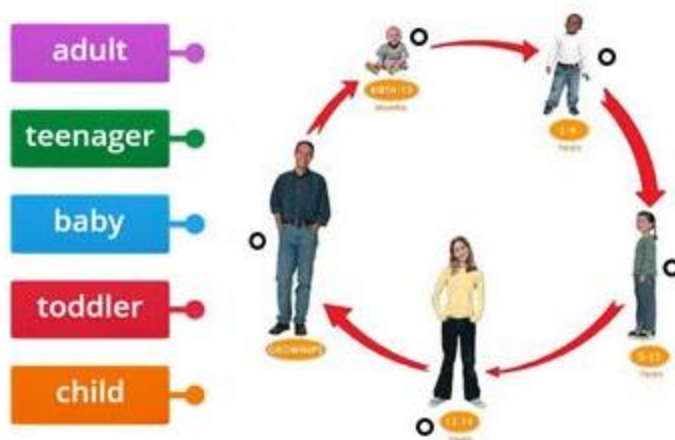
food

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

### Human Life Cycle



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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



Being active and exercising keeps our minds and bodies healthy

### Top Take aways

#### By the end of this unit pupils will know:

- that animals including humans have offspring which grow into adults
- that animals including humans need water, food and air for survival
- the importance for humans of hygiene, exercise and eating the right amounts of different food types

### 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.