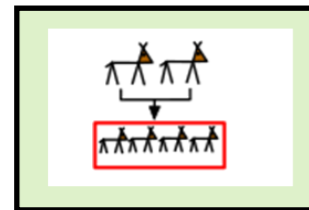


Year 2: Biology - Animals including Humans

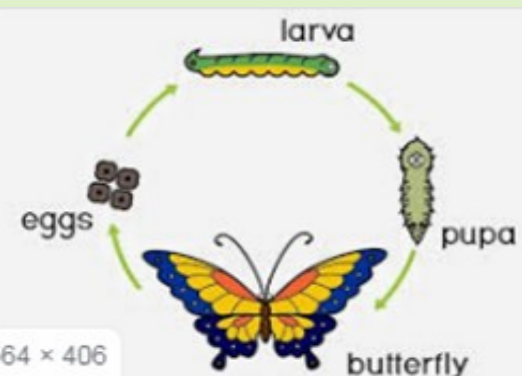
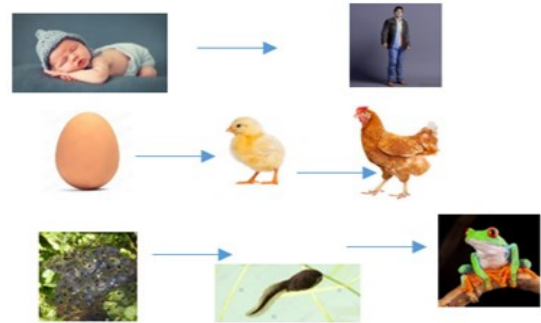
Animals including humans



give birth to offspring



Offspring grow into adults

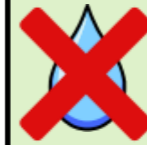


Needs of Survival and Growth:

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

Vocabulary:

dehydration



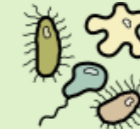
When your body loses more fluids than you take in.

Balanced diet



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

germ



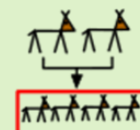
A small microscopic organism that can cause disease.

healthy



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

offspring



A person or animal's offspring are their children.