

Animals including humans have offspring that grow into adults

lamb



sheep



baby



toddler



child



adult



teenager



egg



chick



chicken



The young of some animals don't look like their parents:

spawn



tadpole



frog



eggs



caterpillar



butterfly



pupa



Animals including humans – Year 2

Key vocabulary

offspring	A person's children or an animal's young.
reproduction	The process where new animals, humans or plants are made.
growth	The process of getting bigger.
exercise	This is when you move your body physically to get fit and remain healthy. Our heartbeat increases when we exercise.
breathing	This is what we do to get oxygen in our bodies.
hygiene	Keeping clean to prevent illnesses and the spread of disease.
germs	A very small thing that can cause diseases. We cannot see them with our eyes.
disease	An illness which affects people, animals or plants.

All animals including humans have these basic needs to survive:

food to eat

water to drink

air to breathe

shelter

To grow into healthy adults, animals including humans need:

good hygiene

exercise

right amount and types of food

The Eatwell plate

This shows the different food groups that make up a healthy diet.

