

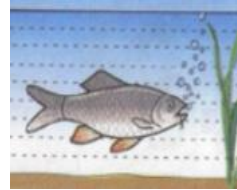
# Year 2 Animals

## Vital Vocabulary

Key Word	Definition
<b>Basic needs</b>	The things that all animals need to survive: air, water, food and shelter.
<b>Diet</b>	The food an animals eats.
<b>Exercise</b>	A physical activity to keep your body fit and healthy.
<b>Hygiene</b>	Keeping clean.
<b>Food group</b>	A collection of foods that do a similar thing for our bodies.
<b>Life cycle</b>	The changes that living things go through to become an adult.
<b>Reproduce</b>	When living things make a new living thing of the same kind.
<b>Offspring</b>	The child of an animal.
<b>Survive</b>	To stay alive.

## Basic needs of animals

All animals have the same **basic needs**.



Air



Water



Food



Shelter

## Benefits of exercise



Makes you happy



Improves focus



Makes your body stronger



Keeps your heart and lungs healthy



Helps you sleep



Gives you energy

To stop diseases and infections spreading we must be hygienic and wash our hands regularly.

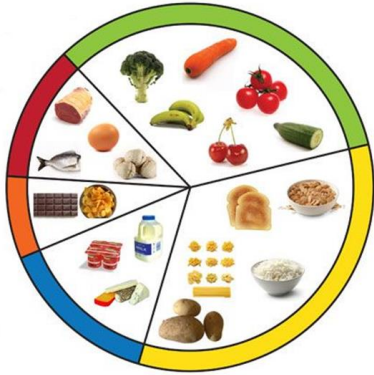


## Keeping healthy

To eat a balanced and healthy diet, we need to eat different amounts from each food group.

We need **some protein** (meat, beans, eggs) and **dairy food** (cheese, milk, yogurt) each day.

We should only have a **little** of foods that are high in **fat or sugar** (sweets, chocolate).



We need **lots** of **fruits, vegetables** and **starchy foods, like potatoes, rice and pasta.**

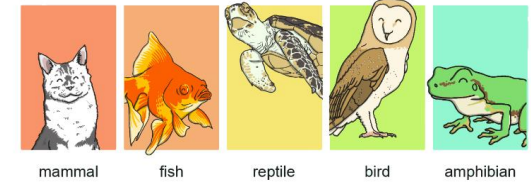
### Archie Carr (1909 – 1987)

Conservationist who brought attention to the world's declining sea turtle populations due to over-exploitation and habitat loss.

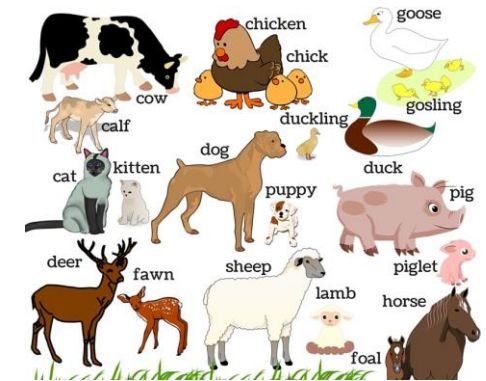


## Life cycles

All living things have a life cycle, but it is different depending on which animal group it comes from.



The offspring of some animals look just like their grownups but smaller and others look very different!



### The life cycle of a sea turtle

Hatchling

Egg

Juvenile

Adult

