




Key Facts	Diagram/Investigations	
<p>Humans, have offspring which grow into adults. The stages of life are; Baby, Toddler, Child, Teenager, Adult Air, Food and water are a basic requirement for life. Good <b>hygiene</b> is keeping ourselves and the things around us clean, to keep us healthy. A <b>balanced diet</b> means that each day we try to eat lots of different types of food, in the right amounts, to give us enough <b>nutrients</b> to stay healthy. Medicines can be useful when we are ill and can be harmful if not used properly. We need to move to stay healthy.</p>		
Key Learning:	Prior Learning:	Books to support/ Enrichment Opportunities:
<ul style="list-style-type: none"><li>Know the basic needs of humans, for survival (water, food and air).</li><li>To know that animals and humans have offspring which grow into adults.<ul style="list-style-type: none"><li>Sequence the human life cycle.</li><li>To know we grow and change-Compare handspans</li><li>To know what happens to our bodies when we exercise.</li></ul></li><li>Know medicines can be useful when we are ill and can be harmful if not used properly.<ul style="list-style-type: none"><li>To investigate the importance of healthy eating and hygiene.</li></ul></li></ul>	<p>What are the five senses and how do we use these to find out about the world</p>	<p>Awesome Offspring to Healthy Adults eBook</p>

Subject Specific Vocabulary	
Key word	Definition
Survival	Staying alive
Diet	The food and water an animal needs
Hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
Nutrients	The goodness in food
pulse	The beating of the heart that can be felt in your neck and wrist.
germs	Tiny living things that can cause disease.
adult	A fully grown animal or plant.
offspring	The child of an animal.
young	Offspring that has not reached adulthood.
live young	Offspring that has not hatched from an egg
life cycle	The changes living things go through to become an adult.