

HUMAN GROWTH

Vocabulary

Offspring: human or animal children **Reproduction:** Process by which animals and plants produce their offspring
Exercise: Physical activities that improve the health of your body. **Heartbeat:** The muscle in the heart pushing blood around the body. **Hygiene:** Keeping ourselves healthy and not spreading germs. **Germs:** Tiny organisms that can't be seen without a microscope.

Animals and their Offspring



Humans and their Offspring



Food Groups



Survival

For humans to survive they need:

- Air
- Water
- Food

To grow into a healthy adult, we must eat the right types of food in the right amount and exercise.

To stop illness spreading, we must be hygienic and keep ourselves clean.

Exercise

Exercise is a way of keeping our bodies healthy by being active.

Running, swimming, cycling and playing are all types of exercise.

It can also put you in a good mood.