

Animals including humans have offspring that grow into adults

lamb



sheep



baby



toddler



child



adult



teenager



egg



chick



chicken



The young of some animals don't look like their parents:

spawn



tadpole



frog



eggs



caterpillar



butterfly



pupa



Animals including humans – Year 2

Key vocabulary

offspring	A person's children or an animal's young.
reproduction	The process where new animals, humans or plants are made.
growth	The process of getting bigger.
exercise	This is when you move your body physically to get fit and remain healthy. Our heartbeat increases when we exercise.
breathing	This is what we do to get oxygen in our bodies.
hygiene	Keeping clean to prevent illnesses and the spread of disease.
germs	A very small thing that can cause diseases. We cannot see them with our eyes.
disease	An illness which affects people, animals or plants.

Significant scientist

Dr Ernest Madu
(born 1960)



Dr Ernest Madu is a cardiologist. His work focuses on providing affordable healthcare in low-resource nations.

basic needs to survive:

food to eat

water to drink

air to breathe

shelter

To grow into healthy adults, animals including humans need:

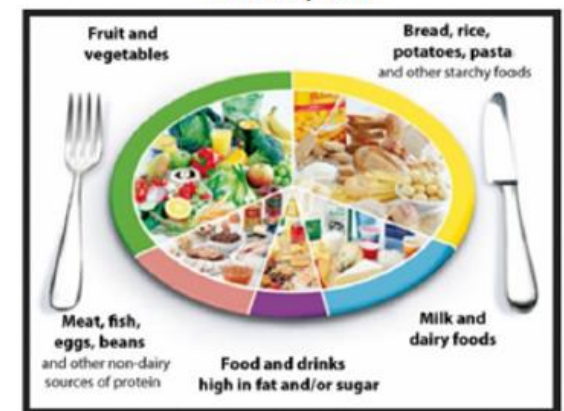
good hygiene




exercise

right amount and types of food

The Eatwell plate

This shows the different food groups that make up a healthy diet.



Key vocabulary	
nutrition	Food necessary for health and growth.
nutrients	Useful substances that help animals and plants grow.
carbohydrates	These are the foods that give us energy. They are found in sugary and starchy foods. 
proteins	These are important so the body can grow, repair and build muscle. 
vitamins and minerals	Substances found in foods which keep us healthy. These are found in fruit and vegetables. 
fibre	This lets food pass quickly through your body. It helps keep your digestive system in good working order.
skeleton	This supports and protects the body, allowing it to move.
bones	The hard parts inside your body which form your skeleton.
muscles	These are attached to bones and help us move.
joints	The place where 2 bones meet.

Animals including humans – Year 3

Significant scientist	
Wilhelm Conrad Rontgen <i>(1845-1923)</i> 	Wilhelm Rontgen was a German physicist who discovered X-rays in 1895. He was awarded many honours and won the Nobel Prize for physics in 1901.

Animals need to eat food to get the nutrients they need.

What type of foods should we eat to stay healthy?

