Science Me, You and Animals tool



Animals, including humans can reproduce and have offspring which grow into adults.

Some animals give birth to young which normally look like them when they are born. Some animals have offspring which do not look like them, e.g. Amphibians.

Can you name an amphibian?

There are some animals which lay eggs and when they hatch, they look like them. These are called live young, e.g. reptiles and birds.

Key Vocabulary

Adult	A fully grown animal, human or plant	Offspring	The child of an animal	Lif
Develop	To grow and become stronger	Reproduce	When living things make a new living thing of the same kind	0
Life cycle	The changes living things go through to become an adult	Young	Offspring that has not yet reached adulthood	Ó
		Live young	Offspring that has not hatched out of its egg yet	-

Life Cycle of a Frog

All young develop and change as they grow into adults. Some change in many ways.

Life Cycle of a Butterfly





To be healthy, you need to eat the right type and amounts of food and exercise every day. This will help you to grow into a healthy adult. It is also important to drink plenty of water so that your body stays hydrated. If you do not drink enough water you can become dehydrated.

Do you eat a balanced diet and exercise regularly? We need to eat a balanced diet made up of carbohydrates, vitamins and minerals, protein, dairy, fats and oils.



It is recommended we do at least 30minutes of exercise daily. What type of exercise do you enjoy?

Basic Survival

In order to survive animals and humans have three basic needs -AIR WATER NUTRITION (FOOD)







You can find out more information about Healthy Eating on this NHS website: <u>www.nhs.uk/livewell/eatwell/theeatwell-quide/</u>





In order to keep ourselves healthy, we must wash our hands to remove all of the germs and bad bacteria that could make us ill. Do you know how to wash your hands properly?

Key Vocabulary

Exercise	Movement- physical activity that helps keep you fit and healthy		
Hygiene	How to be clean so that you do not spread germs		
Dehydrated	To lose water, which makes you feel ill		

Animals and humans also need shelter. Human shelter can take on various forms; house, flat; animals use nests, burrows, caves.