

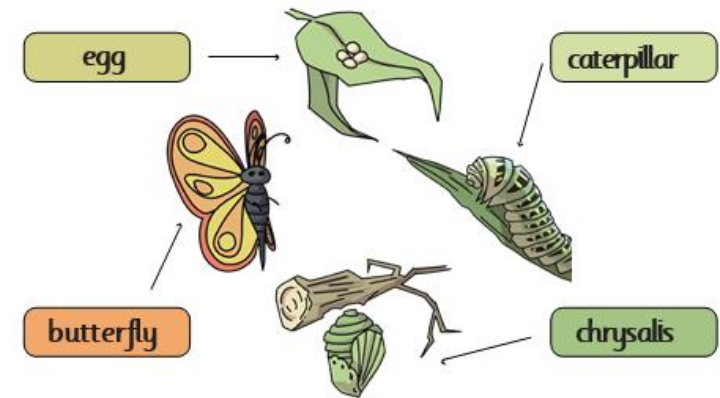


# Animals including Humans

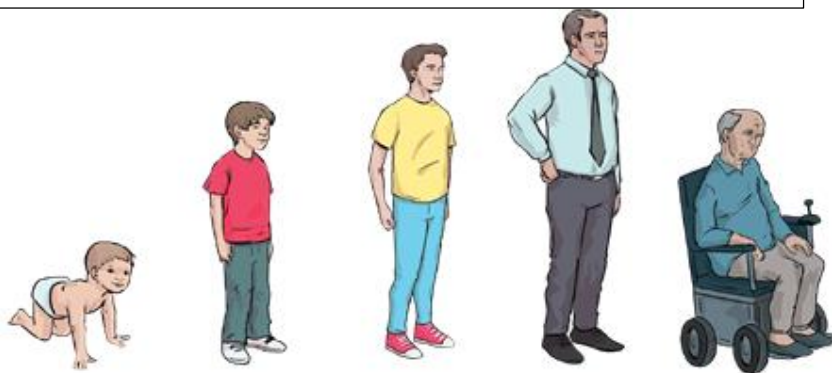
All living things have **basic needs**.  
They all need **food, water and air** to survive.



## Life cycle of a butterfly



## How humans change as they grow



baby

child

teenager

adult

senior

## How can we look after ourselves?

We can **exercise regularly**, eat a **healthy diet** and make sure we have **good hygiene**.



## Key Vocabulary

**basic needs** - the important things that animals need to survive  
(air, water and food)

**diet** - the food that an animal eats

**exercise** - when you complete an activity that increases your  
heart rate

**healthy** - good for you

**hygiene** - being clean in order to prevent illnesses

**life cycle** - the stages an animal goes through throughout

their life

**offspring** - the babies that an animal produces

**reproduce** - to produce offspring

**species** - a group

**survive** - to stay alive

## Offspring

All animals including **humans reproduce** and **have offspring**. This means they make another one of the **same species**.

