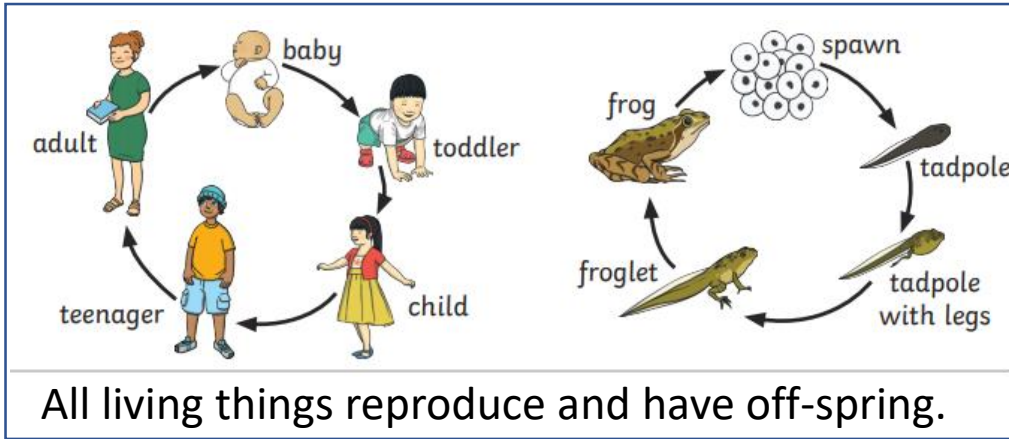


Holly Class -Animals Including Humans: Reproduction and Health



Some animals give birth to live young. Their off-spring often look like small versions of their parents.



Other animals have off-spring which do not look like them. e.g. frogs and tadpoles.



Some animals lay eggs, which hatch into live young.

Vocabulary

reproduction: When living things make new living things of the same kind

offspring: The child of an animal

hygiene: Staying clean to stay healthy

germs: tiny living things that can animals ill

disease: Illness caused by germs

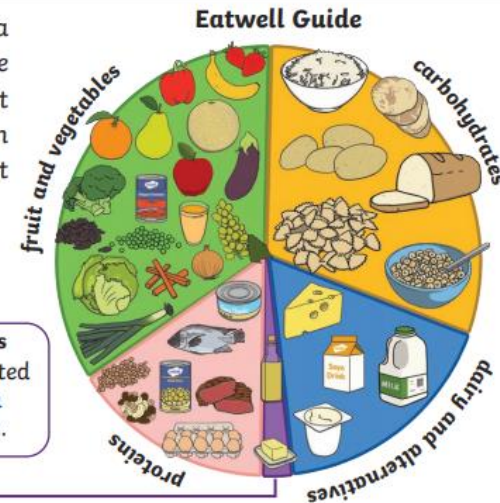
nutrition: Food needed to live

exercise: Physical activity to keep your body fit

To stay alive, all animals have 3 basic needs:



To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



oils and spreads
Choose unsaturated oils and use in small amounts.

Water, lower fat milk, sugar-free drinks including tea and coffee all count.
6-8 a day

Eat less often and in small amounts.

