

Science: Animals including humans

Key Vocabulary	
<b>adult</b>	A fully grown animal or plant.
<b>develop</b>	To grow bigger and become stronger.
<b>life cycle</b>	The changes living things go through to become an adult.
<b>offspring</b>	The child of an animal.
<b>young</b>	Offspring that has not reached adulthood.
<b>live young</b>	Offspring that has not hatched from an egg.

Key Knowledge

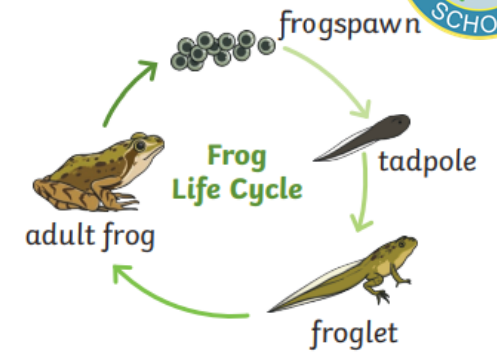
- **Reptile** – An animal with dry scales on its body.



- **Scales** – Small, hard layers that grow from the skin.



Animal life cycle



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

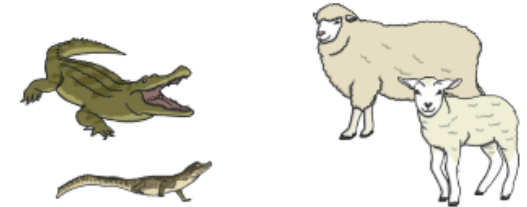


Some animals lay eggs which the **young** hatch from.



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.



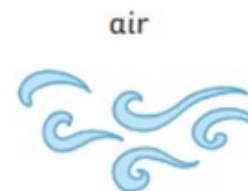
- **Carnivore** – An animal that eats other animals.



- **Herbivore** – An animal that eats plants.

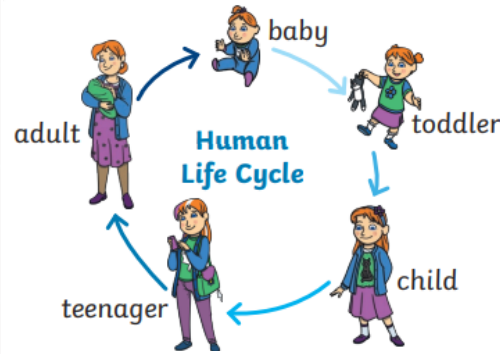


To stay alive, all animals have three basic needs for survival:



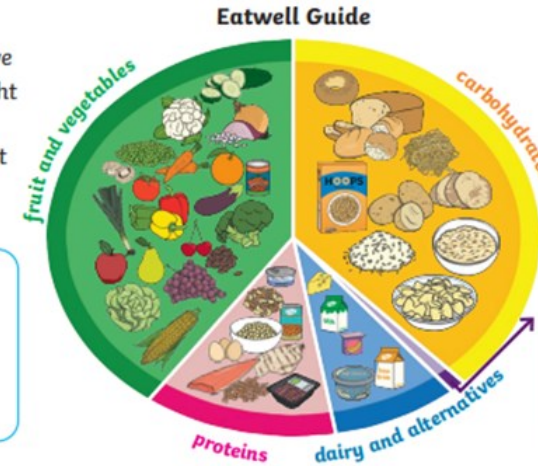
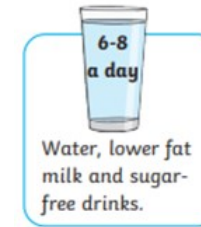
Key Vocabulary	
<b>diet</b>	The food and water that an animal needs.
<b>exercise</b>	A physical activity to keep your body fit.
<b>germs</b>	Tiny living things that can cause disease.
<b>hygiene</b>	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
<b>nutrition</b>	Food needed to live.

### Life cycle of a human



### Key Knowledge

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



Eat less often and in small amounts.

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

- **Heart** – The muscle inside the chest which pumps blood around the body.



- **Mental health** – Keeping your mind healthy.



- **Plaque** – A sticky coating that covers the teeth and gums if they are not brushed regularly.



- **Teeth** – The hard bone-like structure in the mouth used to bite and chew through food.



- A healthy diet includes fruit, vegetables and other healthy food.
- An unhealthy diet is a diet that is high in fat, sugar or fried food.
- It is important to eat the right amounts of different types of food.
- A mammal has fur or hair on its body.
- Humans are mammals.
- Humans need air, water, food and shelter to survive.
- Exercise improves physical health.
- Exercise improves mental health.
- Exercising daily makes your heart stronger.