

# ANIMALS including Humans - Year 2

## Key vocabulary

offspring, adults, grow, survival, exercise, hygiene, tadpole, frogspawn, baby, toddler, child, teenager, adult



## Reproduction



-All animals reproduce. This means that they have offspring (e.g. humans have babies).

-For example, mammals give birth to live young, whilst fish lay eggs.

-All of these offspring must receive the basic needs of animals (below on the left) to grow into adults.

-When they are fully grown, they can also reproduce. And so, life goes on!



## Basic Needs of Animals

### Water



-Animals need water to make sure that they stay hydrated.

-Many animals drink water to survive. Other animals (e.g. fish) live in the water.

-Some animals get their oxygen from the water. Humans are made up of 70% water.

### Food



-Animals use food to get the energy & nutrients that they need.

-Animals eat plants (herbivores), other animals (carnivores), or both (omnivores).

### Air



- Animals need oxygen from air to carry out the reactions that release and transform energy from food.

- In mammals, including humans, air enters the body through the nose and mouth, and moves into the lungs.

## Staying Healthy

### Exercise



-Humans (and many other animals) need to exercise. It builds our muscles and helps to pump blood around our body. Regular exercise makes us stronger and faster.

-Exercise also helps to keep our weight down. When we are too heavy and have too much fat, it is much harder to move, and puts a strain on our bodies.

### Eating a Balanced Diet

-It is also important that humans eat a balanced diet with all of the right nutrients – this helps us to grow bigger, stronger and healthier!

-Eating a balanced diet includes having fruit & vegetables.



### Hygiene



-It is important to be hygienic. This includes regularly washing our hair and bodies, washing hands before eating and brushing our teeth.

-Being hygienic stops the spread of germs, which can cause diseases.

## Assessment Question:

What do humans need to survive and live a healthy life?