




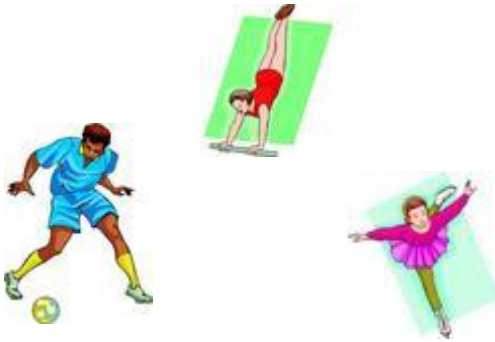




Animals, including humans HEALTH AND GROWTH

<h1>Glossary</h1>		We need to eat and drink a variety of foods	Growth is a life process – all living things grow:		Washing hands kills the germs that may make us sick.
growth – the life process where all living things (plants and animals) start small and grow bigger.	in order to grow and stay healthy .			plants grow ;	
unhealthy – when we don't exercise or when we eat too much, we say it is unhealthy.				animals grow ;	
healthy – when we are fit and well, we say that we are healthy.		We need to exercise in order to stay healthy .	and we grow .		When we are sick , the doctor might give us medicine to make us better.
variety – a mixture of things.					
germs – tiny creatures that are too small to see that can make us sick.			It is dangerous to take medicine that the doctor did not give us.		