


# Year 2 – animals, including humans


<u>New Vocabulary</u>	
<b>Reproduce</b>	When animals or humans have a baby
<b>Nutrients</b>	Foods which help us to grow and survive.
<b>Exercise</b>	Physical activity—being active for a little while.
<b>Germ</b>	Tiny specs that can make us poorly.
<b>Healthy</b>	In good physical and mental condition.

Exercise and Hygiene


When we are sick, the doctor might give us medicine to help us get better. We should only do this if the doctor tells us to.



We should wash our hands to make sure that we get rid of all the germs. Germs are tiny things we cannot see which can make us sick.



We should exercise to stay healthy. Exercise is when we are running around in the playground or going to a sports club after school. Exercise also makes us feel really happy and gives us lots of energy.



Growth



Animal, including humans, reproduce. When an animal reproduces, they have a baby. This means that there will be more of this animal.

Animal examples:


Chickens lay eggs. An egg hatches into a chick, which then grows into a chicken.

Frogspawn become tadpoles. Tadpoles grow into frogs.

Lambs become sheep and calves become cows.

Humans also reproduce, they have babies. These babies, grow to become a toddler and then a child. Children become teenagers and then grow to adult humans.




What do animals and humans need to survive?

In order to grow and survive, animals and humans rely on certain things.

Animals and humans need to have **food** and **water**. This gives them all the important nutrients that helps them to grow.

It is important that humans eat a variety of foods. Different types of food give humans different nutrients and it is important that we get all of them to grow and be healthy.



Animals and humans also need **air**. Air helps animals and humans to breathe.