

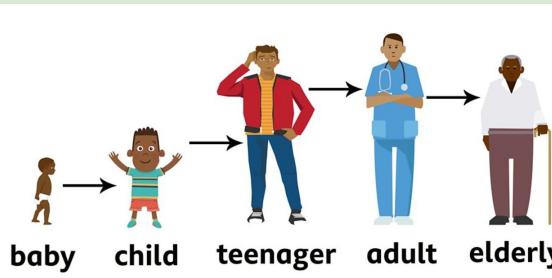


## Year 2 Science - How do we keep ourselves healthy? How do we survive?

### Key Vocabulary

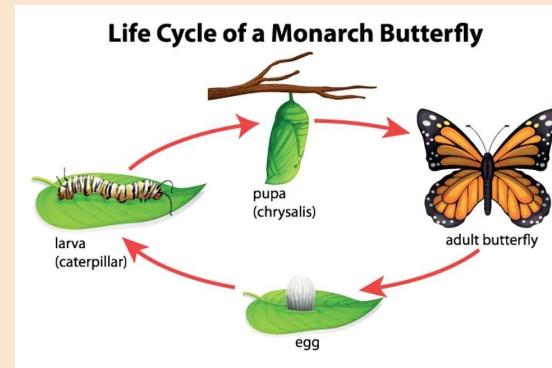
Word	Definition
adult	A fully grown animal or plant
develop	To grow bigger, better and become stronger
diet	The food and water than an animal needs
disease	Any harmful change from normal e.g. An illness or sickness
exercise	An activity taking effort to sustain or improve health and fitness
germs	Very tiny living things that can cause disease
hygiene	Things you can do to keep yourself and around us clean to reduce germs and stop them spreading
life cycle	The changes all living things go through to become an adult
Live young	Offspring that has not hatched from an egg
nutrition	Food we need to live
offspring	The child of an animal
pulse	The beating of the heart that can be felt in your neck and your wrist.

### Stages of the Human Life Cycle



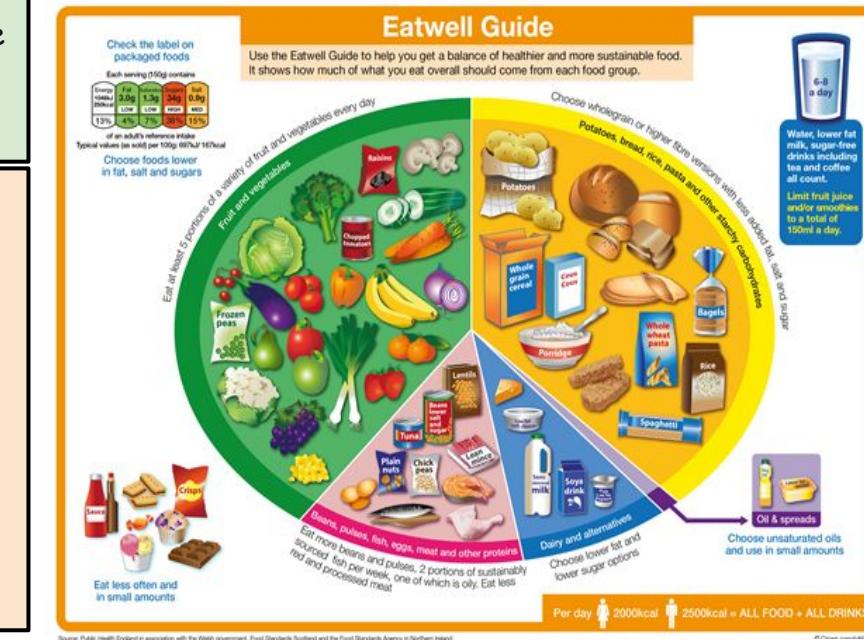
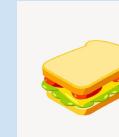
Baby animals then grow into adults. This happens very quickly for animals like birds and rabbits. It happens more slowly for animals like humans and elephants.

### Stages of the Animal Life Cycle



Animals, including humans, need the four things to survive:

- water
- air
- shelter
- food



### What can help you to stay healthy?

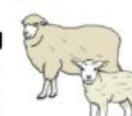
- Eat different foods, including fresh fruit and vegetables. Five portions of these per a day is best!
- Drink 6-8 glasses of water every day.
- Get around one hour exercise every day.
- Sleep well. It's best to try and sleep for 8-10 hours at night.
- Keep yourself as clean as possible. Wash your hands before eating and after using the toilet. Cover your mouth when you sneeze.

Some animals give birth to live young.



Some animals lay eggs which their young hatch from.

Some offspring look like their adult parents.



Some offspring look different to their parents.

