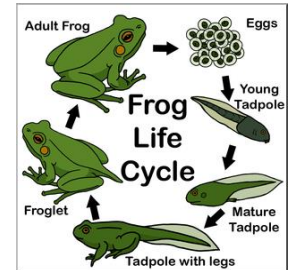


Vocabulary

Word	Meaning
Balanced diet	Food from all the different food types in the right amount
Exercise	An activity which improves health and fitness.
Hygiene	To prevent diseases through cleanliness.
Life cycle	The journey of a living thing from beginning to end.
Live young	Offspring not born from an egg.
Medicine	A drug which treats a disease.
Nutrition	Food needed to live.
Offspring	A persons child or children or an animals young.
Reproduction	The production of offspring.

Animals Including Humans

- Can I find out about the human life cycle?
- Can I find out the things we need to stay alive?
- What does personal hygiene mean and why is it important?
- Which foods are needed for humans to have a healthy diet?
- What affect does exercise have on my body?
- Can I find an animal which has young which looks like the adult?
- Can I find an animal which has young which does not look like the adult?



Important Facts

- Humans need air, water and food to survive.
- To stay healthy humans must eat the right amount of food.
- Exercise helps humans stay healthy.
- The young of humans and other animals grow into adults.