

Reception - Spring 2.

Healthy Eating and Animals.



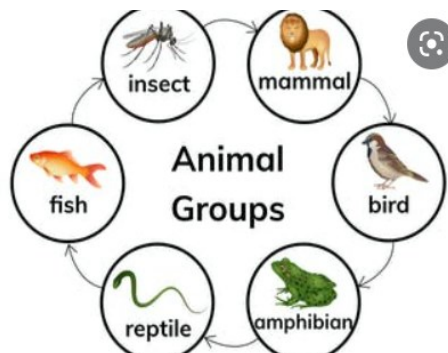
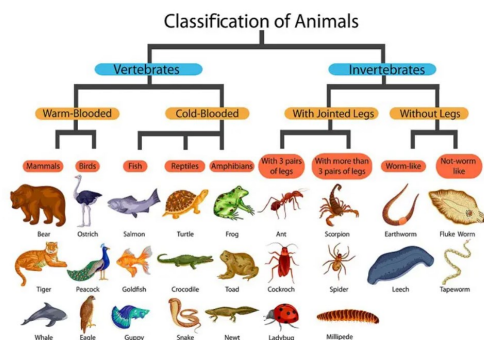
There are many different animal groups such as: mammals, reptiles, amphibians, fish, birds and insects.

These animals live in different places such as the jungle, ocean, the forest and some animals can even live in your house!

When animals are babies, they often have different names, for example a baby cow is called a calf, a baby cat is called a kitten and a baby goat is called a kid.

All animals need to eat food to survive, some eat meat, some eat vegetables and some eat both.

Not all animals have legs, some animals move in different ways.



Fruits and vegetables can be grown all year round. They can be grown in the ground, in greenhouses or some can even grow on your windowsill.

Some fruits and vegetables have to be planted at specific times of the year.

Some fruits and vegetables need to be grown in a different country as they need the heat to help them grow, for example, bananas thrive in tropical climates.

People who do not eat any meat are called vegetarians, their diet consists of mainly fruit and vegetables. Some people choose to have meat substitutes.

The meat that we eat comes from different animals. Not everyone eats meat.



When we are feeling poorly, we visit the **doctors**.

When animals are unwell, they visit the **vets**.

When we need to have our teeth checked, we visit the **dentist**.

It is important that you **brush your teeth** once in the **morning** and before you go to bed.

We must take care of our teeth and remember to limit our sugar intake, too much sugar can damage our teeth.

