

Key Vocabulary

adult

A fully grown animal or plant.

develop

To grow bigger and become stronger.

life cycle

The changes living things go through to become an adult.

offspring

The child of an animal.

young

Offspring that has not reached adulthood.

live young

Offspring that has not hatched from an egg.

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

Some animals give birth to **live young**.

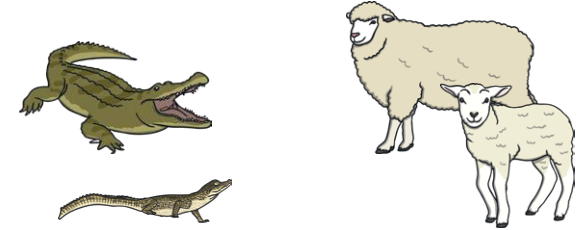


Some animals lay eggs which the **young** hatch from.

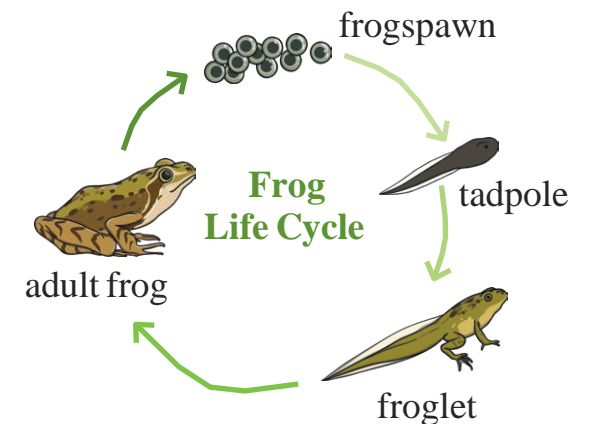
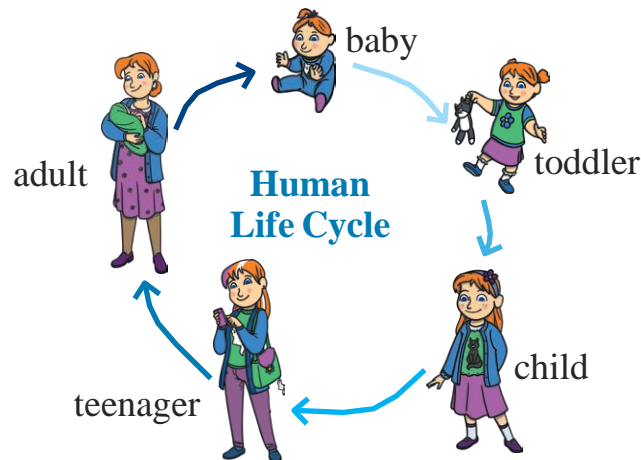


Both of these types of **young** then develop into **adults**.

Some **offspring** look like their **adult** when they are born.



Some **offspring** do not look like their **adult** when they are born.



Key Vocabulary

diet The food and water that an animal needs.

disease Illness or sickness.

exercise A physical activity to keep your body fit.

germs Tiny living things that can cause disease.

hygiene How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.

nutrition Food needed to live.

pulse The beating of the heart that can be felt in your neck and wrist.

To stay alive, all animals have three basic needs for survival:

air



water

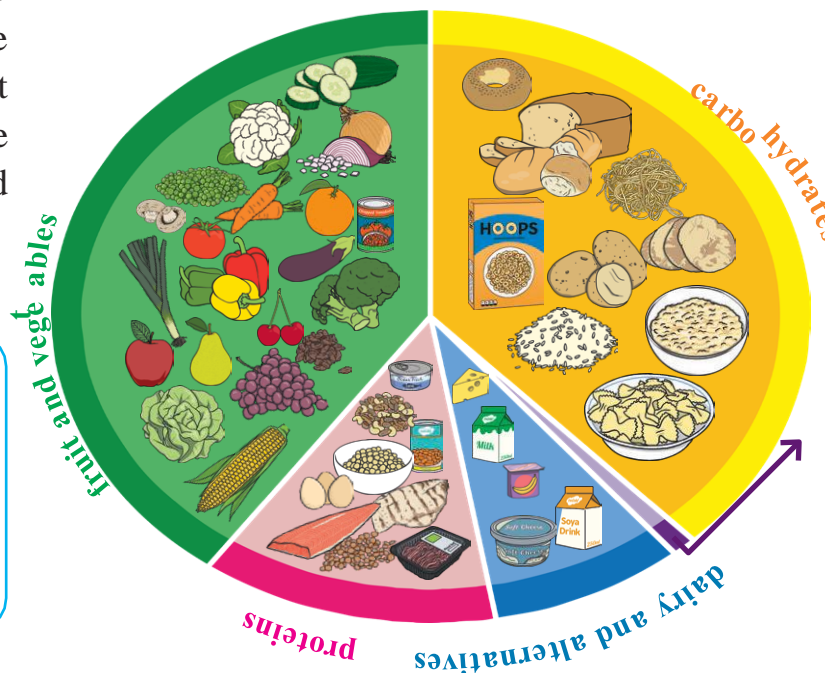


food



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

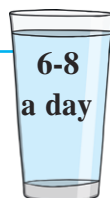
Eatwell Guide



Eat less often and in small amounts.



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



Water, lower fat milk and sugar-free drinks.

Being active and **exercising** keeps our bodies and minds healthy.



To stop germs from spreading, it is important to be **hygienic**.

