

# Year 2



Animals including  
Humans

Key Vocabulary			



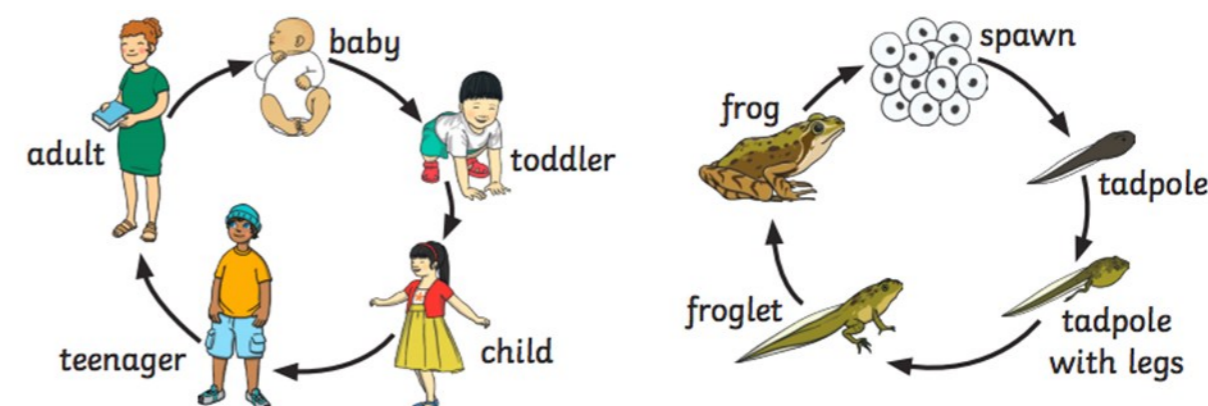
Pre existing knowledge

- There are 5 types of vertebrates (mammals, fish, reptiles, amphibians and birds).
- Vertebrates are animals that have a backbone.
- Some animals give birth to live young but others lay eggs.
- Doctors and nurses give us medicine when we are poorly.

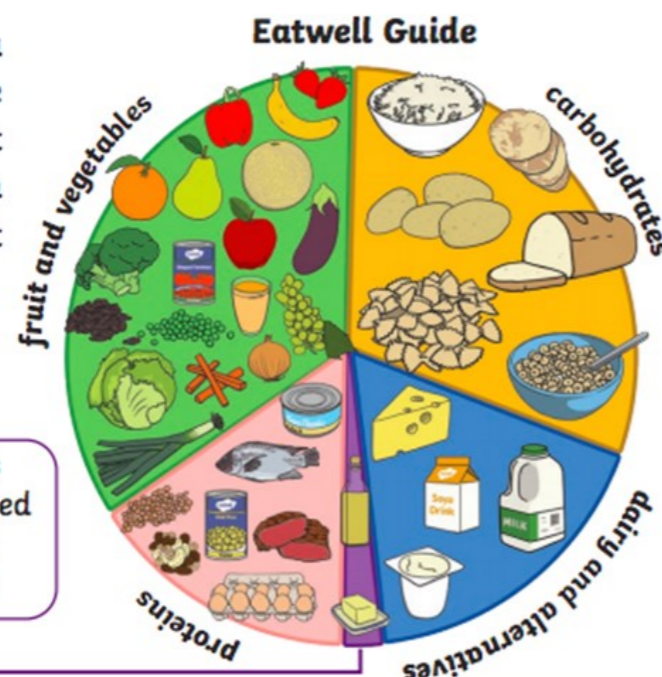
Key Vocabulary	
Adult	A fully grown animal or plant.
Develop	To grow and become stronger.
Life cycle	The changes living things go through to become an adult.
Offspring	The child of an animal.
Reproduce	When living things make a new living thing of the same kind.
Young	Offspring that has not reached adulthood.
Live young	Offspring that has not hatched from an egg.

All living things reproduce and have offspring.

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 one 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.



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



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

Eat less often and in small amounts.

To keep healthy, humans need:

- to eat a balanced diet and healthy food
- some exercise to keep their muscles and bones healthy
- to take medicines that are given by doctors and nurses when feeling poorly
- to keep good hygiene by washing regularly, having clean clothes, brushing teeth and hair.