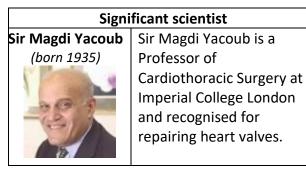


## Animals including humans

Year 2

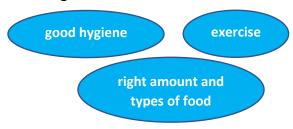
Key vocabulary	
offspring	A person's children or an
	animal's young.
reproduction	The process where new
	animals, humans or plants are
	made.
growth	The process of getting bigger.
exercise	This is when you move your
	body physically to get fit and
	remain healthy. Our heartbeat
	increases when we exercise.
breathing	This is what we do to get
	oxygen in our bodies.
hygiene	Keeping clean to prevent
	illnesses and the spread of
	disease.
germs	A very small thing that can
	cause diseases. We cannot
	see them with our eyes.
disease	An illness which affects
	people, animals or plants.



All animals including humans have these basic needs to survive:



To grow into healthy adults, animals including humans need:



## The Eatwell plate

This shows the different food groups that make up a healthy diet.

## Sticky Knowledge

