



## VOCABULARY

**Carnivore**- eats meat.  
**Omnivore**- eats plants and meat.

**Herbivore**- eats plants  
**Offspring**- the child of an animal.

**Lifecycle**- a series of changes that an animal passes through from birth to death.

**Diet**- the food and water and animal needs.

**Exercise**- a physical activity to keep your body fit.

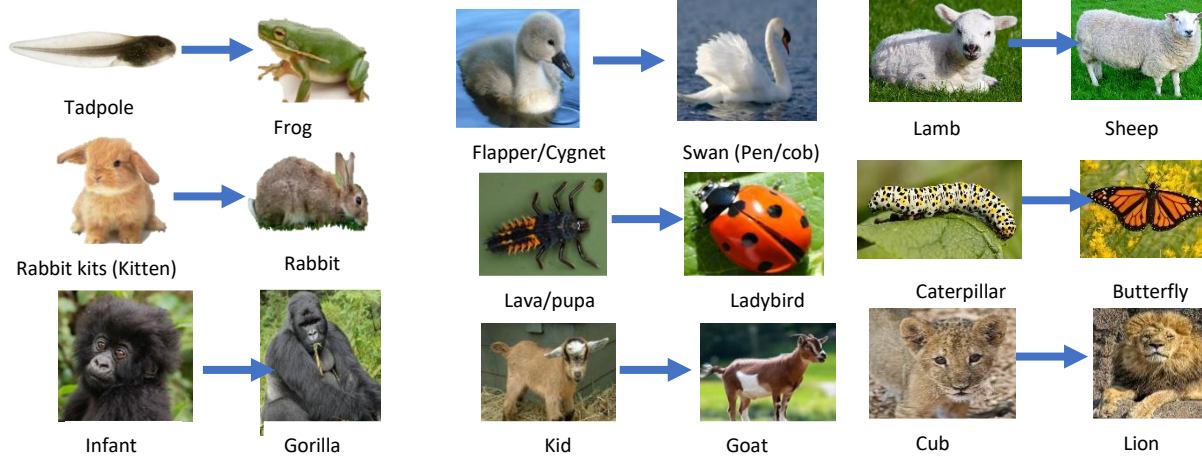
**Hygiene**- how clean something is.

**Germ**- bacteria or virus.

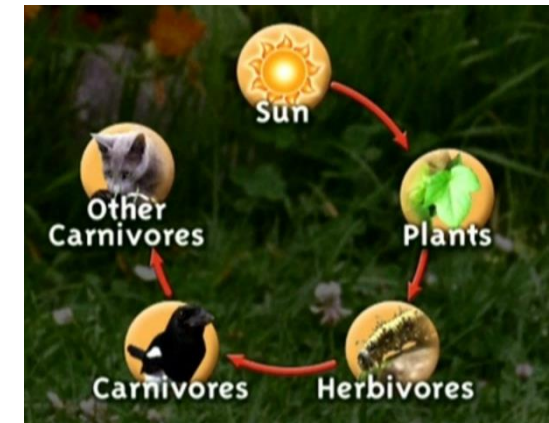
**Medicine**- a drug or other substance used to treat disease or other illnesses and symptoms.

**Reproduce**- when living things make a new living thing of the same kind.

## Adults and their offspring



## Lifecycles



## To stay alive, animals need:



Water



Food

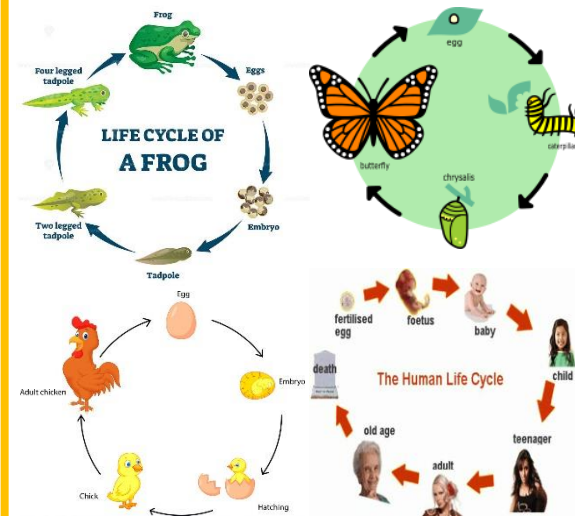


Air

## Characteristics of Living Things:

- Movement
- Respire (breathe)
- Sensitive to the environment
- Nutrients
- Excrete (Get rid of waste/poo!)
- Reproduce (have babies)
- Grow.

## Example Lifecycles



# Year 2

## Animals Including Humans

### How to look after ourselves

- We need to eat the right types of food and do the right amount of exercise.
  - We need to drink plenty of water.
- To stop illness and infections spreading, we must be hygienic and keep ourselves clean.
- When we feel poorly, we may need to take medicines to help make us well again. We may need to see the doctor.
- We must look after our teeth and see the dentist regularly.

### Exercise

Our pulse rate measures how fast our heart is beating.



When we exercise our heart beats faster to pump oxygenated blood to our muscles.

This raises the pulse rate.



### Hygiene

- We must wash our hands regularly with soap and water to get rid of germs (Bacteria).
- We must clean surfaces to kill harmful bacteria.
- Bacteria needs time, temperature, food, moisture and warmth to spread.
- Germs spread easily through the air- cough and sneeze into a tissue to stop the spread.

### A Balanced Diet

#### Five Food Groups.

#### The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Fruit and Veg for our vitamins and minerals.

Bread, rice, potatoes, and pasta for our carbohydrates.

Milk and dairy food for our calcium.

Food and drink high in fats and sugars for energy.

Meat, fish, eggs and beans for protein

## Germs

### VIRUSES

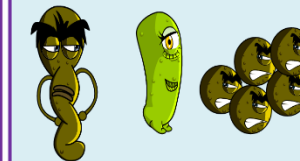
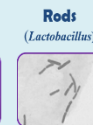
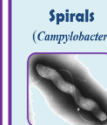
#### Influenza



- Viruses are even smaller than bacteria and can sometimes live INSIDE bacteria!
- Some viruses make us sick.
- Diseases like CHICKENPOX and the FLU are caused by viruses.
- Viruses can spread from one person to another but it depends on the type of virus.

### BACTERIA

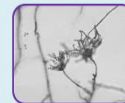
- There are three different types of bacteria. They look like:



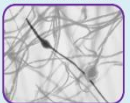
- They are so small that 1000s of bacteria could fit on the full stop at the end of this sentence.
- Some bacteria are helpful in cooking, for example, making yogurt and cheese.
- Some bacteria are harmful and cause infection.

### FUNGI

#### Penicillium



#### Dermatophyte



- Fungi are the largest of all microbes.
- Fungi can be found in the air, on plants and in water.
- Mould, which grows on bread, is a type of fungus.
- Some antibiotics are made by fungi!

