



Spring 1

Science

Biology – Human Lifestyle

Kid's Healthy Eating Plate



In this unit, we will be learning:

1. What are the different parts of the human body?
2. Why is exercise so important?
3. What is a healthy diet?
4. How do our bodies change as we get older?
5. Why is it important to be hygienic?
6. Whose job is it to keep us healthy?

Subject Specific Vocabulary

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adult	A fully grown animal or plant.
develop	To grow and become stronger
life cycle	The changes living things go through to become an adult.
off-spring	The child of an animal.
reproduce	When living things make a new living thing of the same kind.
young	Offspring that has not reached adulthood.
live young	Offspring that has not hatched from an egg.
exercise	A physical activity to keep your body fit.
energy	The power needed to carry out a task.
germs	Bugs that cause disease and illness.
nutrition	Food needed to live.
hygiene	How clean something is