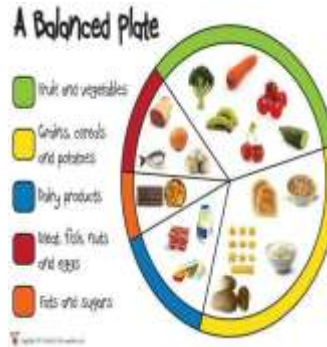


# Year 2: Health Heroes

1. Terms	Definitions
<b>Germination</b>	A <b>seed</b> soaks up water and swells. A tiny new plant bursts from the seed out of its shell. (Some plants grow first from a seed, and then develop a <b>bulb</b> that helps them to grow back year after year).
<b>Sprout</b>	When a plant sprouts, it grows a new shoot.
<b>Shoot</b>	A shoot grows upwards towards light.
<b>Develop</b>	To grow and become stronger.
<b>Life cycle</b>	The changes that living things go through to become adults.
<b>Offspring</b>	The child of an animal.
<b>Reproduce</b>	To have babies.

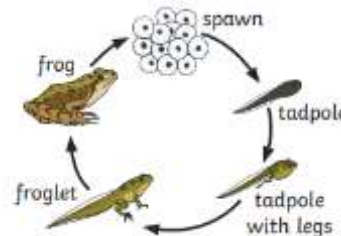
## 4. Staying Healthy

- All animals have the same three **basic needs** for **survival** (to stay alive): **air, water and food**.
- To grow into a healthy adult, it is important to eat the right foods and do **exercise**.
- Water keeps you hydrated: you should aim to drink about 8 glasses of water/ milk/ sugar free drinks per day.
- Eating a mix of the main food groups (**carbohydrates, protein**, at least 5 **fruit and vegetables**) every day help us stay healthy. Try to limit added **sugar** and saturated **fats**.
- Good **hygiene** (showering/bathing, brushing our teeth, washing our hands after the toilet etc.) helps us to stay healthy too



## 3. Life Cycles

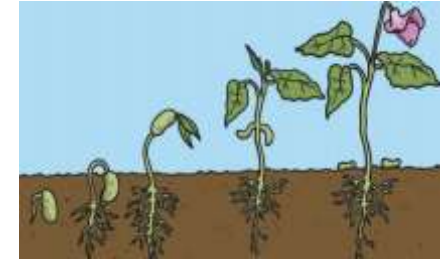
- All living things reproduce and have **offspring**.
- Some animals, mainly mammals, give birth to live young (they tend to look like their parents).
- Other animals, mainly amphibians and fish, do not have offspring that look like them.



## 2. Plants

### The lifecycle of a plant:

- If a **seed** is in a **suitable** place, it will germinate.
- The shoot grows towards the sun light, as this is where it gets its energy.
- Leaves, flowers and fruit grow on the plant as it **matures** (gets older)
- Seeds are then dispersed, so the life cycle continues.
- The plant will then wilt and die. This often happens in the Autumn.



### What do plants need to grow well?

#### 1. Sunlight

Some plants need lots of sunshine to grow; others only need a little sunlight.

#### 2. Water

All plants need water to grow. Without water, seeds and bulbs will not germinate.

#### 3. Temperature

Some plants like cooler temperatures, whereas other plants prefer it warmer.

#### 4. Nutrition

Plants make their own food in their leaves using sunlight.

