

To survive, animals (including humans) need:

- water
- food
- air

Hygiene is about keeping you and your environment clean, to stay healthy.

Germs (tiny living things) can enter your body and make you unwell.

You can stop germs spreading by washing your hands often.

Animals have offspring (babies) which grow into adults.

Offspring are similar to their parents, but not exactly the same.

Exercise keeps you healthy and can make you happy.

It also makes your bones and muscles stronger.

You need food to survive. Food gives your body nutrients. Food can be sorted into different groups.

You need the right amount of different groups of food to be healthy.

Shelter is essential for humans. If something is essential, then we need it to survive.

Most animal babies need to be fed and cared for by their parents.



Word	Definition
adult	A fully grown person or animal.
baby	A baby is a very young child.
bones	A bone is one of the hard pieces of a skeleton.
essential	Something that is very important and we need it to survive.
exercise	When you move your body to keep fit and healthy.
germs	Germs are tiny living things that can make us ill.
hygiene	Hygiene is keeping clean and healthy and free of germs.
muscles	Strong parts of your body that you use to make your body move.
non-essential	Something you don't need for survival.
offspring	Offspring are the young of an animal.
shelter	A place that protects people from bad weather or from danger.
spread	To spread something means to open it out to its full size.
survive	To survive is to stay alive.