



Key Vocabulary

Word	Meaning
Life cycle	The changes living things go through to become an adult
Adult	A fully grown up animal or plant
Offspring	A human or animal child or baby
Reproduce	To make another living thing
Develop	To grow and become stronger
Healthy	Being well and strong
Diet	The food and water that an animal needs
Energy	The power needed to carry out a task
Exercise	Physical activity to keep your body fit

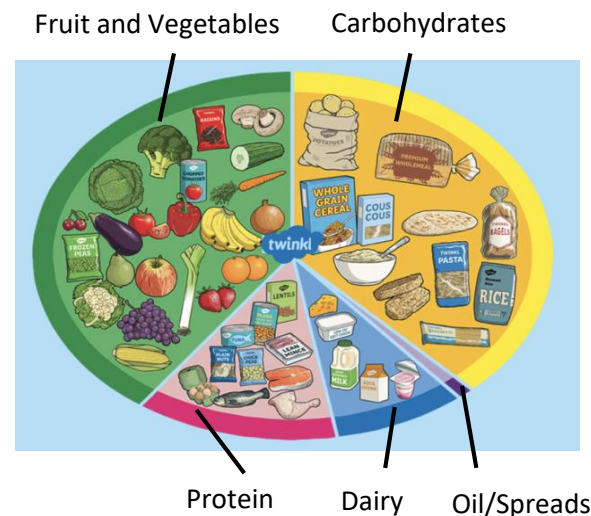
Being healthy

- To grow into a **healthy** adult, we must eat the right types of food in the right amount and exercise.
- Being active and **exercising** for an average of 60 minutes a day keeps our body and mind healthy.
- To stop **germs** from spreading, it is important to be **hygienic** and wash our hands regularly.
- To **grow** into healthy adults we need to eat the right foods in the right amounts.



Eat Well Plate

- The **Eat Well Plate** shows us which food groups our meals should be made up of and how big or small the **portions** should be.
- We need to eat lots of fruits and vegetables to stay **healthy**.



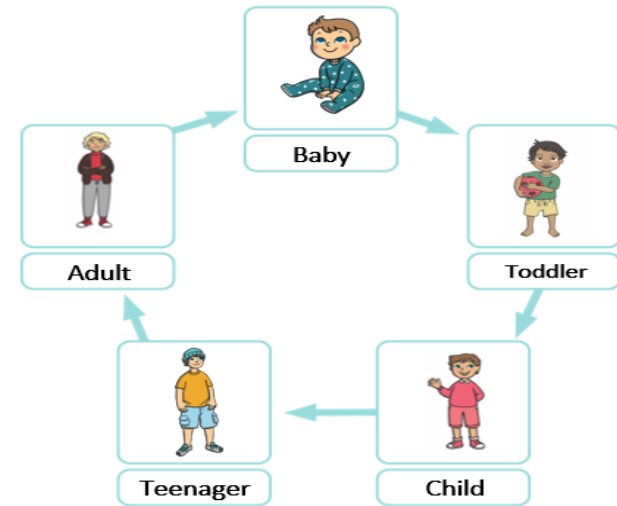


Life Cycles

- A **life cycle** shows us the changes that living things go through in order to become an adult.
- Some animals give birth to **offspring** that look like them (e.g. elephants).
- Other animals have offspring that do not look like them (e.g. frogs).
- Some animals **lay eggs** which their young hatch from (e.g. birds).
- Some animals give birth to **live young** (e.g. humans).

Human Life Cycle

Below is an example of a human life cycle.



Extending your learning:

1. Visit your local library and see what non-fiction books you can find about animals.
2. Keep a food diary for a week and reflect on your food choices.
3. Go to a zoo or farm. Can you spot any similarities and differences between the adult animals and their young?



Knowledge Organiser Revision Schedule

Here is the revision schedule for this half term's knowledge organiser. Please help your child to learn the specified section each week.

Week	Knowledge Organiser Section to Learn
Week 1 – 12 th September	Look at the section on life cycles
Week 2 – 19 th September	Look at the definitions for life cycle, adult, offspring, reproduce
Week 3 – 26 th September	Look at the definitions for develop, healthy and diet
Week 4 – 3 rd October	Look at the definitions for energy and exercise
Week 5 – 10 th October	Look at the section on healthy eating.
Week 1 – 12 th September	Look at the section on life cycles