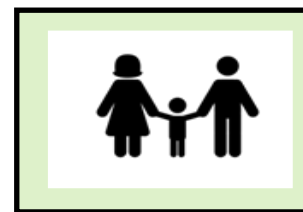


# Year 2: Biology - Adults including Humans

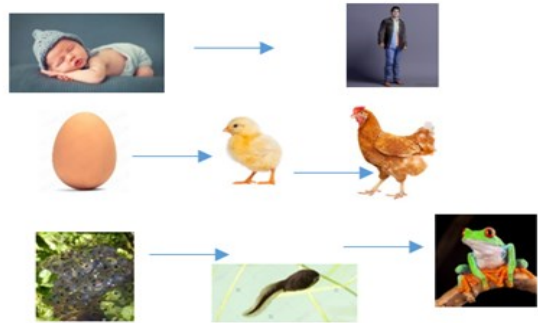
Animals including humans



give birth to offspring



Offspring grow into adults



## Needs of Survival and Growth:

	<ul style="list-style-type: none"> <li>Air contains oxygen</li> </ul>
	<ul style="list-style-type: none"> <li>You should drink 6-8 glasses of fluid a day</li> <li>We need to drink more when it's hot</li> </ul>
	<ul style="list-style-type: none"> <li>A balance diet is important</li> <li>Eat 5 portions of fruit and vegetables a day</li> </ul>
	<ul style="list-style-type: none"> <li>Protects you from the environment and predators</li> </ul>
	<ul style="list-style-type: none"> <li>The human body needs to maintain its temperature</li> </ul>
	<ul style="list-style-type: none"> <li>Exercise makes your body stronger and fitter</li> <li>Exercise should increase your heart rate</li> <li>You should do 60 minutes a day</li> </ul>
	<ul style="list-style-type: none"> <li>Sleep lets your body recover and grow</li> <li>Children need more sleep than adults</li> </ul>
	<ul style="list-style-type: none"> <li>Some germs can travel on your skin</li> <li>Washing your hands can stop these germs</li> </ul>

## Vocabulary:

dehydration



When your body loses more fluids than you take in.

Balanced diet



A balanced diet is eating more fruit and vegetables and less fatty foods.

germ



A small microscopic organism that can cause disease.

healthy



To be **healthy** means to not be sick.

offspring



A person or animal's offspring are their children.