



Key Knowledge	
What is a <b>life cycle</b> ?	<ul style="list-style-type: none"> <li>A <b>life cycle</b> is the series of changes that an animal or plant passes through from the beginning of its life until its death.</li> <li>Animals, including humans, have <b>offspring</b> which grow into adults.</li> </ul>
What do all animals need to <b>survive</b> ?	All animals need water, air, food and shelter to <b>survive</b> .
What do humans need to be <b>healthy</b> ?	To keep <b>healthy</b> , humans need: <ul style="list-style-type: none"> <li>to eat a <b>balanced diet</b> of <b>healthy</b> food</li> <li>some <b>exercise</b> to keep their <b>muscles</b> and <b>bones healthy</b></li> <li>to take <b>medicines</b> that are given by doctors and nurses when feeling poorly</li> <li>to keep good <b>hygiene</b> by washing regularly, having clean clothes, brushing teeth and hair.</li> </ul>

Key Vocabulary	
adult	The older, more grown form of an animal. E.g., grown-up humans.
balanced diet	A variety of food that you regularly eat.
bar chart	A chart which uses bars to represent the values of something, allowing comparison between groups.
disease	An illness which affects people, animals, or plants.
exercise	Move your body energetically in order to get fit and to remain <b>healthy</b>
healthy	Well and not suffering from any illness
hygiene	Keeping yourself and your surroundings clean, in order to prevent illness or the spread of <b>diseases</b>
life cycle	The series of changes that an animal or plant passes through from the beginning of its life until its death.
medicine	The treatment of illness and injuries by doctors and nurses.
offspring	A person's children or an animal's young.
survive	Continue to exist.
young	The young form of an animal. E.g., a human baby.
carbohydrates	Foods such as starchy vegetables, grains, rice, breads, and cereals that provide energy.
protein	Foods such as meat, milk, eggs, and beans that are a necessary part of the diet, essential for normal cell growth and function.
food pyramid	A diagram showing a balanced diet

Diagram - Life cycles	
<p>Frog lifecycle</p>	<p>Ladybird Lifecycle</p>
<p>Butterfly lifecycle</p>	<p>Human Lifecycle</p>

Investigate
<p>How do different animals grow? (frogs, butterflies, hens)</p> <p>What do animals need to <b>survive</b>?</p> <p>What do I eat? Record a food diary for a week.</p> <p>Participate in a series of <b>exercises</b> and investigate how each <b>exercise</b> makes your body feel; affects your breathing; uses each of your muscles.</p>