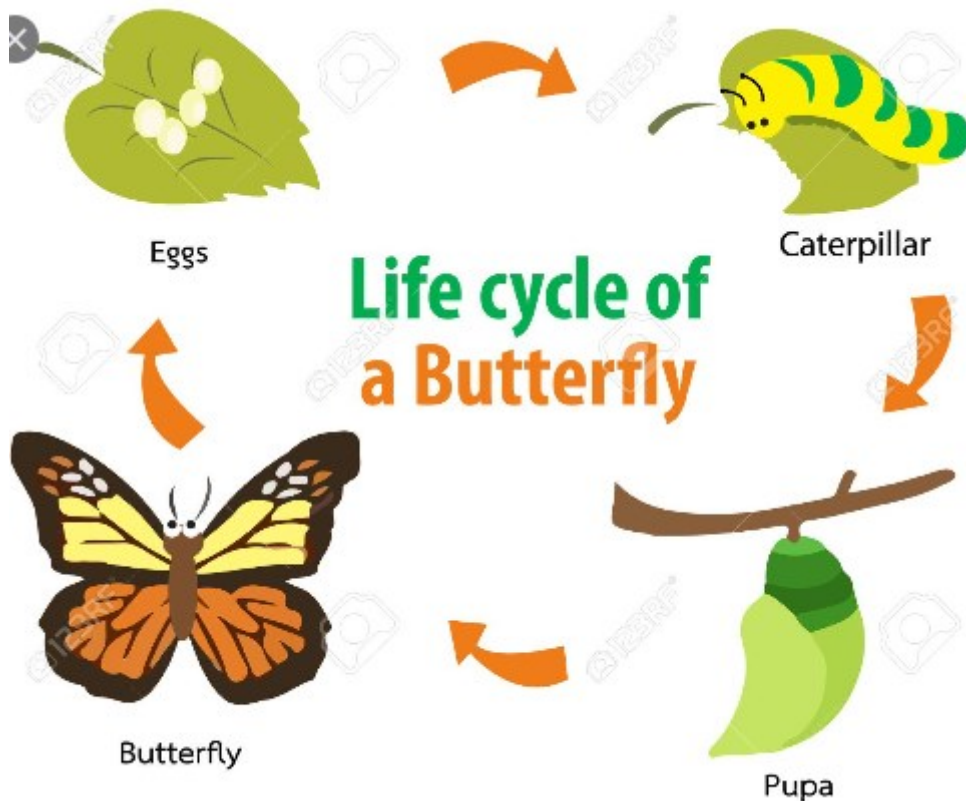


# Animals, Including Humans

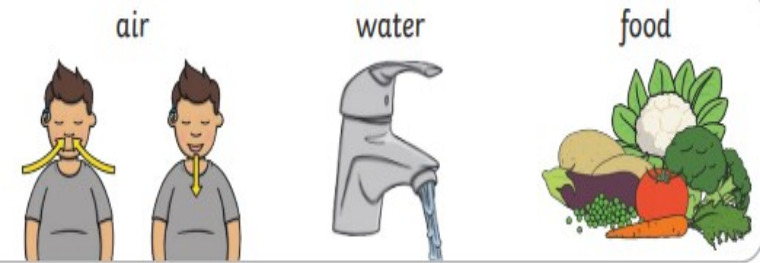
Autumn 2

I know that animals, including humans, have offspring which grow into adults.



I can describe the basic needs of humans and other animals

To stay alive, all animals have 3 basic needs:



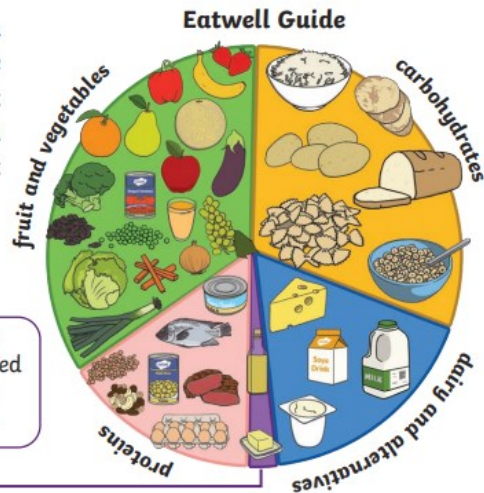
Key Words	Meaning
Offspring	The child of an animal is called the offspring
Pupa	A pupa is part of becoming an adult for some insects, like butterflies, moths, beetles, flies, and bees. The pupal stage comes after being a larva; the
Spawn	The eggs of a frog, which are surrounded by transparent jelly.
Exercise	A physical activity to keep your body fit
Hygiene	How clean something is (to stay healthy and stop the spread of germs and disease)
Nutrition	Food needed to live
Reproduce	When living things make a new living thing of the same kind.

# Animals, Including Humans

Summer 1

I can describe the importance of exercise, eating the right amounts of different foods and hygiene for humans.

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



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

6-8 a day

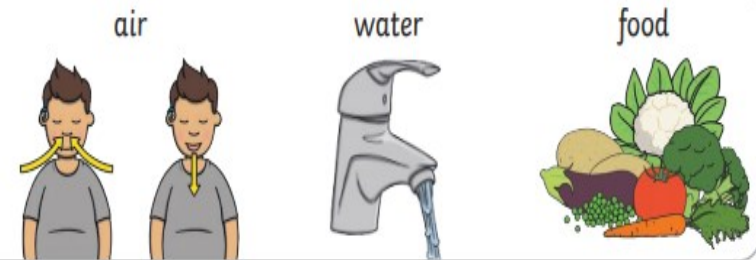
Eat less often and in small amounts.

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



I can describe the basic needs of humans and other animals

To stay alive, all animals have 3 basic needs:



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