



Movement

animals **move**

exercise is good for us

Respiration

animals **release energy**
from food

keeps us healthy | **gives us energy** | **helps us to grow**

fruit vegetables | cereals and vegetables sugar and fat | meat and fish eggs and dairy

Sensitivity

animals **react** to their environment
animals move into or out of the sun or rain

Growth

animals **grow**
get bigger and change over time

Reproduction

animals **reproduce**
create **offspring**

some animals look like their parents, some look different

Excretion

animals **get rid of** waste products

Nutrition

animals need **food**
animals eat plants or other animals

keeps us healthy | **helps us to grow** | **gives us energy**

fruit vegetables | meat and fish eggs and dairy | cereals and vegetables sugar and fat