

What should I already know?

I know a variety of common animals (including mammals, fish, birds, reptiles and amphibians).

I can name the main body parts of animals and the human body. I know the 5 senses and which body parts we use for them.

I know that animals have different diets, for example, carnivore, herbivore or omnivore.

Vocabulary

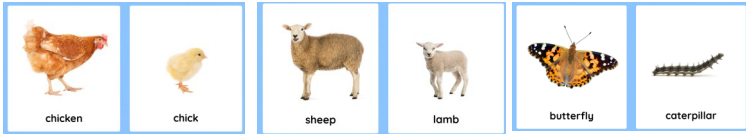
Basic Health	Taking care of your body to stay clean, eat well, and be strong and healthy.
Egg	A round or oval object from which a baby bird, insect, or other animal can grow.
Hygiene	Keeping your body and surroundings clean to stay healthy.
Life Cycle	The stages a living thing goes through from being born, growing up, having babies, and then getting older.
Live Young	Babies that are born alive from their mother, not from an egg.
Survive	To stay alive and healthy, even when things are hard.
Teenager	A person who is between being a child and an adult, usually 13 to 19 years old.
Toddler	A young child who is just learning to walk, usually 1 to 3 years old.

1. What are the different stages of the human life cycle and how are they similar to other animals?



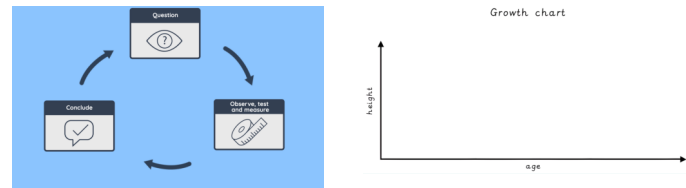
Sticky Knowledge Humans grow and change in stages from babies to adults. The main stages of the human life cycle are: baby, toddler, child, teenager, adult, and older adult. Animals also have babies and go through life cycles. Offspring are baby animals or humans. All living things need to grow, develop, and survive.

2. What are the stages of an animal's life cycle and what order do they happen in?



Sticky Knowledge A life cycle shows the stages of an animal's life from birth to adulthood. Some animals hatch from eggs, while others are born alive. Observing and ordering the stages helps us understand how animals grow and change.

3. How can we measure growth and record changes in living things?



Sticky Knowledge All living things grow and change over time. We can measure growth using tools like rulers or scales. Recording measurements helps us see how living things change. Observing growth helps scientists understand animals, plants, and people better.

4. What do animals need to survive and stay healthy?

water
Water is essential for all bodily functions.

air
Oxygen, found in air, is essential for all animals.

food
Food provides energy the body needs to stay healthy and active.

Sticky Knowledge All animals need food, water, and air to survive. Animals need shelter to stay safe and healthy. Different animals have different ways of finding what they need. Living things survive best in the places that meet their needs.

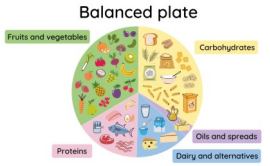
5. How does exercise change our bodies and why is hygiene important to stay healthy?"

Daily routine

Time of day	Health or hygiene activity
Morning	
Break time	
Lunchtime	
After school	
Before bed	

Sticky Knowledge Exercise helps our bodies grow strong and healthy. Exercise makes our hearts beat faster and our bodies warmer. Keeping clean (hygiene) helps stop germs and sickness. Washing hands, brushing teeth, and bathing are important for hygiene. Both exercise and good hygiene help us stay healthy every day.

6. What foods do we need to eat to have a balanced diet and stay healthy?"



Sticky Knowledge A balanced diet has different types of foods to keep us healthy. Foods give our bodies energy, help us grow, and keep us strong. The main nutrient groups are carbohydrates, proteins, fats, vitamins, and minerals. Choosing a variety of foods helps our bodies work properly every day.