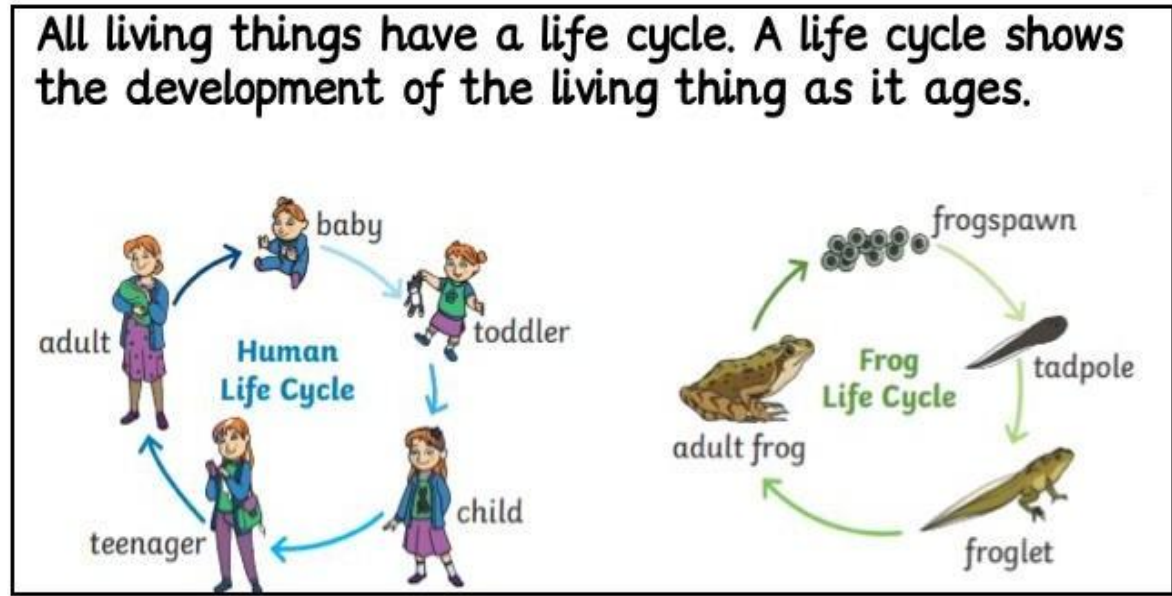


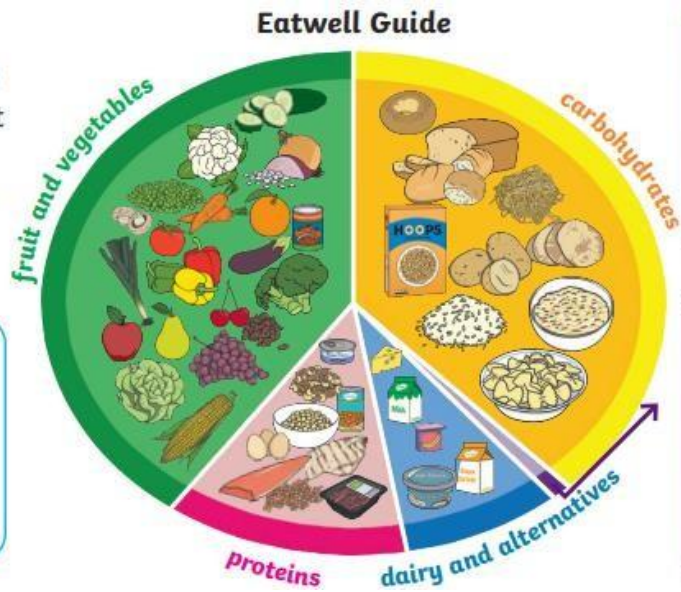
Key Vocabulary	Definition
amphibians	Amphibians live in the water as babies and on land as they grow older. They have smooth, slimy skin.
birds	All birds have a beak, two legs, feathers and wings.
fish	Fish live and breathe under water. They have scaly skin, fins to help them swim and they breathe through gills.
mammals	Mammals are animals that breathe air, grow hair or fur and feed on their mother's milk as a baby.
reptiles	All reptiles breathe air. They have scales on their skin.
carnivore	Animals that mostly eat other animals (meat) are carnivores
herbivore	Animals that only eat plants are herbivores.
omnivore	Animals that eat both plants and other animals are omnivores.



To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.

6-8 a day

Water, lower fat milk and sugar-free drinks.



Eat less often and in small amounts.

oil and spreads
Choose unsaturated oils and use in small amounts.

