## Year 2 — animals, including humans

New Vocabulary	
Reproduce	When animals or humans have a baby
Nutrient;	Foods which help us to grow and survive.
Exerci\$e	Physical activity—being active for a little while.
Germ;	Tiny specs that can make us poorly.
Healthy	In good physical and mental condition.

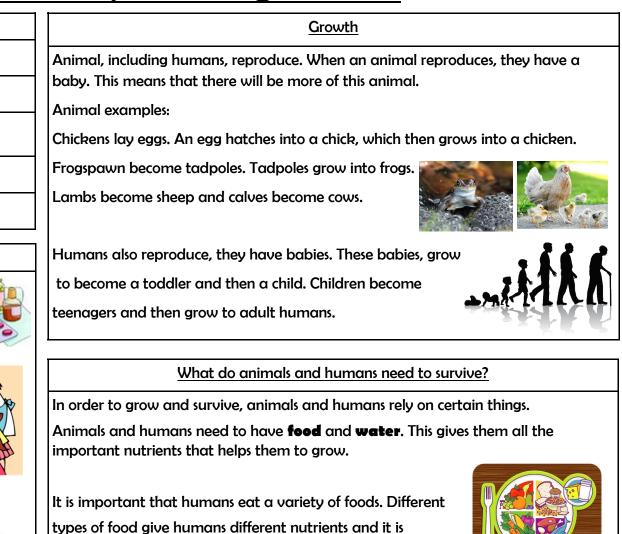
**Exercise and Hygiene** 

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.



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.