

Project glossary

adult

A stage in the life cycle where an animal, including a human, has fully grown and can reproduce.

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aerobic exercise

An exercise that makes your heart beat more quickly and strengthens the heart and lungs.

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air

A mixture of gases that humans breathe to stay alive.

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balancing exercise

An exercise that improves balance and coordination.

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balanced diet

A diet that includes a mixture of foods from the five main food groups.

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birth

The process where a young animal comes out of an adult female's body.

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bone

A hard part inside the body, which is part of the skeleton.

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carbohydrates

A food group containing nutrients that gives the body energy, such as wheat and potatoes.

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coordination

The ability to move different body parts in a controlled way.



dairy and alternatives

A food group containing nutrients that keep our bones, nails and teeth healthy. Dairy foods such as cheese are made from animal milk. Alternatives such as soya milk are made from plants.

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embryo

A stage in the life cycle when an animal is developing inside an adult female's body.

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energy

The power needed to be active.

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exercise

To move the body to keep it healthy.

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fat

A nutrient that helps the body to take in other nutrients and stay warm.

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food

Plant and animal products that animals eat to get the nutrients they need to survive.

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food group

A group of foods that provide the same nutrients for the body. They include fruit and vegetables, carbohydrates, proteins, dairy and alternatives, and oils and spreads.

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fruit and vegetables

A food group from plant parts containing vitamins that keep the body healthy.

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germ

A microorganism that can cause illness in humans, such as bacteria.



growth

The process in the life cycle when animals grow bigger and change from a juvenile to an adult.

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healthy

Showing or adding to good health.

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heart

The organ inside the body that pumps blood around the body.

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human

An animal in the mammal group with two arms and two legs that walks in an upright position.

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hydrate

To drink water.

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hygiene

Cleaning actions that help humans to stay healthy and prevent illnesses.

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juvenile

A stage in the life cycle of animals. In humans, it includes the baby, toddler, child and teenager stages.

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life cycle

A circular diagram showing both the stages and processes of life.

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love

A feeling that makes humans feel happy, cared for and confident.

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lungs

The two organs inside the body that fill with air when a human breathes in.



mammal

An animal that has four limbs and fur or hair.

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muscle

A part inside the body which allows humans to move.

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nutrient

A substance that animals, including humans, need to grow well and stay healthy.

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nutrition

The process of eating food and absorbing its nutrients.

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offspring

The young of a plant or animal.

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oils and spreads

A food group containing fats that help us to take in nutrients and stay warm.

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omnivore

An animal, including humans, that eats plants and animals.

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proteins

A food group containing nutrients that helps build muscle, such as meat or beans.

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reproduction

The process in the life cycle when an animal produces offspring.

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sense

The ability to understand the environment, such as sight, hearing, smell, taste and touch.



shelter

A place which protects animals from danger and bad weather, such as a burrow or a house.

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space

An area that animals need that is large enough for them to grow, live and reproduce.

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strengthening exercise

An exercise that makes the bones and muscles stronger.

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stretching exercise

An exercise that makes the body more flexible.

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sugar

A sweet-tasting food that is not part of a balanced diet, and can cause health problems.

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survive

To stay alive.

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sweat

A salty liquid that passes through the skin when it is hot.

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vegan diet

A diet where only food that comes from plants is eaten.

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vegetarian diet

A diet where food from plants and food produced by animals, such as milk and eggs, is eaten.



vitamin

A nutrient that keeps animals' bodies healthy.

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water

A colourless liquid that animals need to survive.

Scientific terms glossary

compare

To look at two or more things closely and see what is the same or different.

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conclusion

An explanation of what has been found out using the data collected.

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data

Collected information or facts, including numbers, words, measurements or observations.

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investigation

An activity that involves a person studying a subject or problem carefully to learn facts or answer a question. An investigation includes a planning, doing, recording and reviewing stage.

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method

A set of instructions or steps to do a particular task.

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observe

To watch or look at something carefully.



prediction

A statement made by a person where they say what they think will happen in the future, using their knowledge or experiences.

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question

Something we ask using words like how, what, where, when, who and why.

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record

To write down data, such as numbers, words, measurements or observations in different ways, such as lists, tables, charts or labelled diagrams.

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research

To study a subject to discover new facts or information.

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results

The data collected from an investigation or test.

