



		Key Aim
Кеу	Definition	We will lear
Vocabulary		and exercise
Animal	Any creature that is not a human.	adults. At th
	For example: elephants, rhinos,	
	dogs and birds.	
Basic Needs	The most important things	-
	animals and humans need to live.	
Balanced Diet	Meals made up of different food	
	groups to provide the right	
	amount of nutrients to keep us	A PART
	healthy.	Instanto
Diet	The kind of food that animals and	Hen and chicks
	humans eat.	
Exercise	A physical activity that can	
	improve health and fitness e.g.	
	running, skipping and playing	
	football.	ASST
Hygiene	Ways we keep ourselves clean	Frog and tadpoles
	like washing ourselves or our	Frog and tadpoles
	hands before eating.	and in
Nutrients	Foods contain nutrients so we	1
	can stay healthy and grow strong.	
Offspring	A child or baby of a human or	
	animal.	
Pulse	This tells you your heart is	A MAL
	pumping blood around your body	17 16
	and can be felt when touching	Sheep and lamb
	your wrist or neck.	

Did You Know...

A human heart beats over 100,000 times a day and pumps about 1.5 gallons of blood per minute around your body. That's about 23 cups every minute!

Key Aim

/e will learn about the basic needs of animals and humans for survival as well as the importance of a balanced diet nd exercise for developing a healthy heart. We will also learn about how all animals have offspring that grow into dults. At the end of the unit, using our science knowledge and skills, we will be creating our own survival posters!



Some animals give birth to live young, Some lay eggs which the young hatch from. Both types of young then develop into adults. Some offspring look like their adults when

they are born, and some do not.



