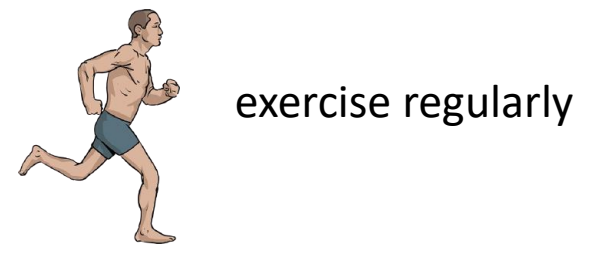


How can we look after ourselves?



exercise regularly



eat a healthy diet



good hygiene

Basic needs of animals

air



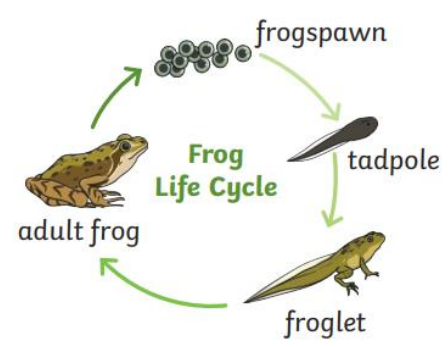
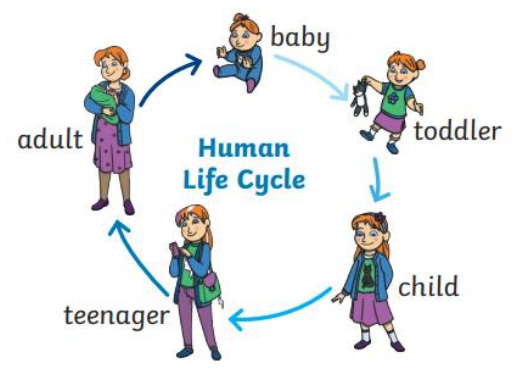
water



food



Life Cycles



Key Vocabulary		
	Word	Definition
1.	Adult	A fully grown animal or plant.
2.	Develop	To grow bigger and become stronger.
3.	Life cycle	The changes living things go through to become an adult.
4.	Offspring	The child of an animal.
5.	Young	Offspring that has not reached adulthood.
6.	Nutrition	Food needed to live.
7.	Diet	The food and water that an animal needs.
8.	Exercise	A physical activity to keep your body fit.