

# Needs of animals

## Key vocabulary

### The big picture

Animals including humans need food, water, oxygen, and the right temperature to survive.

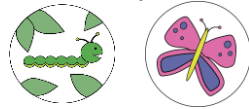
During their life cycles animals will grow and reproduce.

### Life cycles

When an animal reproduces, they have offspring.

Some animals do not look very different as they get older, they just grow.

But some animals change a lot as they mature and can be different. For example, tadpoles and frogs and caterpillars and butterflies



### Healthy humans

Humans need to exercise to stay healthy. They should do exercise that helps strengthen their muscles and bones, and exercise that gets them out of breath. Exercise helps humans to stay a healthy weight and helps to prevent some diseases.

Humans need to eat a balanced diet. They should eat 5 portions of fruit and vegetables every day and try not to eat too much fat or sugar.

To be healthy humans should practice good hygiene.

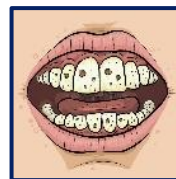
They should:

Brush their teeth twice a day

Wash their hands frequently

Shower

Wear clean clothes



- **bone:** (noun) the hard parts of our body that keep us standing, protect our insides, and help us move
- **diet:** (noun) the food and drink that an animal or person eats.
- **food:** (noun) anything that can be eaten
- **energy:** (noun) what we need to move, grow, think and everything else we do
- **exercise:** (noun) an activity that needs physical effort
- **muscle:** (noun) the parts of our body that help us move by pulling our bones
- **offspring:** (noun) an animal's young, like babies, lambs, chicks, puppies and kittens
- **oxygen:** (noun) a substance that all living things need to survive. We cannot see it or smell it, but it is in the air and we breathe it in.
- **reproduction:** (noun) the process of living things having offspring (young)