H U M A N G R O W T H

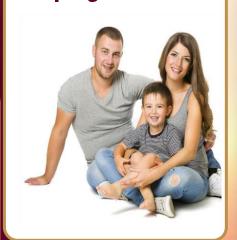
### **Vocabulary**

**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.

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