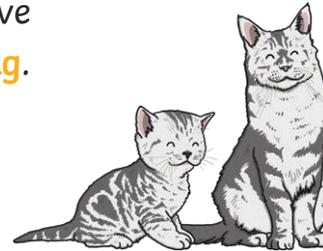## Key Vocabulary

| | |
|---|---|
| adult | A fully grown up animal or plant. |
| develop | To grow and become stronger. |
| life cycle | The changes living things go through to become an adult. |
| offspring | The child of an animal. |
| reproduce | When living things make a new living thing of the same kind. |
| young | Offspring that has not reached |
| live young | Offspring that has not hatched from an |

All young animals change at different stages as they grow into adults.
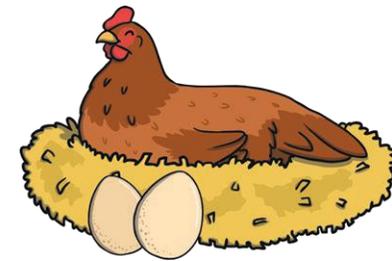
All living things **reproduce** and have **offspring**.

Some animals give birth to **live young**. Their offspring normally look like them when they are born.

Other animals have offspring which do not look like them, e.g. fish and amphibians.
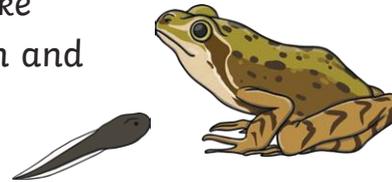
Some animals lay eggs which hatch into live young. This **young** then develops into an **adult**.

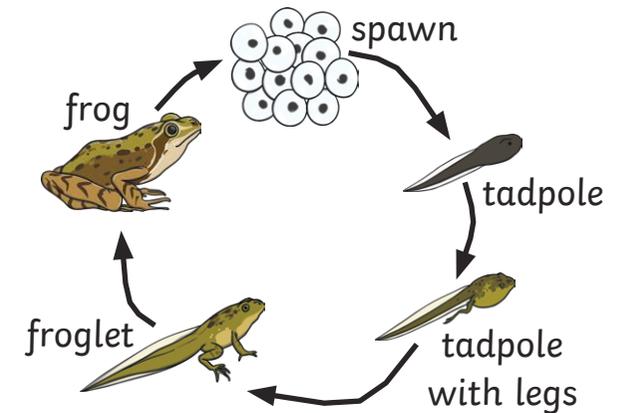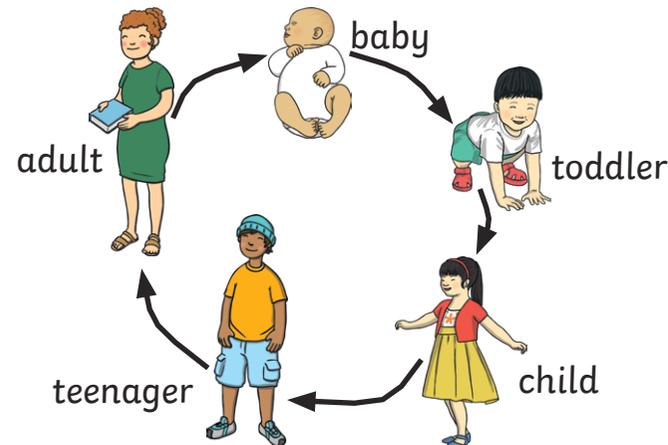When these eggs hatch, some animals look like their adult, e.g. birds and reptiles.

adult → baby → toddler → child → teenager → adult

frog → spawn → tadpole → tadpole with legs → froglet → frog

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## Key Vocabulary

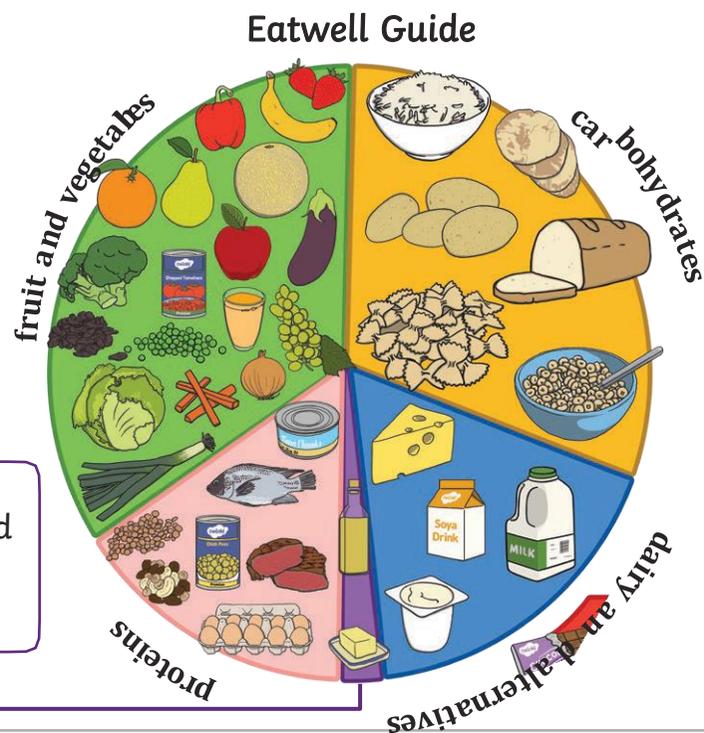| | |
|---|---|
| **dehydrate** | To lose water (dry out). |
| **diet** | The food and water that an animal needs. |
| **disease** | Illness or sickness. |
| **energy** | The power needed to carry out a task. |
| **exercise** | A physical activity to keep your body fit. |
| **germs** | Bugs that cause disease and illness. |
| **heart rate** | The number of times a heart beats in one minute. |
| **hygiene** | How clean something is (to stay healthy and stop disease and illness spreading). |
| **nutrition** | Food needed to live. |
| **pulse** | The beating of the heart that can be felt in your neck and wrist. |

To stay alive, all animals have 3 basic needs:

air

water

food

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

### Eatwell Guide

fruit and vegetables

carbohydrates

proteins

dairy and alternatives

oils and spreads
Choose unsaturated oils and use in small amounts.

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

6-8 a day

Eat less often and in small amounts.

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

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