


### KEY VOCABULARY

adult	A fully grown up animal or plant.
develop	To grow and become stronger.
life cycle	The changes living things go through to become an adult.
offspring	The child of an animal.
reproduce	When living things make a new living thing of the same kind.
young	Offspring that has not reached adulthood.
live young	Offspring that has not hatched from an egg.
dehydrate	To lose water (dry out)
diet	The food and water that an animal needs.
disease	Illness or sickness.
energy	The power needed to carry out a task.
exercise	A physical activity to keep your body fit.
germs	Bugs that cause disease and illness.
heart rate	The number of times a heart beats in a minute.
hygiene	How clean something is (to stay healthy and stop disease and illness spreading).
nutrition	Food needed to live.
pulse	The beating of the heart that can be felt in your neck and wrist.

### DO YOU KNOW HOW TO STAY HEALTHY?

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

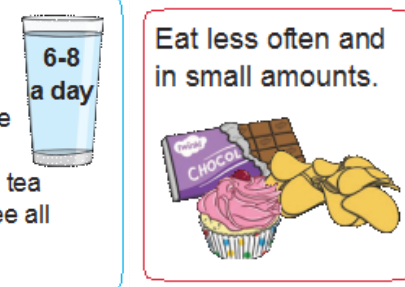
**Eatwell**



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

**Water, lower fat milk, sugar-free drinks including tea and coffee all count.**  
6-8 a day

**Eat less often and in small amounts.**




### LIVING THINGS NAMES

Adult Name	Young Name
cat	kitten
dog	puppy
duck	duckling
hen	chicken
cow	calf
pig	piglet
sheep	lamb
frog	tadpole
butterfly	caterpillar
bear	cub

### DO YOU KNOW WHAT LIVING THINGS NEED?

To stay alive, all animals have 3 basic needs:

air      water      food



### LIFE CYCLES

All young animals change at different stages as they grow into adults.

