

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.

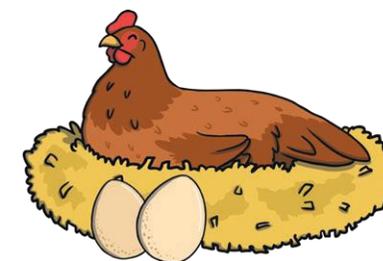
All living things **reproduce** and have **offspring**.

Some animals give birth to **live young**. Their offspring normally look like them when they are born.



Some animals lay eggs which hatch into live young. This **young** then develops into an **adult**.

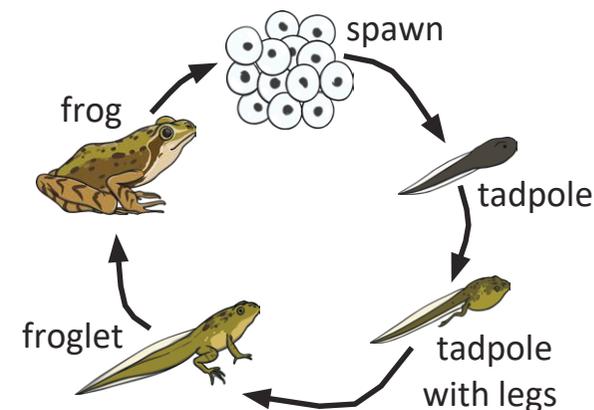
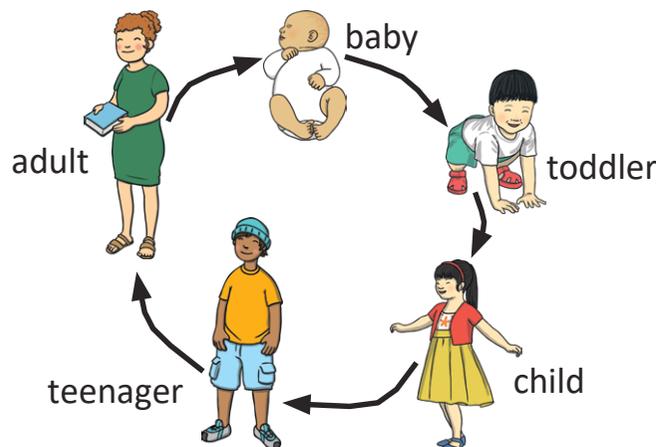
When these eggs hatch, some animals look like their adult, e.g. birds and reptiles.



Other animals have offspring which do not look like them, e.g. fish and amphibians.



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



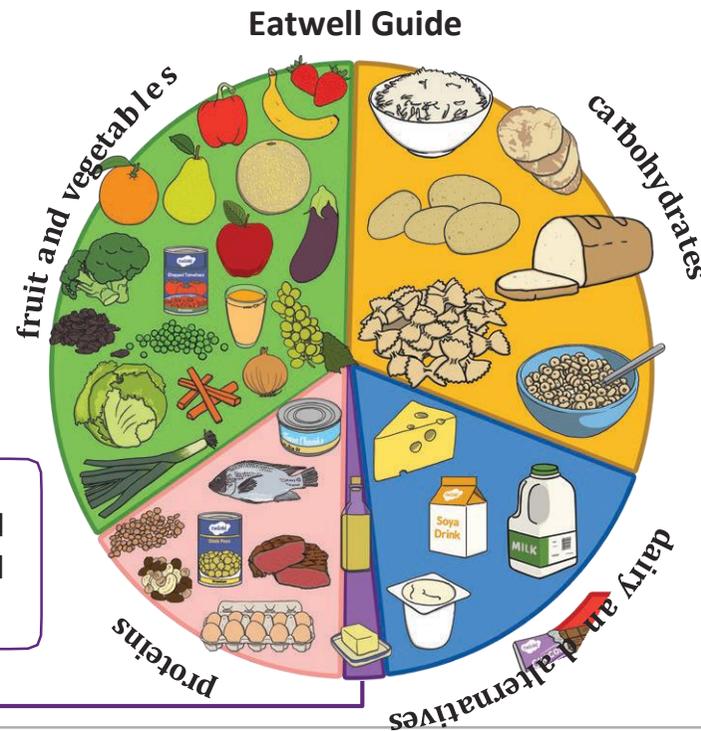
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dehydrate	To lose water (dry out).
diet	The food and water that an animal needs.
disease	Illness or sickness.
energy	The power needed to carry out a task.
exercise	A physical activity to keep your body fit.
germs	Bugs that cause disease and illness.
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 stay alive, all animals have 3 basic needs:



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



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.

To stop illness and infections spreading, we must be hygienic and keep ourselves clean.

