









Reproduce	Life process of a living thing making a new copy of its own kind.
Needs for survival	All animals need water, nutrients, air and shelter to survive.
Life cycle	Changes living things experience throughout their life.
Offspring	The name given to the new copy of a living thing, e.g. baby, kitten, tadpole.
Dehydrate	To lose too much water.
Diet	The food and water an animal needs to eat.
Energy	The source of power to perform a job, action or movement.
Disease	An illness, often passed from one thing to another
Germs	Microscopic living things that cause an illness
Hygiene	Cleanliness and free from germs or disease.

- I can:
- notice that animals, including humans, have **offspring** that grow into adults.
 - find out about and describe the basic **needs** of animals, including humans, **for survival**.
 - describe the importance for humans of exercise, eating the right amounts of different types of food, and **hygiene**.

Young		Adult	
Caterpillar		➔	Butterfly 
Puppy		➔	Dog 
Baby human		➔	Adult human 
Tadpole		➔	Frog 

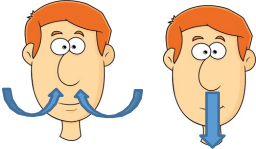


Healthy eating / human diet Basic needs for animal survival




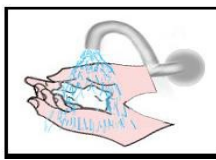
To grow into healthy adult humans, we need to eat a healthy amount of each food group.

6-8 glasses of liquid each day (water, low-fat milk, sugar-free soft drinks all count).

Some people think eating just fruit and vegetables is a good diet – why is this not correct?

 Air (for respiration)	 Food (for nutrients)	 Clean water
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Hygiene – Hand washing steps

 <p>1. Wet hands</p>	 <p>2. Rub in soap for 20 seconds</p>	 <p>3. Scrub back of hands, wrists, between fingers and under fingernails.</p>	 <p>4. Rinse soap off hands</p>	 <p>5. Dry hands</p>
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Quiz

Question 1

Which of the following is not a basic need for animals to survive?

- a) Water
- b) Clothes
- c) Air
- d) Nutrients

Question 2

Which of the following would grow into an adult frog?

- a) Puppy
- b) Kitten
- c) Tadpole
- d) Caterpillar

Question 3

Which of the following is not a hand washing step?

- a) Rub in soap for 20 seconds
- b) Scrub back of hands, wrists, between fingers and under fingernails
- c) Rinse soap off hands
- d) Blow nose after drying hands

Question 4

What name is given to the changes which happen to an animal as it goes through its life?

- a) Life cycle
- b) Offspring
- c) Young
- d) Adult

Question 5

How many glasses of liquid should we drink every day to keep a healthy diet?

- a) 2-4
- b) 4-6
- c) 6-8
- d) 8-10

Question 6

What word is given to a living thing that has lost too much water?

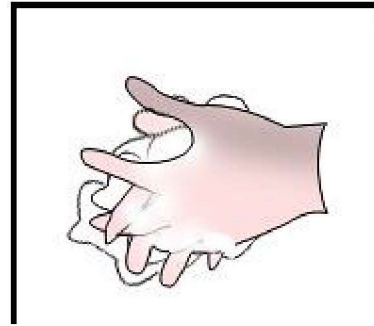
- a) Carbohydrate
- b) Protein
- c) Dairy
- d) Dehydrate



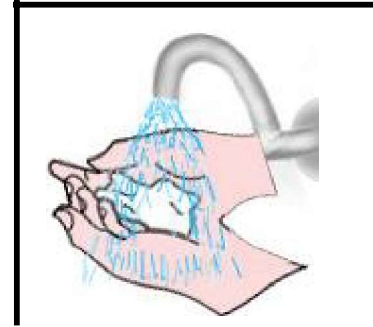
Wet hands



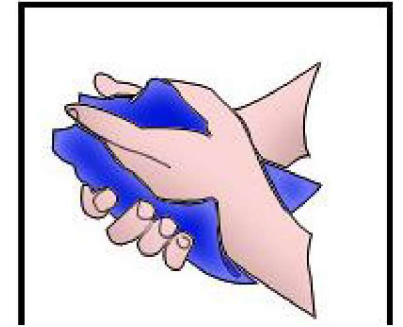
Soap (20 seconds)



Scrub backs of hands, wrists
between fingers, and under
fingernails



Rinse



Towel dry and turn
off taps with towel