



Animals Including Humans

All animals need three basic things to stay alive: air, water and food. However, other aspects are important to ensure we lead healthy lives. Being active and exercising keeps our body and mind healthy. We need to eat the right foods in the right amounts. Hygiene is important for keeping us well, safe and healthy.



Key Vocabulary

adult	A person who is fully grown or developed.
baby	A very young child.
offspring	A person's child or children or an animal's young.
survival	The state of continuing to exist
nutrition	Getting the food that we need for health and growth.
reproduce	To make more of a species by having babies/offspring.
growth	Increase in size.
hygiene	Doing things which keep us healthy and prevent disease.
exercise	An activity requiring physical effort.

Prior learning:

- To understand what it means to grow and change.
- Understand the need to eat a healthy range of foods.
- Understand the importance of physical exercise and hygiene.
- Show care and concern for living things.
- Talk about things that they have observed including animals and humans.

National curriculum objectives:

- identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- notice that animals including humans, have offspring which grow into adults
- find out about and describe the basic needs of animals including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
- explore and compare the differences between things that are living, dead, and things that have never been alive



This is called the **human life cycle**

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

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



Other animals have offspring which don't look like them, e.g. fish and amphibians.






Some animals lay eggs which hatch into live young. When these eggs hatch, some animals look like their adult.

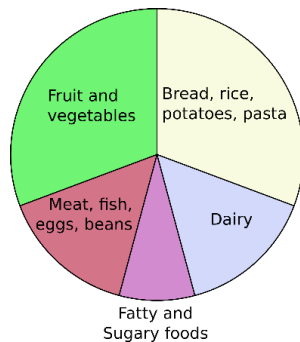
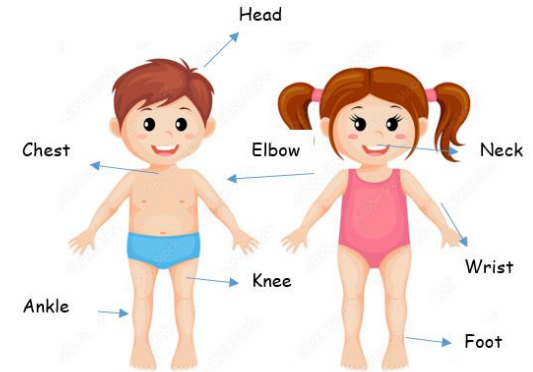


Killer facts

There are many different types of animals. The different kind of animals have different characteristics. Animals, including humans have senses to enable them to survive.

Parts of the Body

Sense	Part of the body it is linked to	
touch		fingers, hands, feet etc
sight		eyes
smell		nose
taste		tongue
hear		ears



Eating a variety of foods from the 5 major food groups provides a range of nutrients to the body, promotes good health and can help reduce the risk of disease.