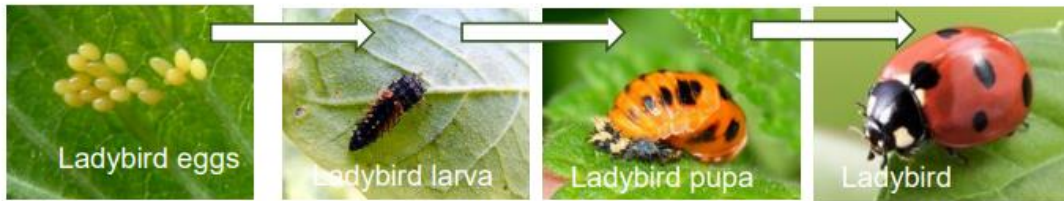
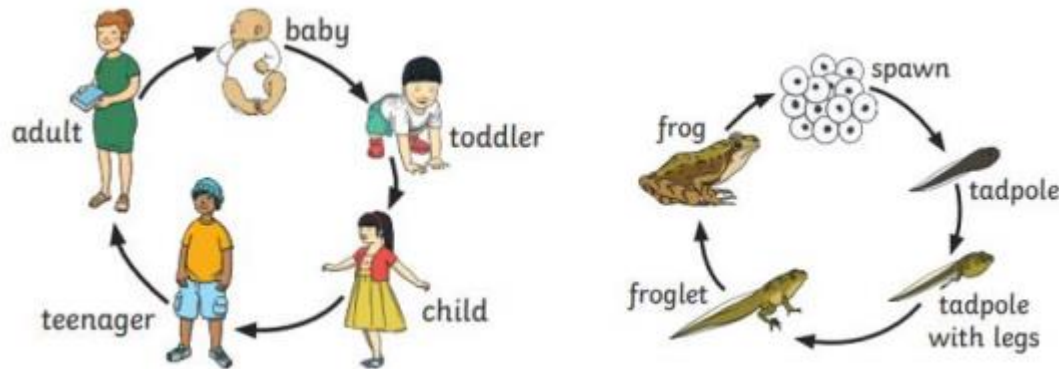




Y2 Science – Human Growth, Hygiene and Survival

Life Cycles

- All young animals change at different stages as they grow into adults.
- This is called a life cycle.



Life Stages

Birth

Growth

Reproduction

Death

Vocabulary

Offspring	A human's child or an animal's child.
Reproduction	The process by which animals and plants produce their offspring
Growth	The process of living things increasing in size
Exercise	To take part in physical activities to improve the health of your body
Heartbeat	The muscle in the heart contracts and pushes blood around the body every second causing a beat.
Hygiene	The practice and routines of keeping ourselves healthy and not spread germs.
Germs	Tiny organisms that can't be seen without a microscope.
Disease	A change in a living body (person, animal or plant) that prevents it from functioning normally.

Basic Needs





Y2 Science – Human Growth, Hygiene and Survival



- To grow into a healthy adult, we must eat the right types of food in the right amount and exercise.
- A healthy diet is important. We should eat a variety of foods regularly.
- To stop illness and infections spreading, we must be hygienic and keep ourselves clean.