

| Key Vocabulary    |  |
|-------------------|--|
| <b>adult</b>      | A fully grown animal or plant.                           |
| <b>develop</b>    | To grow bigger and become stronger.                      |
| <b>life cycle</b> | The changes living things go through to become an adult. |
| <b>offspring</b>  | The child of an animal.                                  |
| <b>young</b>      | Offspring that has not reached adulthood.                |
| <b>live young</b> | Offspring that has not hatched from an egg.              |

Some animals give birth to **live young**.

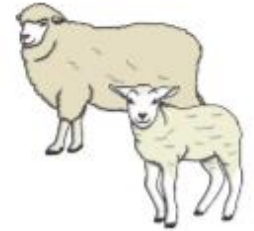


Some animals lay eggs which the **young** hatch from.



Both of these types of **young** then **develop** into **adults**.

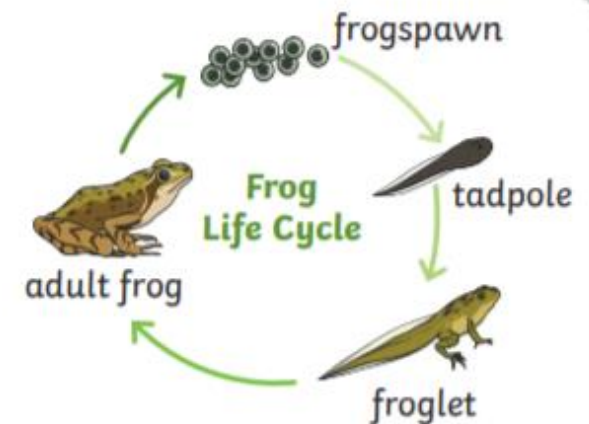
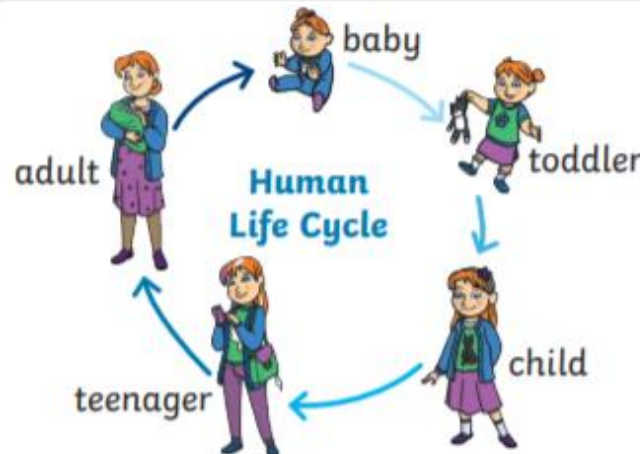
Some **offspring** look like their **adult** when they are born.



Some **offspring** do not look like their **adult** when they are born.



All **young** animals change as they go through the different stages of their **life cycle** and grow into **adults**.

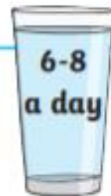


| Key Vocabulary   |  |
|------------------|--|
| <b>diet</b>      | The food and water that an animal needs.   |
| <b>disease</b>   | Illness or sickness.   |
| <b>exercise</b>  | A physical activity to keep your body fit.   |
| <b>germs</b>     | Tiny living things that can cause disease.   |
| <b>hygiene</b>   | How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading. |
| <b>nutrition</b> | Food needed to live.   |
| <b>pulse</b>     | The beating of the heart that can be felt in your neck and wrist.                                    |

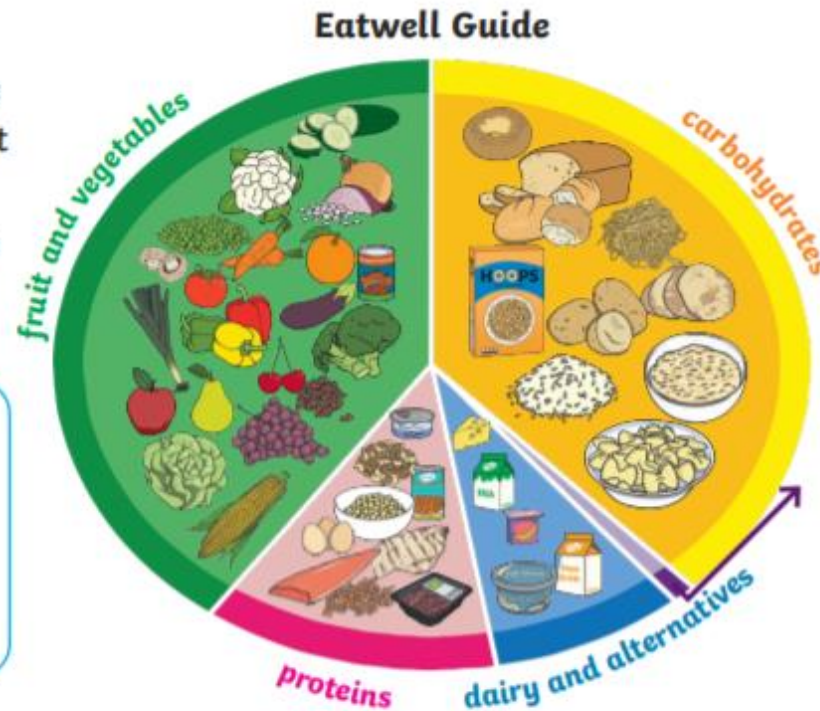
To stay alive, all animals have three basic needs for survival:



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



Water, lower fat milk and sugar-free drinks.



Eat less often and in small amounts.



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



Being active and **exercising** keeps our bodies and minds healthy.



To stop germs from spreading, it is important to be **hygienic**.

