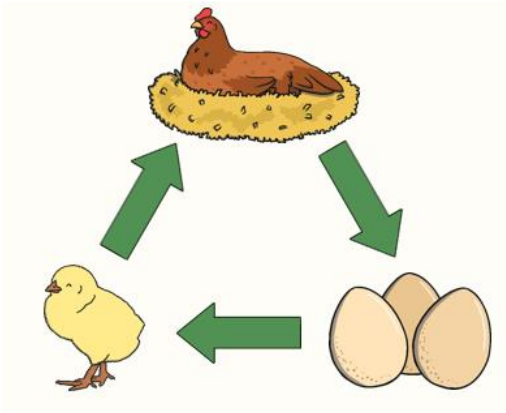
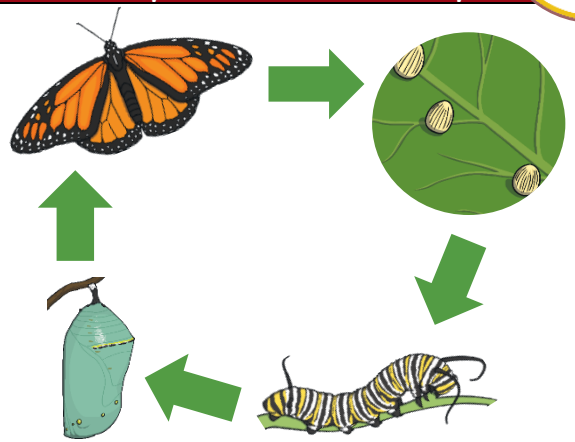
Science – Animals and Humans – Year 2 – Summer 2

Vocabulary Top Ten:	
adult	a fully grown and developed animal (or human)
balanced diet	eating a range of different types of food and the right amount of each
dehydrate	to lose water and dry out
exercise	a physical activity that keeps your body fit
healthy	being well and fit
hygiene	keeping clean to prevent germs and stay healthy
life cycle	the changes living things experience in their lives
metamorphosis	a physical transformation e.g. a caterpillar transforms into a butterfly
offspring	the child of an animal or human
reproduce	when living things create a new living thing of the same kind

Lifecycle of a chicken



Lifecycle of a butterfly



Staying Healthy

To be healthy humans need to:

- eat healthy foods
- drink plenty of water so that they do not dehydrate
- do lots of exercise – exercise is good for your heart and strengthens muscles
- get enough sleep – sleep helps your body to recharge and humans function better when they have had enough sleep.
- keep themselves clean to prevent germs and stay healthy. Germs are everywhere and some of them can make you ill but washing regularly will help to keep you safe.

Balanced Diet





eat healthy foods



drink plenty of water



exercise



sleep



good hygiene