ANIMALS including Humans - Year 2

Key vocabulary

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



Reproduction





- -All animals <u>reproduce</u>. This means that they <u>have offspring</u> (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.

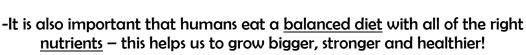
Staying Healthy

Exercise



- -Humans (and many other animals) <u>need to exercise</u>. 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





-Eating a balanced diet includes having fruit & vegetables.

Hygiene

- -It is important to be <u>hygienic</u>. 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?