

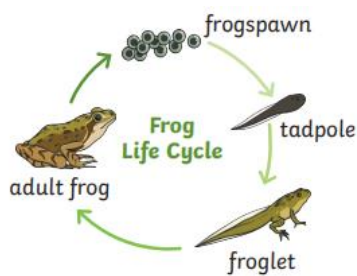


An Daras Trust
Igniting Curiosity Growing Capabilities

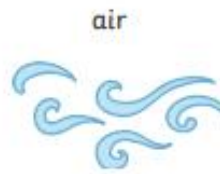
Animals including humans

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

diet	The food and water that an animal needs.
disease	Illness or sickness.
exercise	A physical activity to keep your body fit.
germs	Tiny living things that can cause disease.
hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
nutrition	Food needed to live.
pulse	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:



air



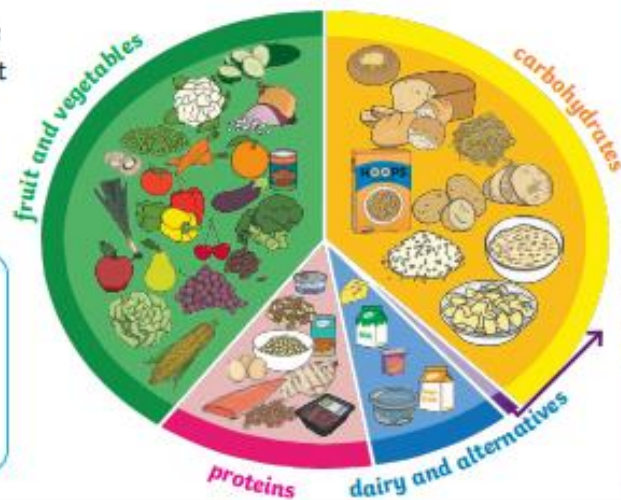
water



food

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

Eatwell Guide



Eat less often and in small amounts.



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



6-8 a day
Water, lower fat milk and sugar-free drinks.

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



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

