

## Topic – Buddhism – Journey of Life and Death

**Buddha** – Buddha means ‘teacher’. The title was given to the founder of Buddhism. He was a human being who became ‘enlightened’. He was not God.

**Dharam** – The teaching of Buddhism.

**Enlightenment** – When a Buddha finds the truth about life/to understand how to be happy and free from suffering.

**Precept** – A command or principle intended as a rule of action.

**Refuge** – A refuge is defined as “shelter or protection from a danger or distress.” Taking refuge is like finding a safe place during a storm, or getting comfort in a time of trouble.

**Sangha** – The Buddhist community; it is the men, women and children who follow the teachings of the Buddha.

**Wesak** – Buddhist festival to commemorate the birth, enlightenment and death of Buddha.

## Science – Animals and Humans (Diet & Exercise)

**Organ:** a part of the body that has a specific function (e.g. heart, lung, brain, kidneys, liver, stomach).

**Nutrients:** content in food that helps someone live and grow.

**Digest:** when food passes through the body to your stomach to then take the substances your body needs.

**Energy:** the amount of power in order to do something.

**Metabolism:** the process in which food is changed into energy.

**Absorb:** to soak up or take in nutrients gradually.

**Excrete:** to get rid of waste generated during metabolism.

**Saliva:** a clear liquid in the mouth that helps us to chew and digest our food.

**Bacteria:** A single celled microorganism.

**Characteristics:** Special qualities or appearances that make an individual or group of things different to others.

**Microorganism or Microbe:** A minute organism, a simple form of life, that can only be seen through a microscope e.g. bacteria, mould, yeast, fungi, protozoa and viruses.

**Key:** A key is a series of questions about the characteristics of living things. A key is used to identify a living thing or decide which group it belongs to by answering ‘yes’ or ‘no’ questions.

All of these words will come up at some point in our Topic and Science lessons. We would love you to read through the definitions and show an adult at home.

Remember that we have lots of topic books in class, so if you are still unsure of a meaning, you can ask to borrow a book. 😊