


Sleep



- Recovers and grow
- Children need more sleep
- Grows rapidly

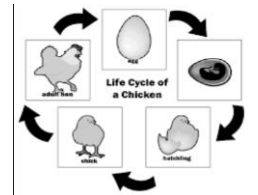
Offspring



Humans have offspring



Animals have offspring.



Food and drink

Eat a balanced diet

5 portions



stay hydrated.




Dehydration causes tiredness,.

6 – 8 glasses a day.




Basic needs for survival


oxygen 

water 

food 

warmth 

shelter 

exercise 

rest 

Exercise



Healthy

1 Hour



Heart rate



Hygiene









germs making you ill.

Some germs travel on your skin


















Stops germs spreading.

Vocabulary Organiser- Science

Amphibian		A creature that lives on land and partly in water for example a frog.
Balanced diet		A balanced diet is eating more fruit and vegetables and less fatty foods.
Exercise		Is any activity, which you do to get fit and remain healthy.
Healthy food		Food that is considered to be good for your health.
Hygiene		Keeping yourself clean to stop the spread of germs.
Invertebrate		A creature which does not have a spine.
Mammals		Animals that give birth to live babies and feed their young with milk from the mother's body.
Metamorphosis		Is when a thing changes into something completely different.
Offspring		A person's or animal's offspring are their children.
Pupa		A pupa is the life stage of some insects undergoing transformation.
Survival		Is being able to continue living or existing.
Unhealthy		This means not eating a balanced diet and not exercising.
Dehydration		When your body loses more fluids than you take in. If it isn't treated it can get worse and become a serious problem.
Germ		A small organism that can cause disease.
Resting heart rate		Your resting heart rate (RHR) is the number of times your heart beats per minute (bpm) while at complete rest. In children this is normally.

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