

Year 2: Animals, including Humans

Animals produce offspring that grow into adults

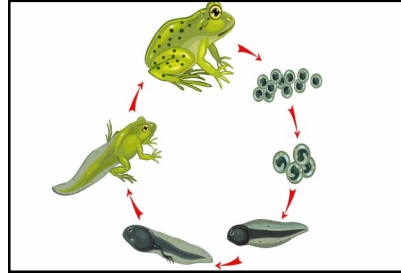
Humans and some other mammals give birth to live offspring that grow into adults.



Other animals, such as birds, fish and insect, lay eggs that will then hatch to young or other stages and will grow into adults.



The stages of life from birth to death is called a life cycle.



Most offspring are very much, but not exactly, like their parents.

The young of some animals do not look like their parents at all e.g. tadpoles do not look like frogs.

All babies of animals, including humans, need to be fed and cared for by their parents.

Animals, including humans need food, water and oxygen and shelter to survive

To grow into healthy adults, humans need the right amounts and types of food



If these needs are not met, the animals will suffer negative effects e.g. starvation or dehydration and could die.



There are five main food groups: fruit and vegetables, carbohydrates, protein, dairy, fat and sugar.

A balanced diet is one which has a variety of food from each food group.

The Eatwell Guide helps us to eat the right amounts of each food group (a balanced diet)

The different foods help us to grow, give us energy, and give us vitamins/minerals that we need to stay healthy.

Exercise is also important because it keeps us strong and fit.

Keeping clean and hygienic can help us to stay healthy because it prevents infections and illnesses.



Good ways to practice good hygiene are: handwashing, teeth cleaning (twice per day) and having regular showers etc.

KEY VOCABULARY



ADULT: the fully grown form of a species



BALANCED DIET: a variety of food that you eat regularly



DEHYDRATION: not drinking enough fluid or losing more fluid than you take



EGG: oval or round object laid by a female bird, fish, reptile or invertebrate



FOOD: any nutritious substance that people or animals eat in order to maintain life and growth



GROWTH: the process of increasing in size



HEALTHY: in good physical or mental condition



HYGIENE: a way in which we care for our bodies by keeping it clean



MINERALS: nutrients in food that are essential for growth and health



OFFSPRING: a person's or animal's young



STARVATION: a severe lack of food for a prolonged period



VITAMINS: a group of substances required by the body to enable growth and health.