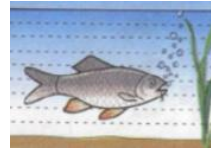


ROCKET WORDS

Key Word	Meaning
basic needs	The things that all animals need to survive: air, water, food and shelter
diet	The food and water that an animals eats
exercise	A physical activity to keep your body fit and healthy
hygiene	Keeping clean
food group	A collection of foods that do a similar thing for our bodies
life cycle	The changes that living things go through to become an adult
reproduce	When living things make an new living thing of a same kind
off-spring	The child of an animal
survive	To stay alive

Basic needs of animals

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



air



water

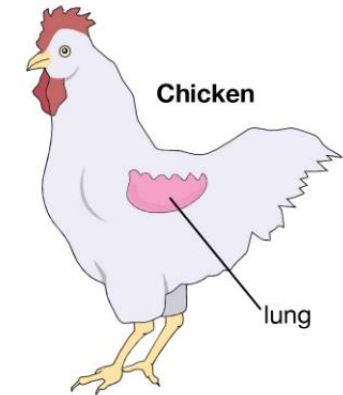


food

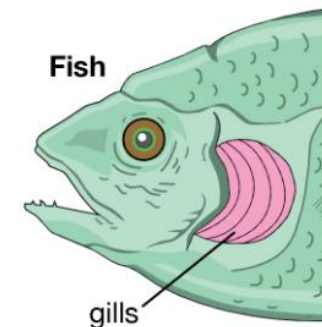


shelter

Mammals, reptiles and birds breathe air through their nose or mouth into their lungs.



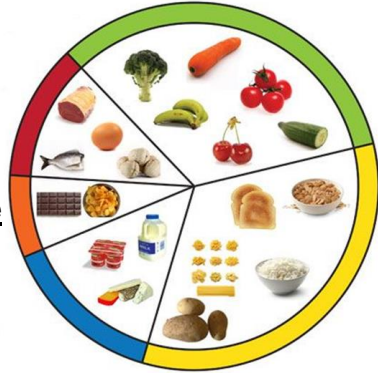
Fish and other sea creatures breathe under water through special organs called gills.



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

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

- Children should exercise (run and play) for sixty minutes a day.



Benefits of exercise



Makes you happy



Improves focus



Makes your bones and muscles stronger



Keeps your heart and lungs healthy



Helps you sleep



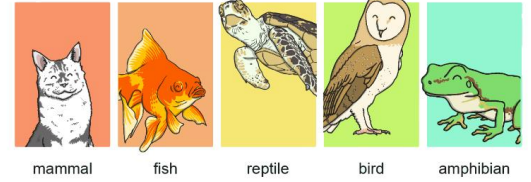
Gives you energy

- To stop illness and infections spreading, we must be hygienic and wash regularly.

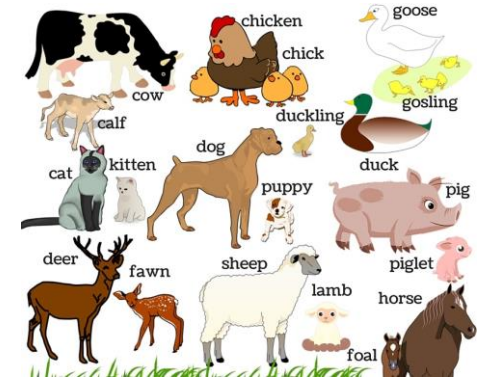


Life cycles

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



Some animal babies look just like their grownups but smaller. Some animal babies look very different!



The life cycle of a sea turtle

