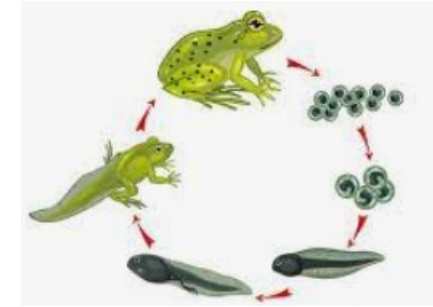


Animals including humans



Curriculum Links:

- Notice that animals, including humans, have offspring which grow into adults
- Find out about and describe the basic needs of animals, including humans, for survival (water, food, air)
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene



Key Facts:

- All young animals, including humans, go through different stages to reach adulthood.
- Some animals have live babies and some lay eggs. Some animals look like their offspring, some don't.
- The stages a young animal goes through to reach adulthood is called a lifecycle and different animals may have different stages e.g egg to chicken and spawn to frog.
- All animals, including humans must have 3 basic needs met to survive: water, food and air.
- Physical exercise helps keep our bodies and minds healthy.
- To grow into a healthy adult, we need to eat the right quantity of the right food types.
- There are 5 main food types: carbohydrates, dairy, fruit and vegetables, and protein (Eatwell Plate)
- To stop germs spreading and to keep us healthy, we must follow good hygiene practices such as brushing our teeth twice a day.

Key Vocabulary

Diet	The food and water an animal needs.
Exercise	Physical activities that make our heart beat faster
Germs	Tiny living things that can cause illness
Hygiene	Keeping our self and the world around us clean
Life cycle	The stages a young animal goes through to get to adulthood
Live young	Offspring that has not hatched from an egg
Nutrition	Food needed to stay alive
Offspring	The child of an animal
Young	Offspring that has not reached adulthood

Possible experiences:

We should already know:

- | | |
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| <ul style="list-style-type: none"> • Making a healthy lunch • Food and exercise diaries • Visit from a medical professional | <ul style="list-style-type: none"> • How to describe and comment on the natural world (including animals) • Make observations of the natural world • Name and describe some animals |
|--|--|