## Y2: Life Processes (Health and Growth)

## **Glossary**

**growth** – the life process where all living things – plants and animals - start small and grow larger

unhealthy – when we don't exercise or when we eat the wrong food we say it is unhealthy.

**healthy**– when we are fit and well we are healthy.

**variety** – a mixture of different things

**germs** – tiny creatures that are too small to see. They can make us ill.

We need to eat and drink a

We need to

**exercise** in order

to stay **healthy.** 



variety of foods in order to grow and stay healthy. **Growth** is a **life process** – all living things grow-



- plants grow



- animals **grow** 

- we **grow** up



Washing your hands can kill the **germs** that may make us sick.

When we are **sick**, the doctor might give us **medicine** to make us better.

It is **dangerous** to take medicine that the doctor did not give us.

