

What can I remember?

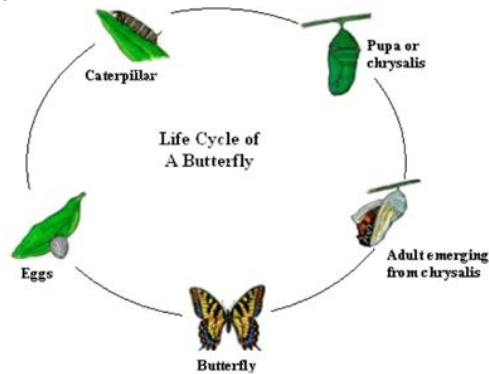
- Can you name three animals that are herbivores?
- Can you remember what all mammals have in common?

Fascinating facts 1

All animals, including humans, are born, they get older and bigger and some will go on to have children. In the end, all animals die. We call this a life cycle.

Animals are small when they start life. Over time they grow bigger and their bodies change.

When they are grown up, they might reproduce and have young animals of their own. These children will get older and may eventually also have children too, and so the life cycle keeps going!



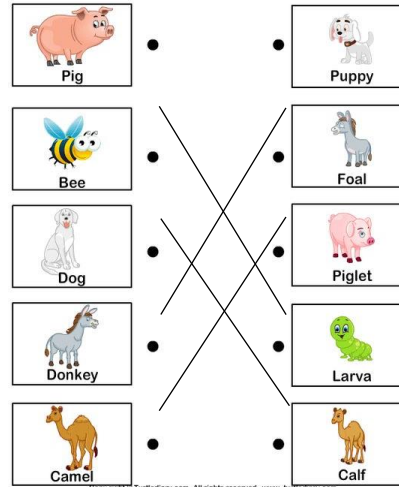
Fascinating facts 3

Animals need a variety of things to keep them alive including **food, water, air** and **shelter**.

Humans need **good hygiene, exercise** and a **healthy balanced diet** in order to survive!

Autumn 1 Science: Animals Including Humans

Fascinating facts 2



Fascinating facts 5

Example foods from each food group:

Fruit and vegetables – apples and carrots

Carbohydrates – pasta

Dairy – cheese

Fats and sugars – cakes

Protein – chicken

Fascinating facts 4

Did you know there are 5 food groups?

This is known as a healthy food plate! Your body needs a bit of each food group each day to ensure you have a healthy balanced diet. The food plate shows how much of each food group you should have!



Prompts for Parents

- ✓ Can you design a healthy lunch for a family member?
- ✓ Can you work together to make that healthy lunch and sort each ingredient into the food plate?
- ✓ Can you create a life cycle for a family pet or your favourite animal?

Key Vocabulary

Growth- The life process where all living things -plants and animals start small and grow big.

Healthy- When we are fit and well, we say we are healthy.

Unhealthy- If we do not exercise regularly and do not have a balanced diet, we say this would be unhealthy.

Digest-To break down food.

Offspring – A person's or animals young.

Life Cycle- a series of changes in the life of an organism.