

Year: 2  
 Term: Autumn 1  
 Topic: Biology – Animals including humans

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



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



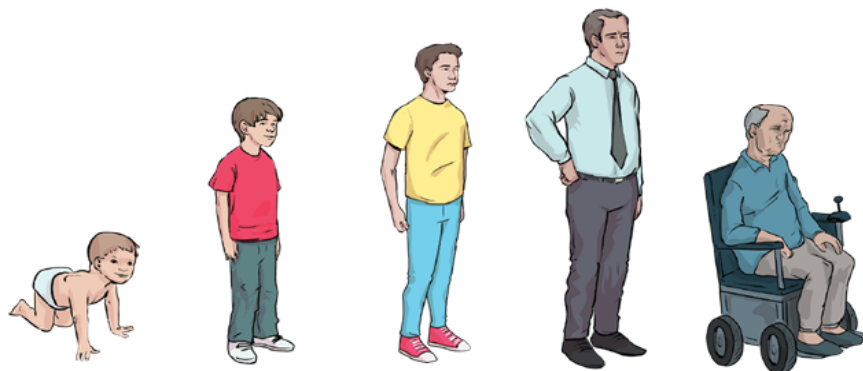
To be **healthy**, we need to make sure that we are **eating a healthy, balanced diet**.

There are **5 main food groups**. **Fruit and vegetables**, **protein**, **carbohydrates**, **dairy** and **fat and sugar**.



**Glossary**

- basic needs** What humans need to survive.
- diet** Food eaten that gives nutrition.
- exercise** Physical activity.
- hygiene** Keeping clean.
- illness** When we do not feel well, feel sick or have a disease.
- medicine** Something we might take to feel better.
- offspring** The babies of an animal.
- survive** To live.



baby
child
teenager
adult
senior

All animals including humans **reproduce** and have **offspring**.

Offspring is another word for having children or babies.

