



## Keeping Healthy



### Pupils will learn

- To find out about the offspring of a variety of different animals.
- To find out about the different ways in which animals reproduce.
- To explore how humans grow as they get older.
- To find out what animals, including humans, need to survive.
- To explore the environment as a factor of survival for animals, including humans.
- To find out how to eat a healthy, balanced diet.
- To find out why exercise is important to keep our bodies healthy.

### Important facts

- Some animals babies are smaller versions of their parents, while others look completely different.
- Most mammals grow babies in their mother's tummys.
- Reptiles, birds and fish all lay eggs.
- To survive, animals need oxygen, water and food.
- A balanced diet is important for health and well being.
- Exercise is important to keep your muscles strong and flexible.
- Exercise can also make you feel happy.

### Home Learning Ideas

- Look online for healthy packed lunches and make lunch together.
- Choose a recipe and get cooking!
- Choose an animal and make a habitat for it. This could be using art and craft or natural materials. Be imaginative!

### Books to read at home

- Daisy eat your peas by Kes Gray
- Oliver's Vegetables by Vivian French
- National Geographic Kids

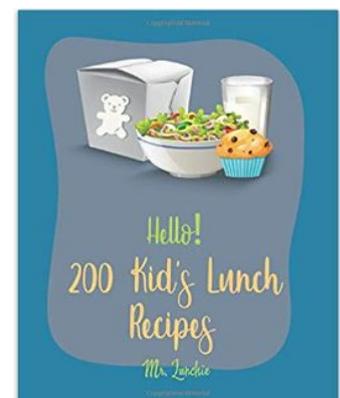
### Inquiry Questions

- Is the youngest person in the class the shortest person in the class?
- Is moving an animal to a new habitat a good or bad thing? Why?

### Further Information



chick / chicken



## Key Vocabulary

<b>reproduce</b>	To have offspring	<b>Amphibian</b>	are animals such as frogs and toads that can live both on land and in water
<b>Nutrition</b>	Getting food for health and growth	<b>Reptile</b>	A group of cold-blooded animals which have skins covered with small hard plates called scales and lay eggs.
<b>mammals</b>	An animals who usually gives birth to a live animal and feeds its young with milk.	<b>Habitat</b>	The natural environment in which an animal or plant normally lives or grows.
<b>extinct</b>	Has died out	<b>protein</b>	found in food and drink such as meat, eggs, and milk. You need protein in order to grow and be healthy.
<b>Carnivore</b>	Feeds on animals	<b>Carbohydrate</b>	Foods such as rice, bread and pasta which give you energy
<b>Omnivore</b>	Eats animals and plant foods	<b>minerals</b>	Nutrients found naturally in food and are essential for growth and health
<b>Herbivore</b>	Feeds on plants	<b>vitamins</b>	Nutrients found naturally in food and are essential for growth and health
<b>essential</b>	Absolutely necessary or extremely important	<b>nutrient</b>	any substance that plants or animals need in order to live and grow.

\* Words in grey are Tier 2 (non-topic specific) vocabulary