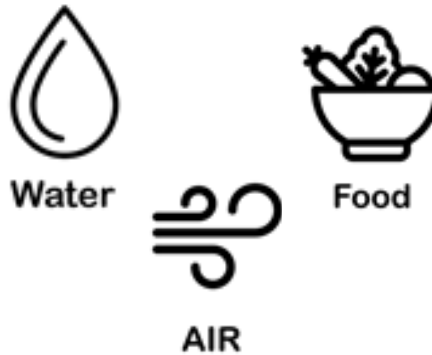


# Year 2: Does Science enable you to have the right to the best possible health care?

## All animals have offspring



## The basic needs of all animals



## Vocabulary

breathing	A breath taken in and out.
disease	Something that causes harm to a living thing.
exercise	An activity that keeps the body and mind strong.
growth	To grow bigger and become stronger.
heartbeat	A single pump of the heart.
hygiene	Keeping clean to stay healthy.
life cycle	The different stages of an animal's growth.
mental health	A healthy mind.
offspring	The child of an animal.
physical health	A healthy body.
pregnant	When an animal is carrying its offspring in the womb.
reproduce	When an animal has offspring (a child).
sleep	To rest the body and mind.

## For a human to be physically and mentally healthy they need:



To eat the right amount of different foods.

Healthy diet

To move their bodies in different ways.

Exercise



To keep their bodies and personal spaces clean.

Hygiene



Personal Hygiene



To give their body and brain time to rest and recover.

Sleep

Humans have offspring known as babies that grow into adults.

CRC Article 17: All children have the right to find out information as long as it is safe.



baby



toddler



child



teenager



adult



elderly