Animals Including Humans — Year 2

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.

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

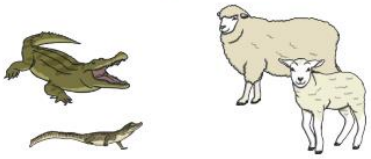


Some animals lay eggs which the **young** hatch from.



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

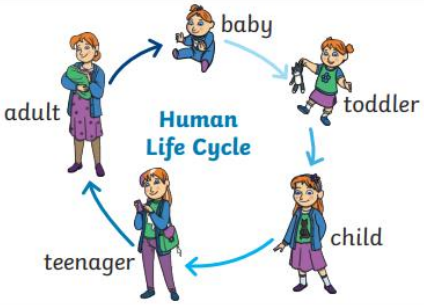
Some **offspring** look like their **adult** when they are born.

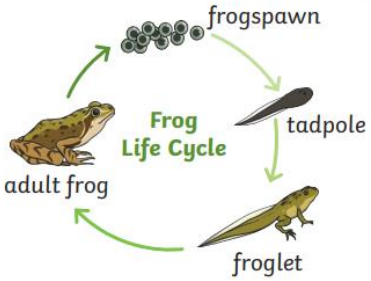


Some **offspring** do not look like their **adult** when they are born.



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





Key Vocabulary	
diet	The food and water that an animal needs.
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.

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

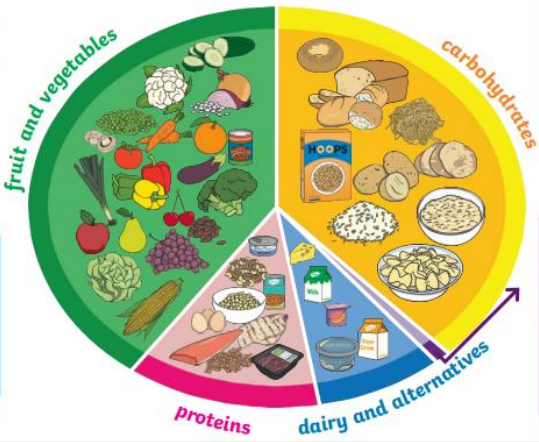


To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



Water, lower fat milk and sugar-free drinks.

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**.

