

# Get Growing!

## Key Knowledge and Vocabulary

adult - a fully grown animal or plant.

offspring - the child or young of an animal or plant.

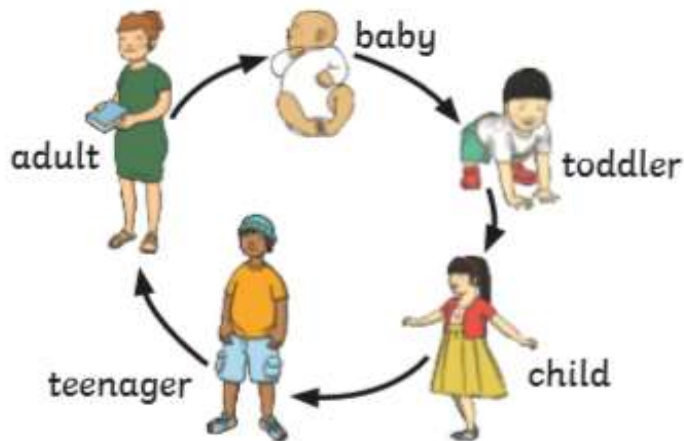
basic needs - things humans and animals need to survive (air, water and food)



exercise - a physical activity to keep your body fit.

hygiene - how clean something is.

lifecycle - a series of stages a living thing goes through during its life



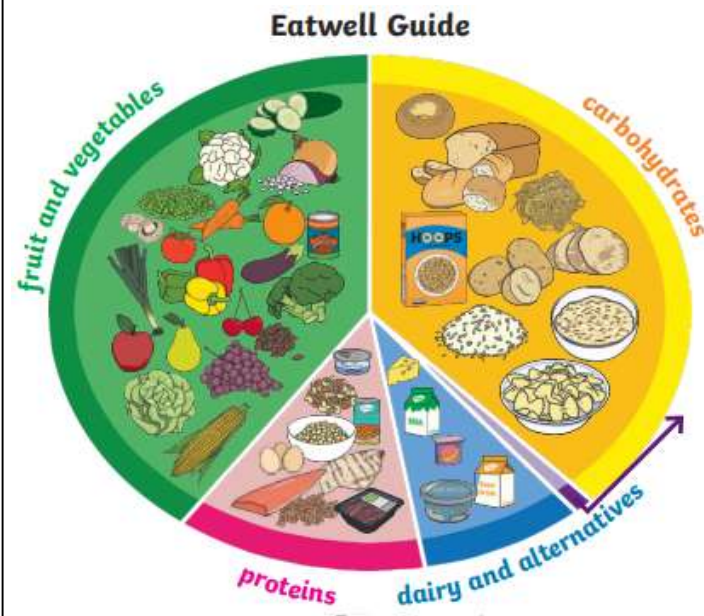
## Links



Reception - we learnt how to keep clean and take care of ourselves. We also drew pictures of different animals.

Year 1 - we learnt about the different parts of the body and our senses. We also learnt about different animal groups.

## Key Knowledge - Keeping healthy



Examples of carbohydrates:

- Potato
- Rice
- Bread

Examples of dairy:

- Milk
- Yoghurt
- Cheese

Examples of protein:

- Meat
- Fish
- Beans

We can keep ourselves healthy by:

- eating healthy food
- exercising
- keeping ourselves clean

