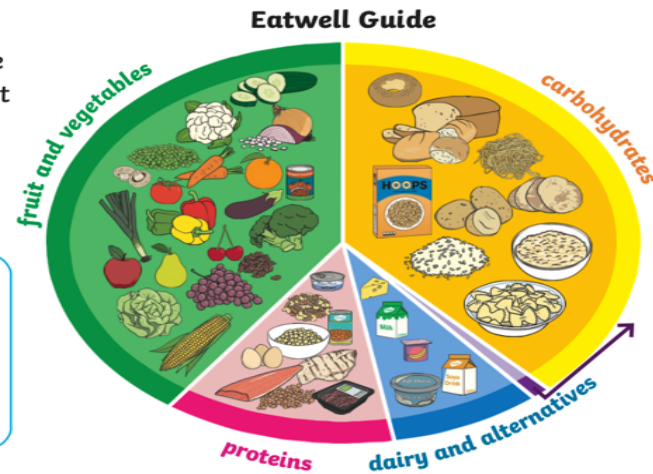
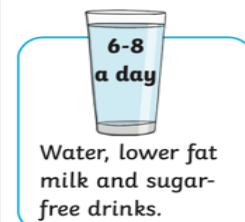


Key Vocabulary

adult	A fully grown animal or plant.
develop	To grow bigger and become stronger.
life cycle	The changes living things go through to become an adult.
offspring	The child of an animal.
diet	The food and water that an animal needs.
disease	Illness or sickness.
exercise	A physical activity to keep your body fit.
germs	Tiny living things that can cause disease.
hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
nutrition	Food needed to live.
pulse	The beating of the heart that can be felt in your neck and wrist.

Key Knowledge

To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



Eat less often and in small amounts.



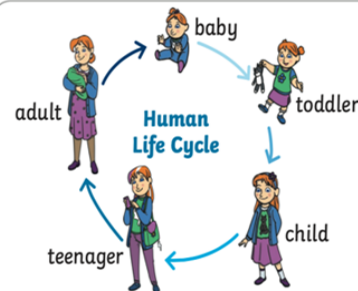
oil and spreads
Choose unsaturated oils and use in small amounts.



Being active and **exercising** keeps our bodies and minds healthy.



To stop germs from spreading, it is important to be **hygienic**.



Last year, we learnt:

