

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.

Diet: the food and water that an animal needs.

Virus: illness or sickness.

Exercise: a physical activity to keep your body fit.

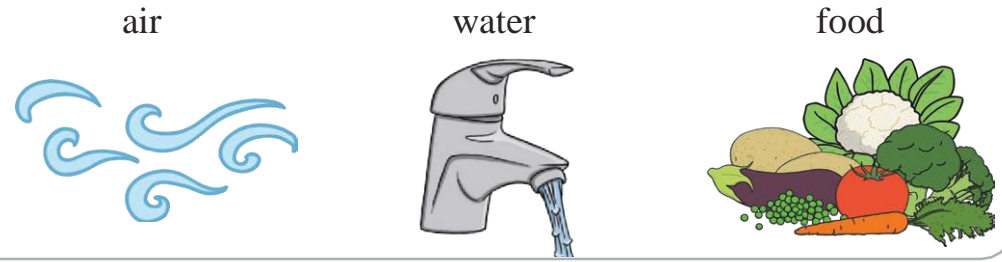
Germs: tiny living things that can cause illness.

Hygiene: how we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.

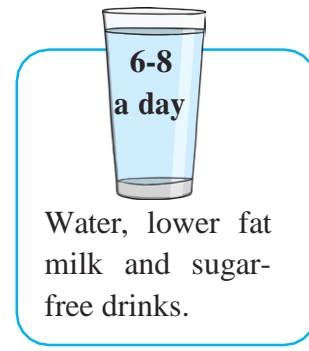
Nutrition: food needed to live.

Pulse: the beating of the heart that can be felt in your wrist and neck.

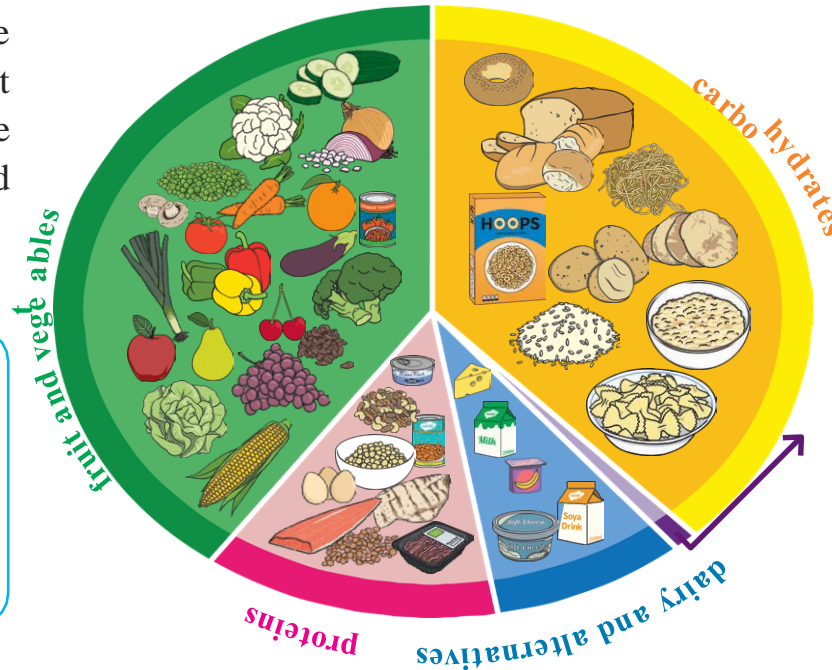
To stay alive, all animals have three basic needs for survival:



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



Eatwell Guide



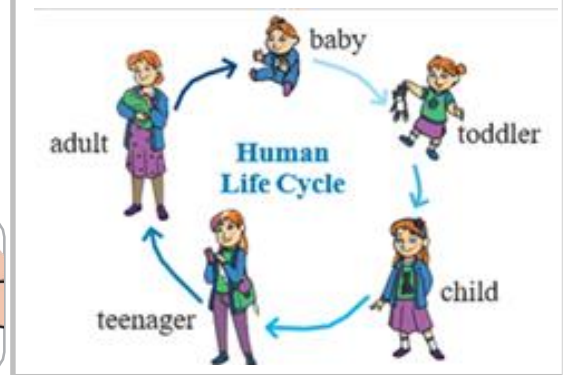
Eat less often and in small amounts.

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

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



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



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