



Key Concepts

Key Vocabulary

What do living things need to survive?

- All animals need water, air and food to survive.



What do humans need to be healthy?

To keep healthy, humans need:

- To eat a balanced diet and healthy food
- Some exercise to keep their muscles and bones healthy

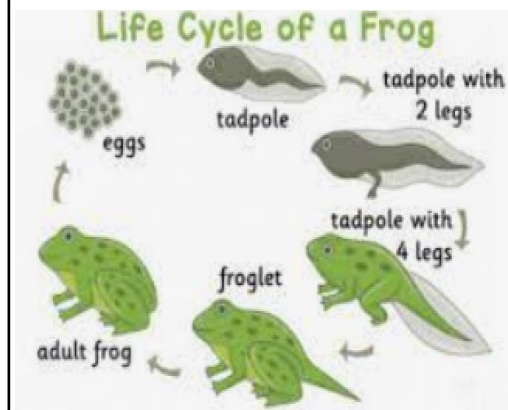
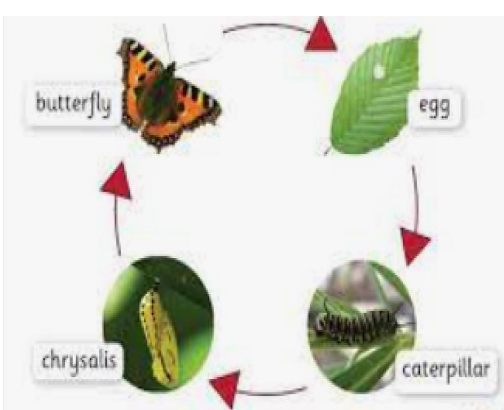


- To take medicines that are given by doctors and nurses when feeling poorly
- To keep good hygiene by washing regularly, having clean clothes, brushing teeth and hair.



What is a life cycle?

- A life cycle is the series of changes that an animal or plant passes through from the beginning of its life until its death.
- Animals, including humans, have offspring which grow into adults.



backbone

The column of small linked bones down the middle of your back

balanced diet

a variety of food that you regularly eat

bar chart

a chart which uses bars to represent the value of something and comparing it to a different group



bones

the hard parts inside your body which form your skeleton

disease

an illness which affects people, animals, or plants

exercise

When you exercise, you move your body energetically in order to get fit and to remain healthy

healthy

well and not suffering from any illness

hygiene

keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases

Life cycle

the series of changes that an animal or plant passes through from the beginning of its life until its death

muscles

something inside your body which connects two bones and which you use when you make a movement

offspring

a person's children or an animal's young

pictogram

a simple drawing that represents Something



skeleton

the framework of bones in your body

survive

continue to exist

Working Scientifically Skills



Explaining results – saying what we found out



Observing and measuring



Looking for patterns – sorting and grouping



Using books, videos, the internet, people and photos to find answers.

Famous Scientists



Marie Curie (1867-1934) was a Polish physicist and chemist who conducted research on radioactivity which has given us the power of x-rays. She has won the Nobel Prize twice!