

## Animals including Humans

### Key Vocabulary

<b>adult</b>	A fully grown animal or plant.
<b>develop</b>	To grow bigger and become stronger.
<b>life cycle</b>	The changes living things go through to become an adult.
<b>offspring</b>	The child of an animal.
<b>diet</b>	The food and water that an animal needs.
<b>exercise</b>	A physical activity to keep your body fit.
<b>germs</b>	Tiny living things that can cause disease.
<b>hygiene</b>	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
<b>nutrition</b>	Food needed to live.

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

<b>healthy</b>	in a good physical and mental condition
<b>nutrients</b>	substances that living things need to stay alive and healthy
<b>energy</b>	strength to be able to move and grow
<b>saturated fats</b>	types of fats, considered to be less healthy, that should only be eaten in small amounts
<b>unsaturated fats</b>	fats that give you energy, vitamins and minerals

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide <b>energy</b>
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide <b>energy</b>
vitamins		keep you <b>healthy</b>
minerals		keep you <b>healthy</b>
water		moves <b>nutrients</b> around your body and helps to get rid of waste

All **young** animals change as they go through the different stages of their **life cycle** and grow into **adults**.



