

Kurdistan Regional Government - Iraq

Ministry of Education - Directorate General of Curricula and Printables



Grade One

Student Book



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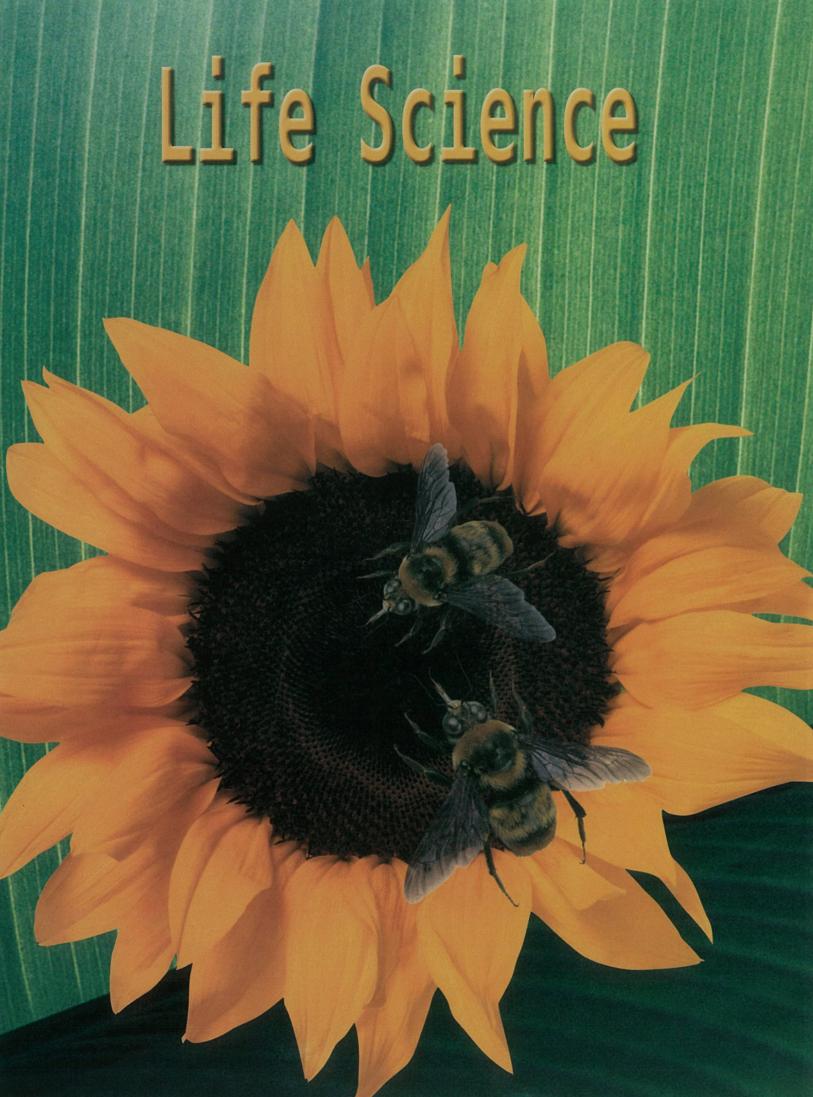
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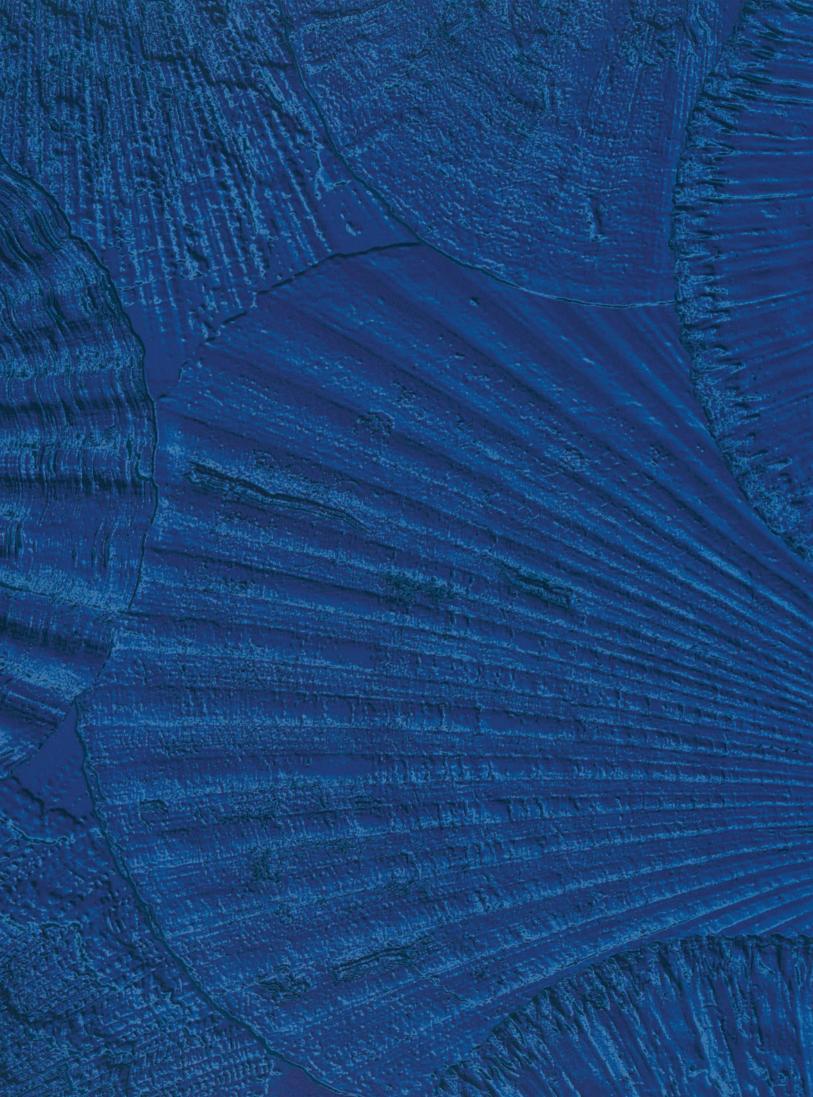
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UNIT 1 LIFE SCIENCE

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UNIT EXPERIMENT

Observe Me As I Grow

Plan to prepare an aquarium in the classroom. Find out things that animals and plants need to live in an aquarium.



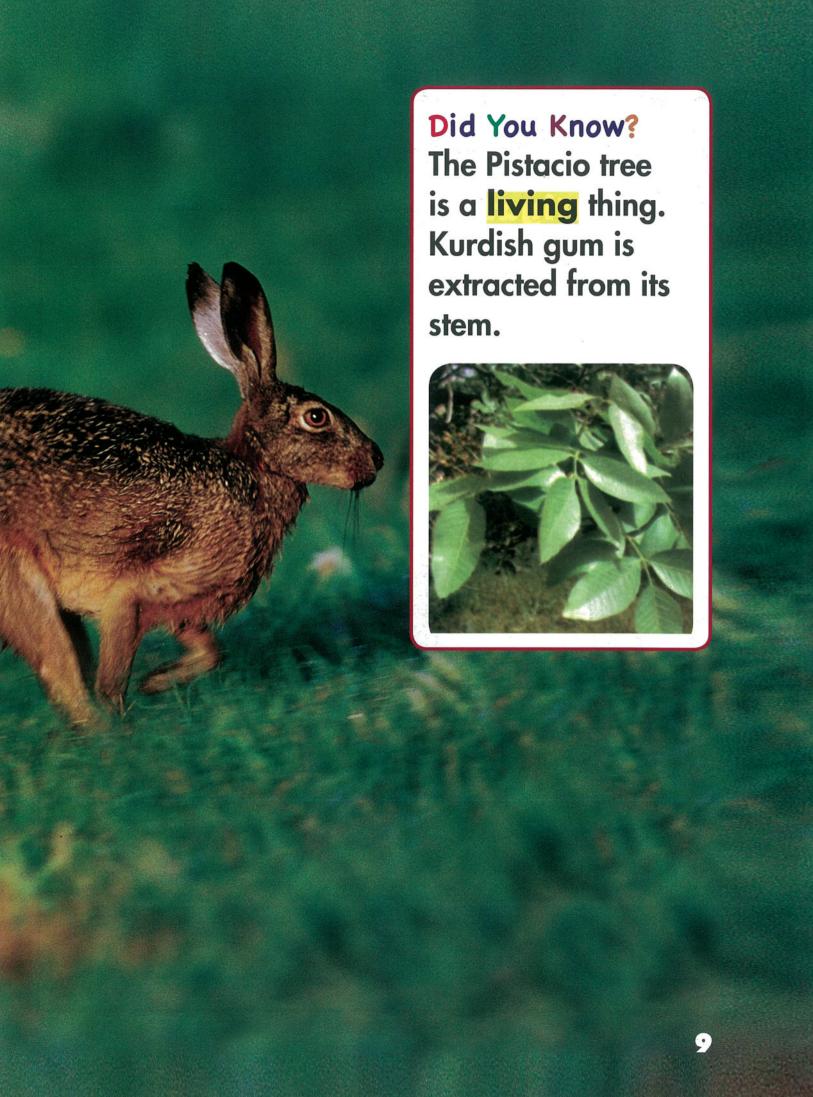
Vocabulary

senses living nonliving

Living ama ama refrequence and by ing Things

Did You Know?
Rabbits have se

Rabbits have senses as people do, but rabbits can hear sounds people cannot hear.





How Do My Senses Help Me Learn?

Investigate

Using Your Senses

You will need



pieces of fruit



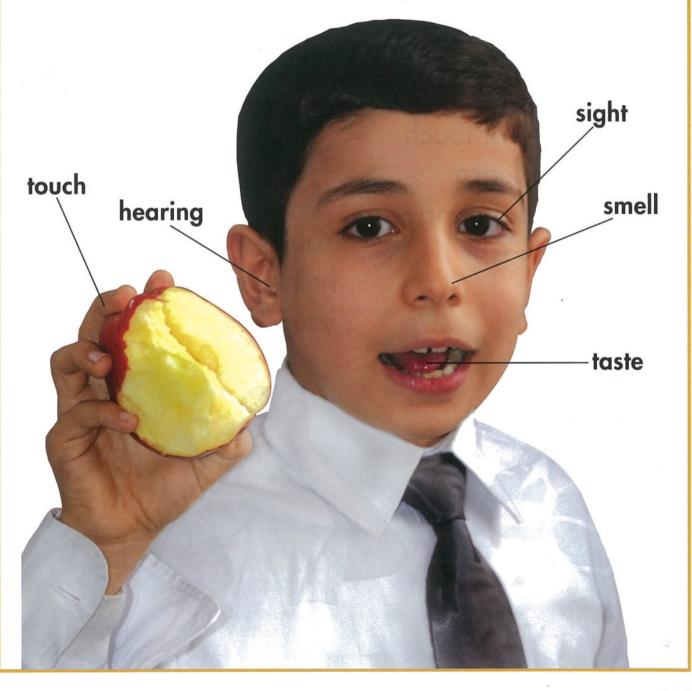


- Close your eyes.
- Touch and smell.
- 3 Take turns with your partner.



Your Five Senses

You have five **senses** that help you learn about things. What part of your body do you use for each sense?



Sight

Your sense of sight helps you learn about the shape and the color of things.



Touch

Your sense of touch helps you learn about smooth and rough things.

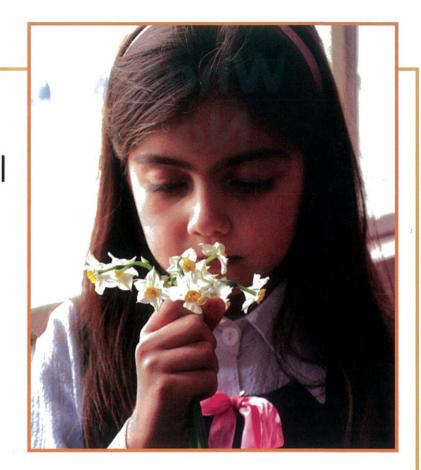
Hearing

Your sense of hearing helps you learn about sounds.



Smell

Your sense of smell helps you learn how things smell.



Taste

Your sense of taste helps you know which foods you like.
Thank God for our five senses.

Think About It

1. What are the five senses?

2. How do your senses help you learn?





What Are Living and Nonliving Things?



Investigate

Living and Nonliving

You will need









Classify.



Compare.

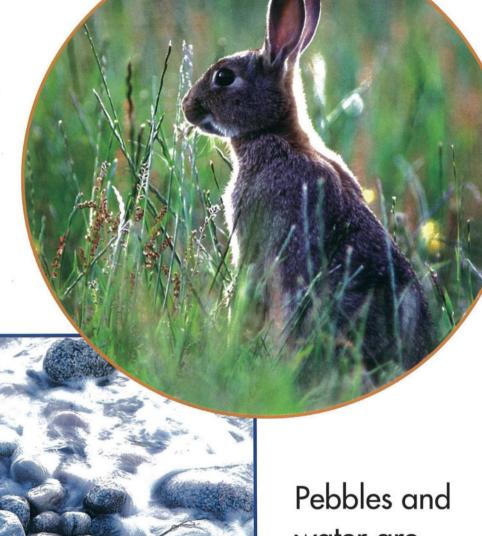


Talk about.



Living and Nonliving Things

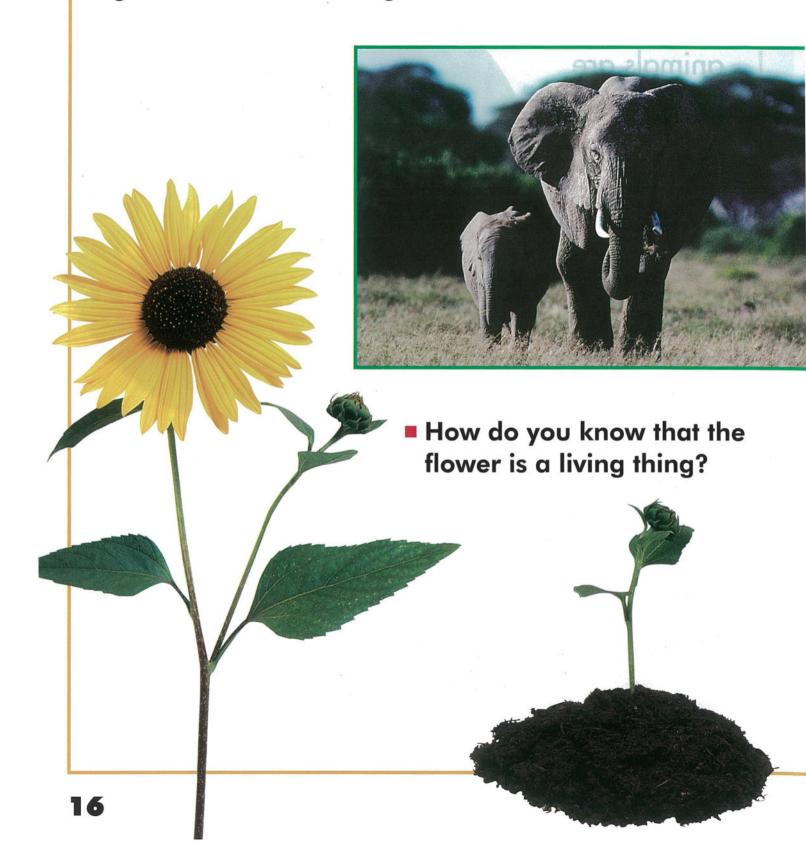
Plants and animals are living things.



Pebbles and water are nonliving things.

Living Things

Living things need food, water, and air to grow and become big.



Nonliving Things

Nonliving things do not need food, water, and air. They do not grow.

How can you tell that a chair and a rock are nonliving things?



Think About It

What is a living thing?
 Mention three living things.

2. What is a nonliving thing? Mention three nonliving things.



REVIEW

Tell What You Know

1. Which senses would you use to learn more about each thing?











Vocabulary

- 1. Fill with a green color
 - under living things.
- 2. Fill with a red color under nonliving things.









Using Science Skills

1. Observe Collect things in an egg carton. Use two words to tell how each thing feels, looks, sounds, or smells. Have a partner guess each thing.



2. Compare Put ✓ sign as a yes, and x sign as a no in the right place in the chart. Compare, then tell if the things are living or nonliving.

Living or Nonliving?			
Thing	Does it Need Food, Air, and Water?	Does it Grow?	



Vocabulary

gills
mammals
birds
reptiles
amphibians
fish
insects
roots
stem
leaves
flowers
light

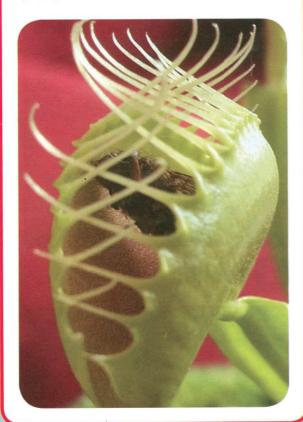
Livings Things and Flacin Needs

Did You Know?

A seagull is one kind of birds that can drink salt water.



Did You Know?
The Venus fly trap
plant eats insects
by its leaves to
get some of the
needs it cannot
find in soil and
air.





What Do Animals Need?



Investigate

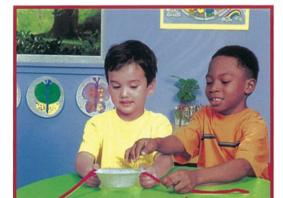
Feeding Birds

You will need





pot







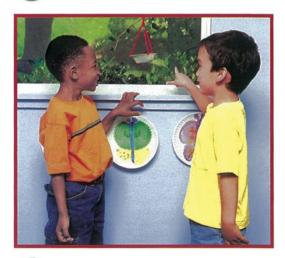
3 Hang.

sticks





🕜 Fill.

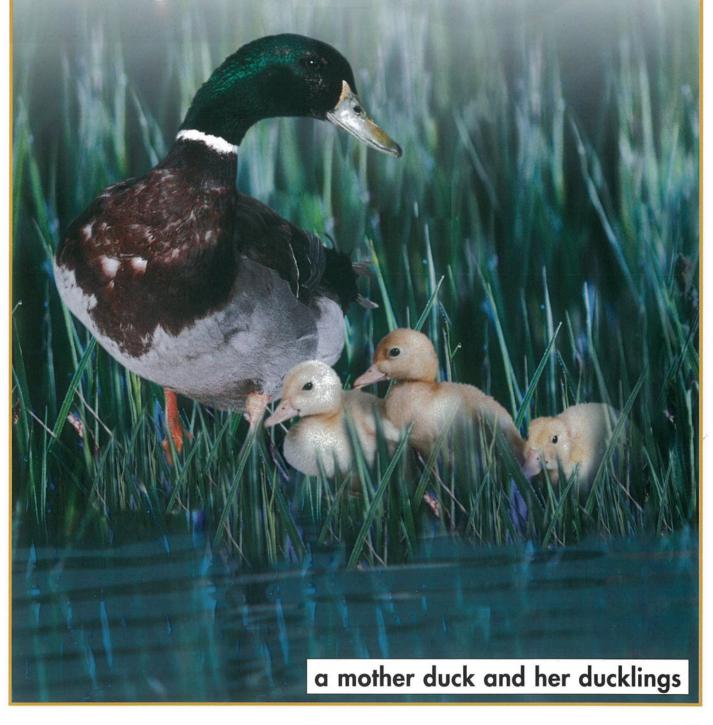






What Animals Need

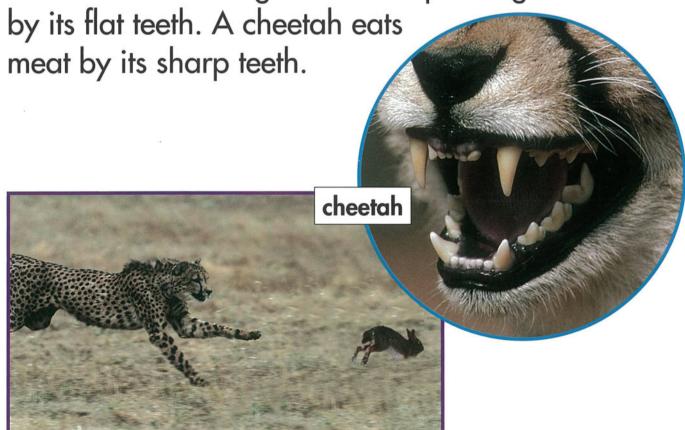
All animals need food, water, air, and a place to live. These ducks live by a pond. Why is this pond a good home for ducks?





Animals Need Food

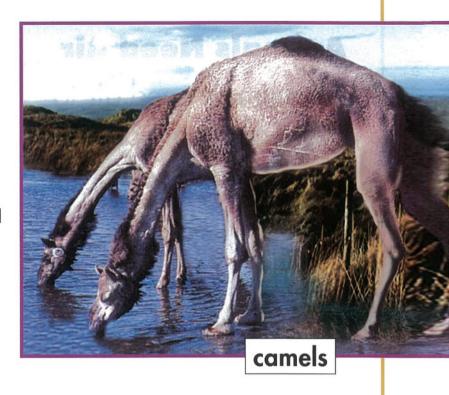
Different kinds of animals need different kinds of food to live and grow. A sheep eats grass



Why do the shapes of teeth differ between animals?

Animals Need Water

All animals need water to live.
Like many animals, a camel drinks with its mouth.



An elephant uses its trunk to put water in its mouth.

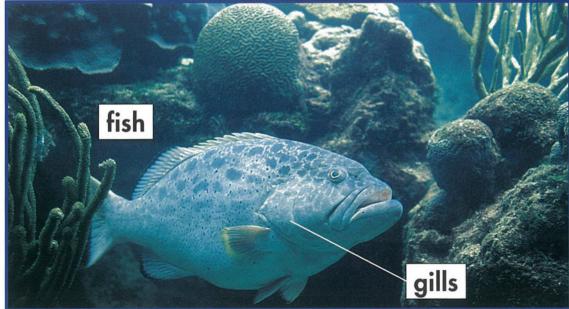


Animals Need Air

All animals need air to live. Some animals have a nose that takes in air.

Fish have **gills** that take air from water.





Animals Need a Place to Live

All animals need a place to live. Birds build nests to raise their young. Bats find shelter in caves. Bees live in beehives that they make by themselves.







Think About It

- 1. What do animals need to live and grow?
- 2. What are some ways that animals meet these needs?



What Are Some Kinds of Animals?

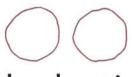
Investigate

Kinds of Animals

You will need



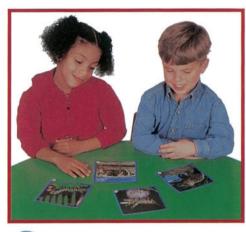
animal picture cards



thread or string



clay



Observe.



Classify.



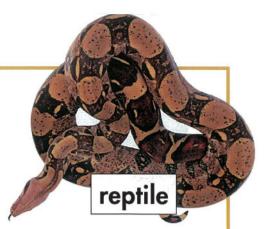
Choose one of the animal pictures from the collection.



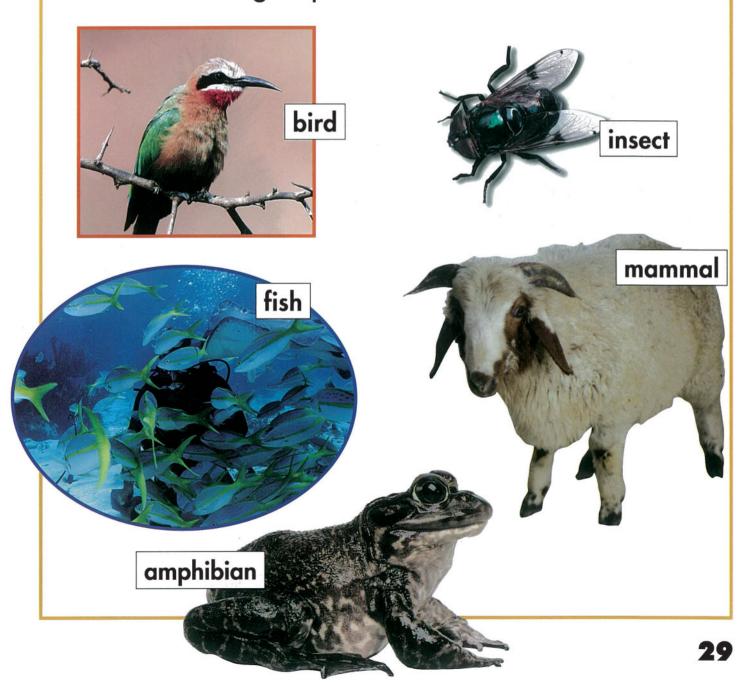
Make a clay model of the animal.



Different Kinds of Animals



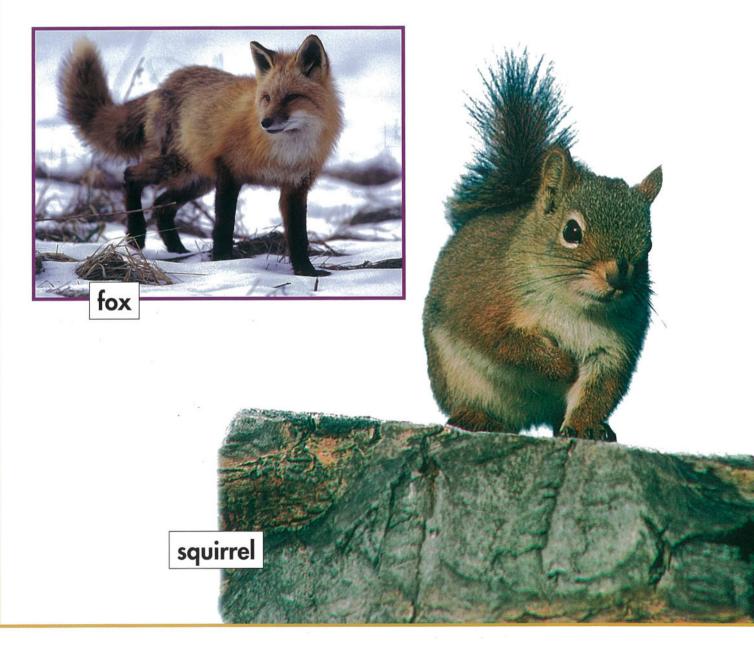
Scientists observe how animals are similar and different. They classify animals that are similar into groups. Here are examples of some animal groups.





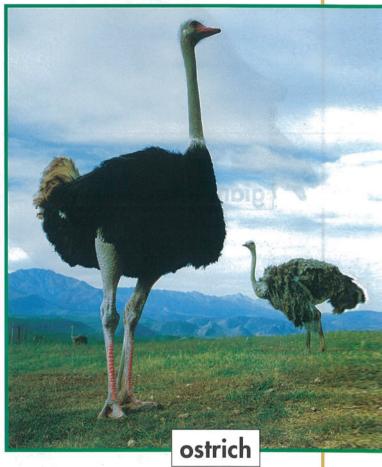
Mammals

A mammal is an animal that feeds milk to its young. A mammal also has hair on its body.









How are all these birds the same?



A **reptile** is an animal with rough, dry and hard skin.







is an animal with smooth, wet skin.



Fish

Fish live in water.

Their bodies are covered with scales.



Insects

An **insect** is an animal that has six legs.

Most insects also have wings.



fish

Think About It

- 1. What are some groups of animals?
- 2. How can you tell if an animal is an insect?



What Are the Parts of a Plant?



Investigate

Plant Parts

You will need











a plant

hand lens

picture of a plant

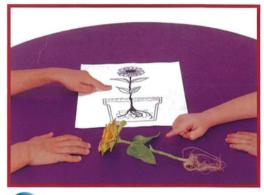
paper

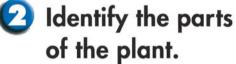
crayons





Observe.









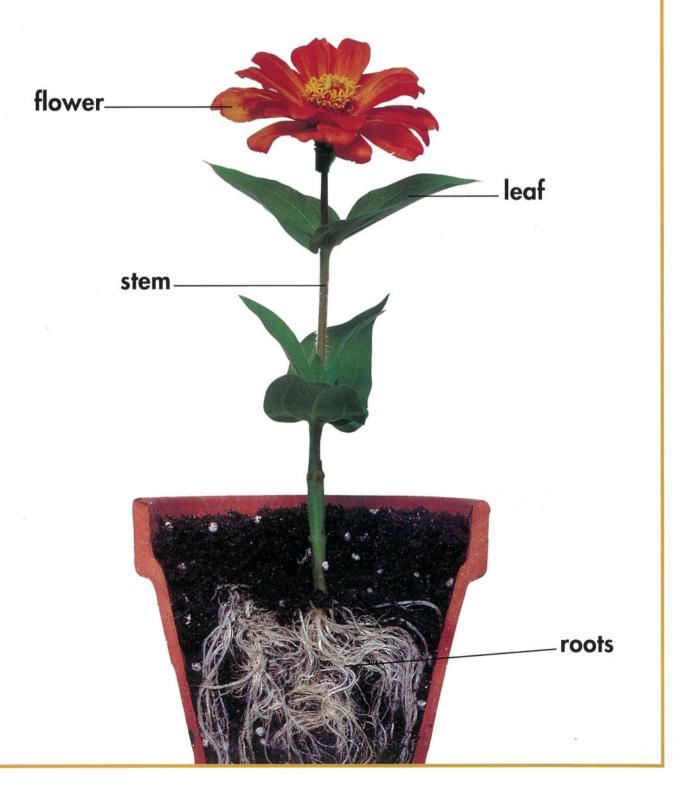


Talk about it.



Parts of a Plant

Plants have different parts.



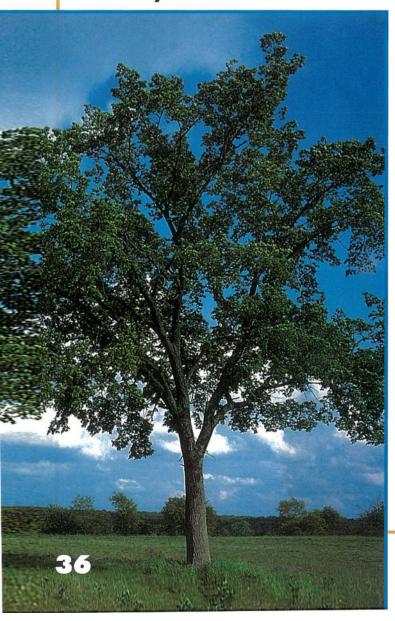
How Plant Parts

Help a Plant

Roots

The **roots** hold plants in the soil, and take in water.

What part of a carrot do you eat?





Stems

The **stem** helps hold up the leaves and flowers, and carries water to them. A tree trunk is also a stem.

Where are the stems in these pictures?





The **flowers** make fruits with seeds.

Think About It

1. What are the parts of a plant?

2. Which part of the plant moves up water from the roots to the leaves?



What Do Plants Need?

Investigate

What Plants Need to Grow





water





code cards



Water the plant and put it in the light.



Put the plant in the light and don't water it.



Water the plant and don't put it in the light.

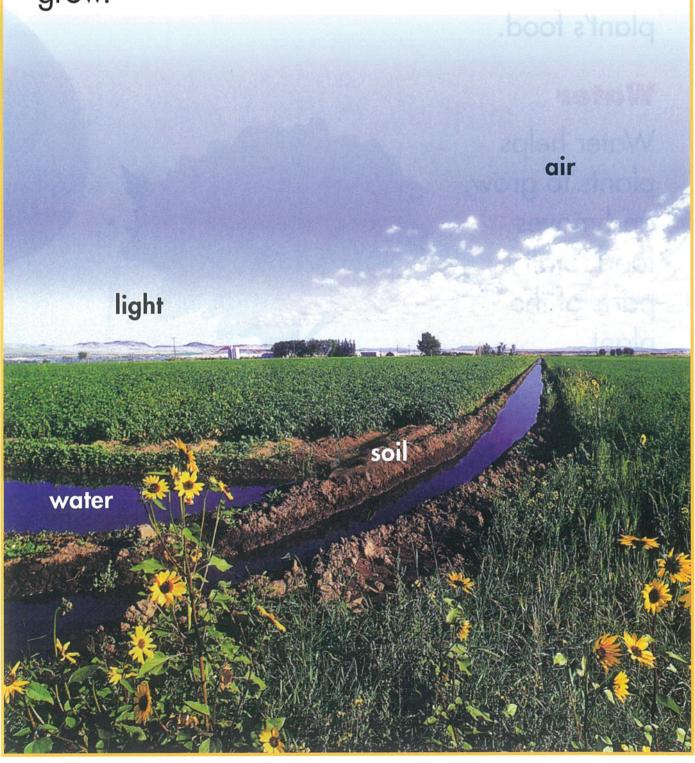


Compare after a few days.



What Plants Need to Live

Plants need light, air, water, and soil to live and grow.



How Plants Grow and Live?

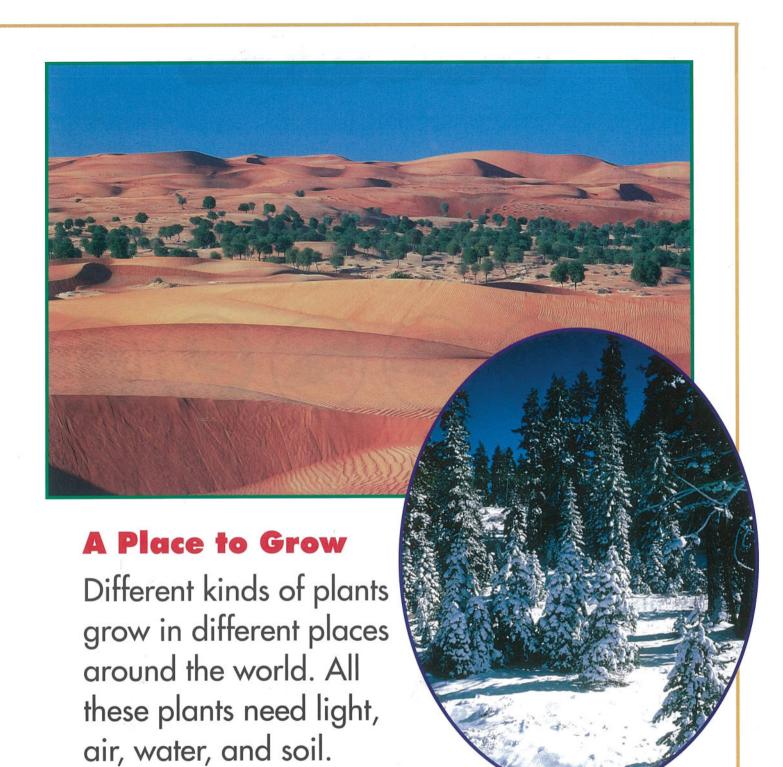
Light and Air

A plant's leaves use **light** and air to make the plant's food.

Water

Water helps plants to grow, and moves food to all parts of the plant.





Think About It

- 1. What do plants need to live and grow?
- 2. How do leaves use light and air?



Tell What You Know

1. Tell how these animals are similar and how they are different.













Vocabulary

Place under each picture the number of the word that fits.

mammal reptile

amphibian 3

insect

roots

leaves













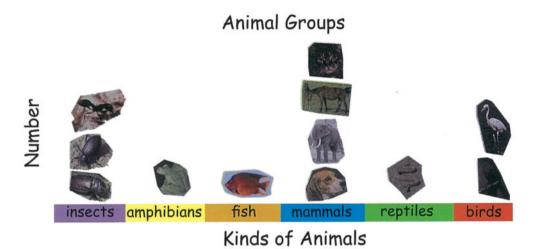






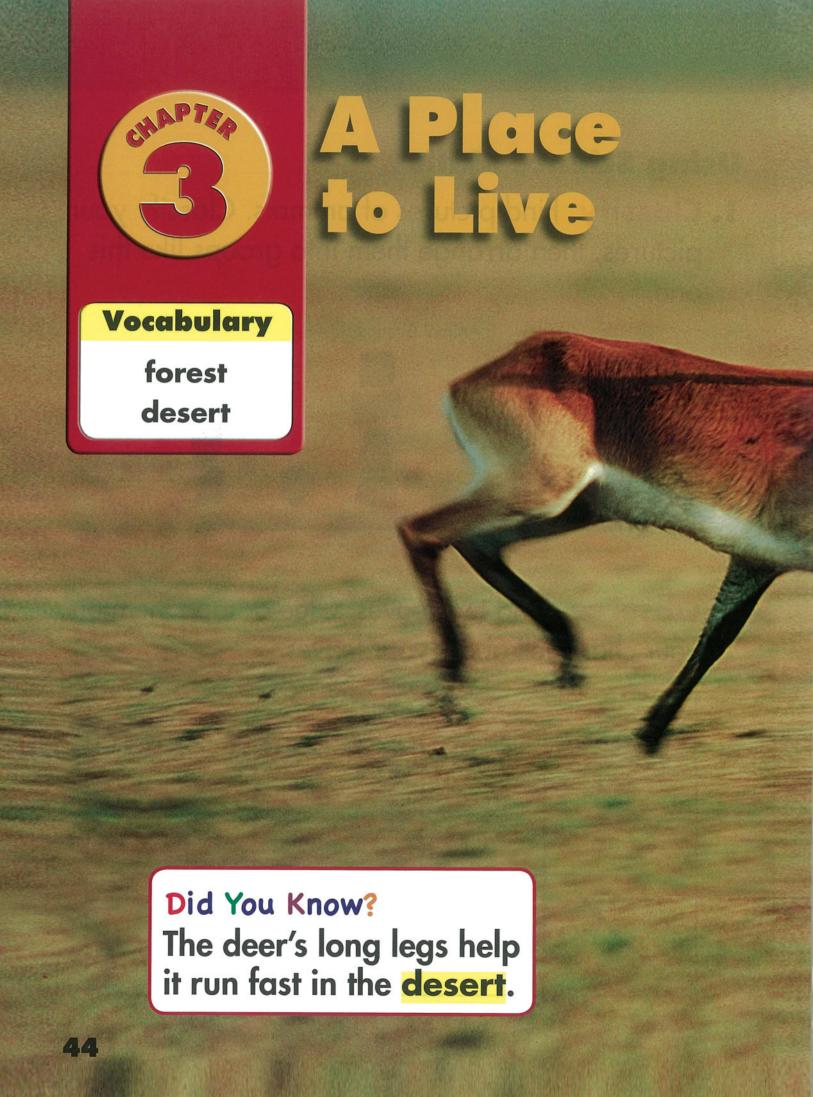
Using Science Skills

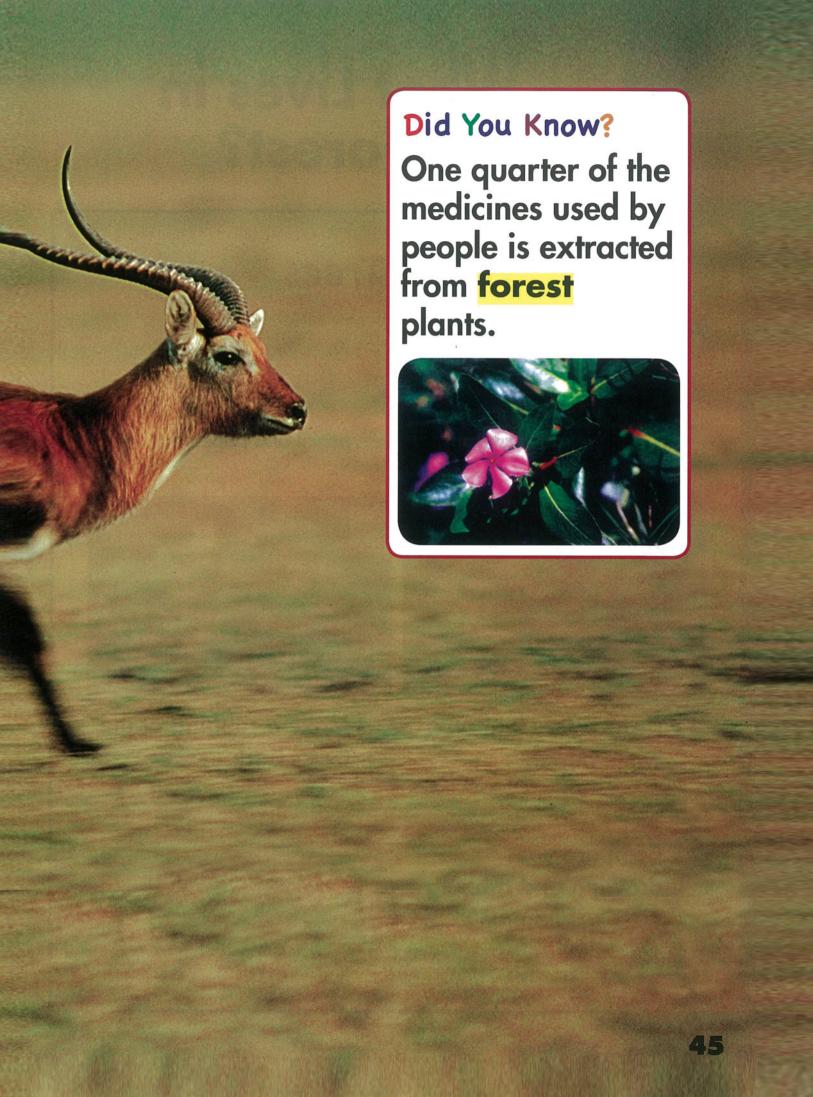
 Classify Find pictures of animals. Classify your pictures, then arrange them into groups like this one.



2. Observe Find two leaves. Glue or tape them on your chart. Tell about your leaves.

Leaves				
Leaf	Shape	Color	Size	







What Lives in a Forest?



Investigate

Forest Trees

You will need





pencil and papers







- 🕦 Draw a tree leaf on a 🛮 🙆 Make a rubbing of the tree's bark.
- **3** Compare your drawing and rubbing with a classmate's.



Forests

A **forest** is a place where many trees grow. A forest floor is shady. The soil stays moist. A variety of animals live in the forest.



Forest Animals and Plants

Some trees grow tall in a forest. Their leaves catch the sunlight they need to make food. Provender and oleander bushes need less sunlight than trees. They can grow below the trees.





Many animals find food and shelter in a forest. Birds find safe places to build their nests. Turtle eat worms that live in the forest.







What Lives in the Desert?

Investigate

Desert Plants Leaves

You will need

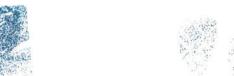




water



wax paper



2 paper-towel leaf shapes

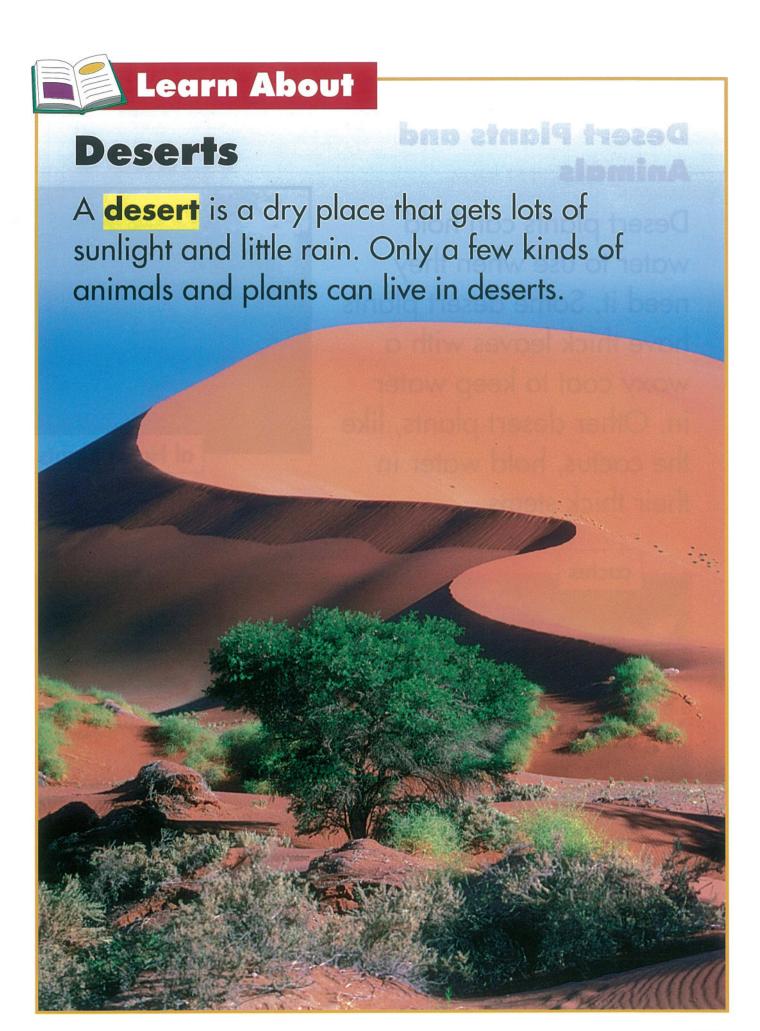


Make both leaf shapes
Put both leaves in the damp. Put one shape on wax paper. Fold the paper over. Clip it. Leave the other leaf shape uncovered



sunlight. Check them after an hour.

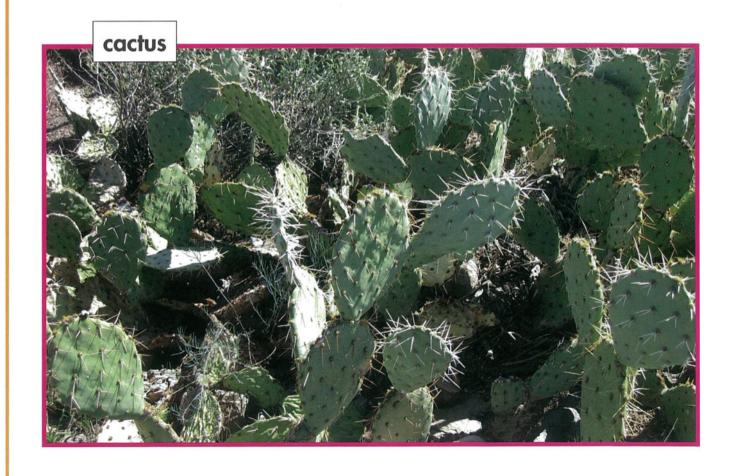
Which leaf holds water longer? Draw a conclusion about the leaves of plants that live in the desert.



Desert Plants and Animals

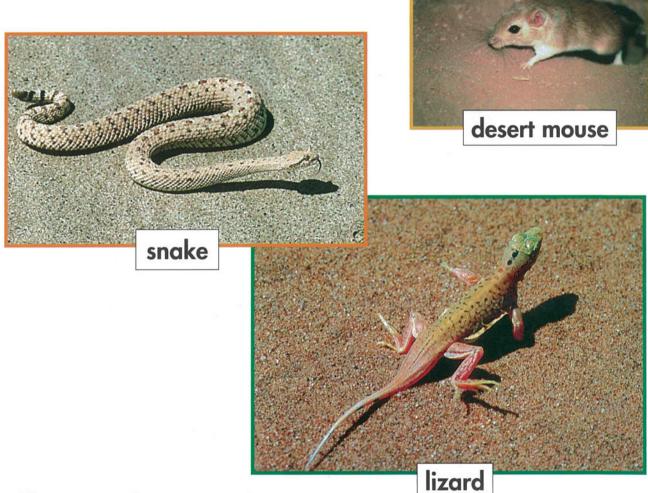
Desert plants can hold water to use when they need it. Some desert plants have thick leaves with a waxy coat to keep water in. Other desert plants, like the cactus, hold water in their thick stems.





Desert animals have many ways to protect themselves from heat, and get the water they need. The desert mouse moves at night to avoid heat.

Most desert animals get water from their food.



Think About It

- 1. What is a desert?
- 2. How do plants live in a desert?
- 3. How do animals live in a desert?



REVIEW

Tell What You Know

1. Talk about the places where each animal lives.





Vocabulary

Write the appropriate word under each picture.

- 1. forest
- 2. desert





Using Science Skills

- **1. Draw Conclusion** Read the sentences below. Tell where each plant or animal lives.
 - a. This plant has thorns that protect it from animals. It also has a waxy coat to keep water in.
 - **b.** This animal has four strong legs. It also uses tree trunks for shelter.
- **2. Compare** Look at the chart. Tell which place gets the most rain in a month.

Amount of Rain that Falls in a Month				
A Forest in Kurdistan Mountains	00000000			
Desert	٥			
A Forest in Indonesia	000000000000000000000000000000000000000			

Each \Diamond equals one centimeter.

Activities for Home or School

Senses Game

- Get a box and put in it different things.
- Ask members of your family or classmates to close their eyes.
- 3. Have them use their senses of touch and hearing to guess what each thing is.

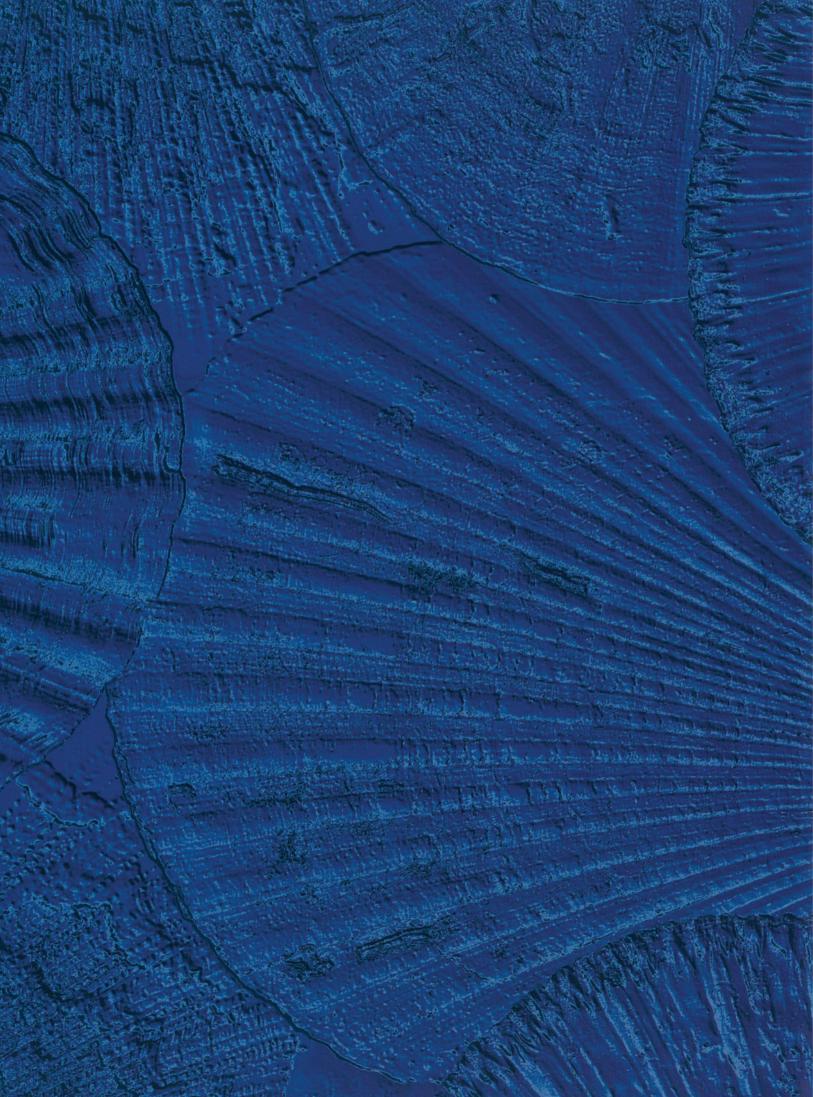


Plants Store Water

- Cut the stalk of a celery leaf horizontally. Observe the small holes in the stalk, which are the openings of tubes that extend along the stalk.
- Put the stalk in an empty cup. Put it in the sun till it withers. Observe what happened, and explain why it happened.
- Add some water to the cup. Put the cup in the refrigerator. The next day, observe what happened and explain why.







UNIT 2 EARTH SCIENCE

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UNIT EXPERIMENT

The Four Seasons

Prepare four sets of pictures of the four seasons to hang in the classroom. Include in each set pictures of the weather conditions of the season, the conditions of plants and animals, and the kinds of clothes that people wear during each season.



Earth's Land

ing agraphic

distantinish aces

Vocabulary

land
mountain
valley
plain
rock
sand

Did You Know?
Al Rub' al Khali is the biggest sand desert in the world.

Did You Know?
Chalk is rock
made from the
shells of tiny sea
animals.





What Are Landforms?



Investigate

Land

You will need



picture cards of land



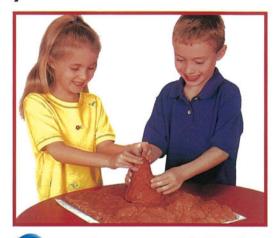
clay



cardboard



Observe.



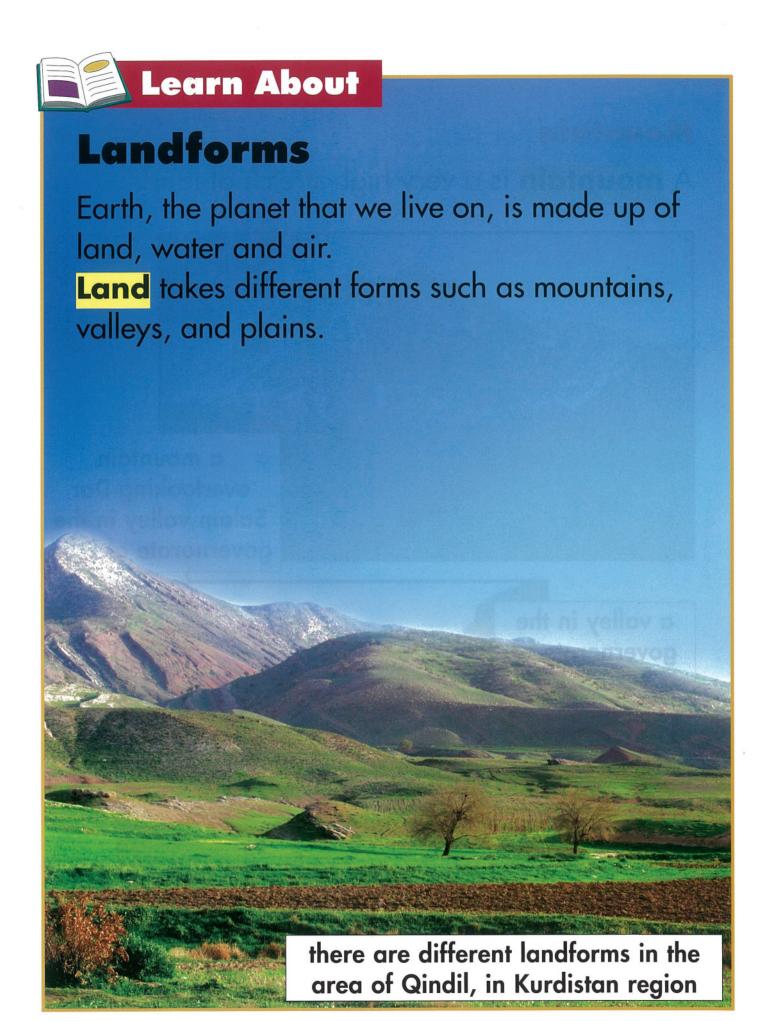
Make a model of a mountain.



Make a model of a valley.

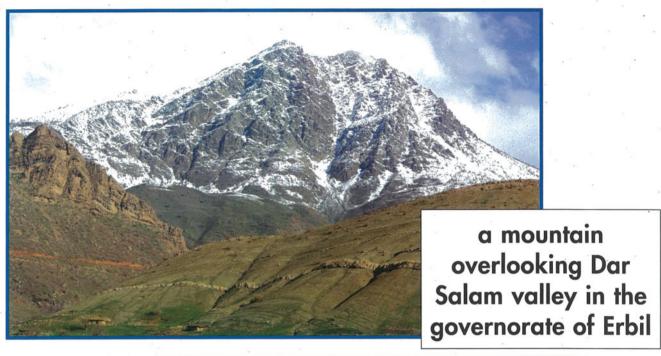


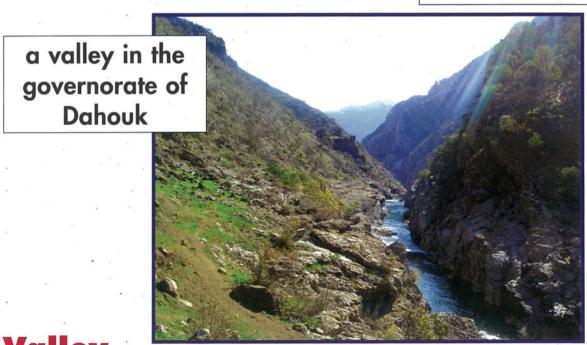
Compare.



Mountain

A **mountain** is a very high stretch of land.



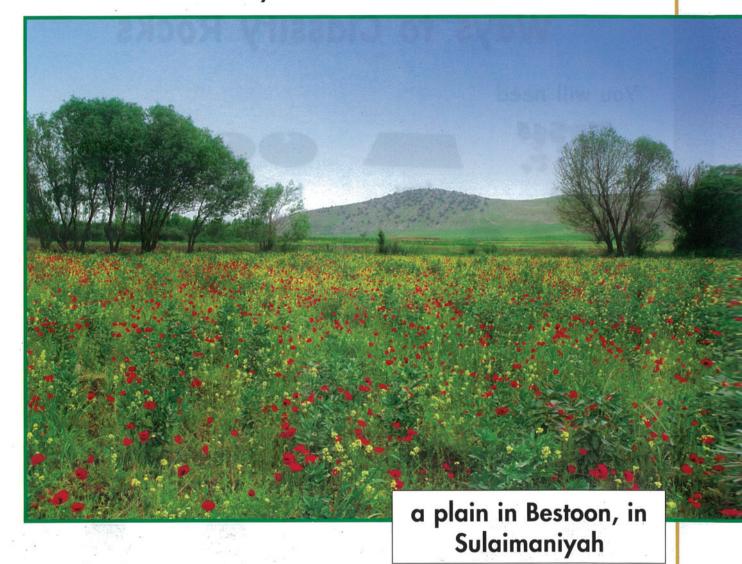


Valley

A valley is a low land between two mountains.

Plain

A **plain** is a large area of flat land, without mountains or valleys.



Think About It

- 1. Mention some landforms.
- 2. What are the characteristics of each landform?



What Are Rocks?

100

Investigate

Ways to Classify Rocks

You will need







rocks

tray

two plates

hand lens







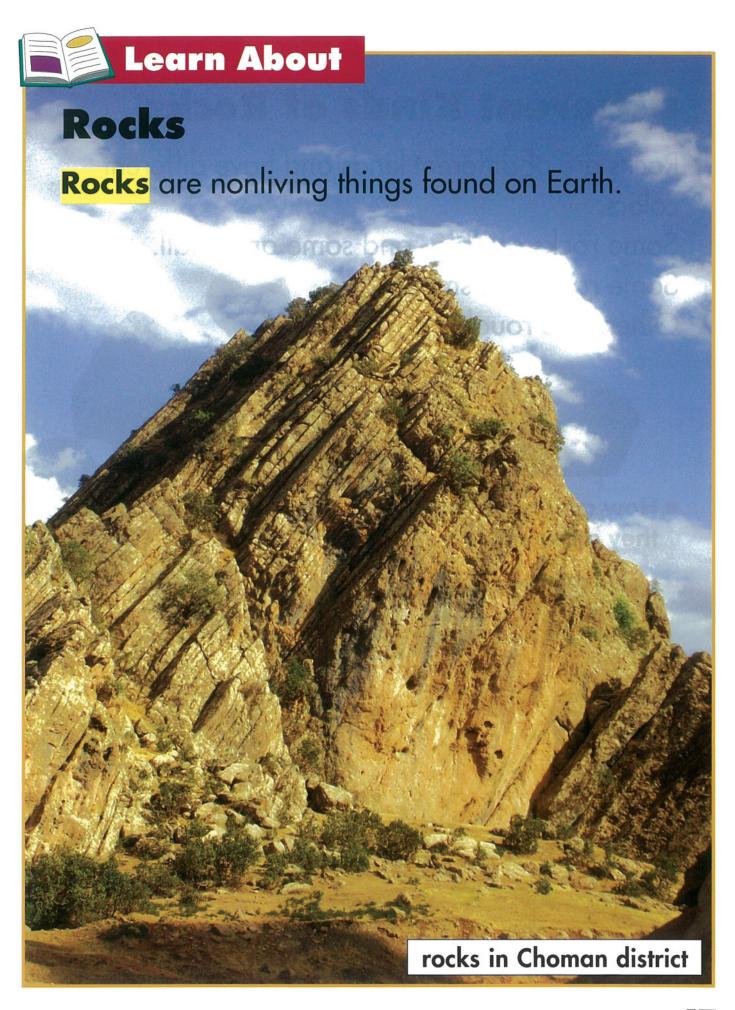
Choose a way to classify.



Classify.



Talk about it.



Different Kinds of Rocks

Rocks are of different kinds and have different colors.

Some rocks are big, and some are small.

Some rocks are smooth.

Others are rough.

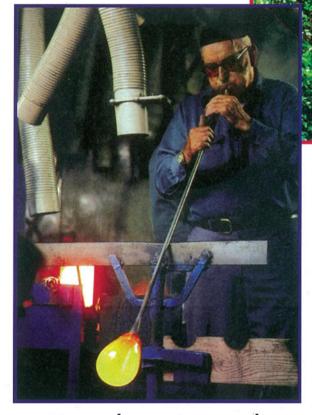


How are these rocks the same? How are they different?

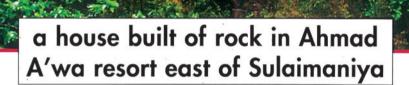


Sand is fine grains of rock.

How do people use rock in these pictures?



People use sand to make glass.



People use rock to build homes.

Think About It

- 1. What are rocks?
- 2. What ways do people use rocks?



REVIEW

Tell What You Know

 Tell what you know about each picture. Tell how people use them.





Vocabulary

Place under each picture the number of the word

that fits.

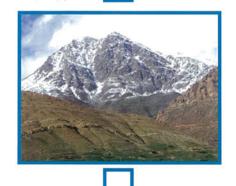
sand 1

valley 2

mountain 3

plain 4









Using Science Skills

1. Compare Find a piece of chalk and a piece of marble. Try to scratch each rock with a nail. Hard rocks don't scratch easily, whereas soft rocks scratch easily. Which of the two rocks is harder? Tell how you know.





2. Classify Collect pictures of landforms. Classify these landforms into mountains, valleys, and plains.

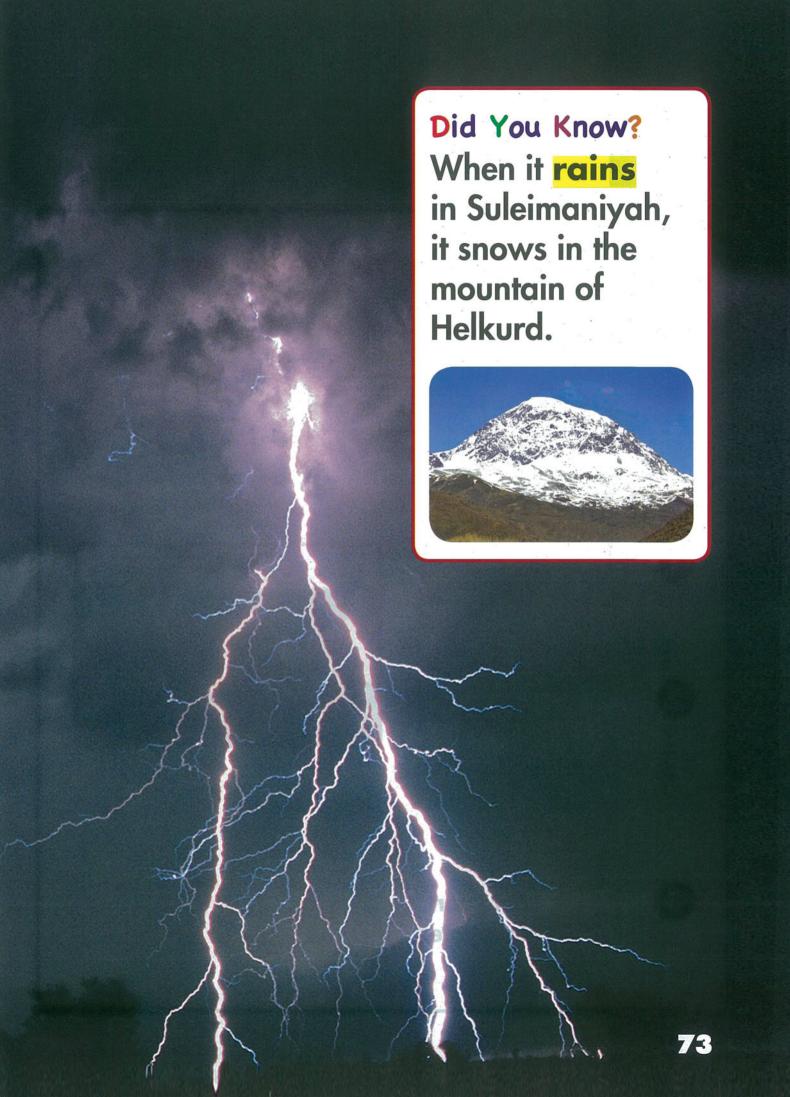


Weather

Vocabulary

weather
wind gauge
wind vane
thermometer
rain gauge
temperature
wind
rain

Did You Know?
You don't have to have rainy weather to get lightning.





What Is Weather?

100

Investigate

A Week with Weather

You will need



Weather Conditions					
Saturday	Sunday	Monday	Tuesday	Wednesday	

chart



symbols of weather conditions

- Observe the changes in weather every day for two weeks.
- Draw or write what you observe on the chart, using the symbols of weather conditions.

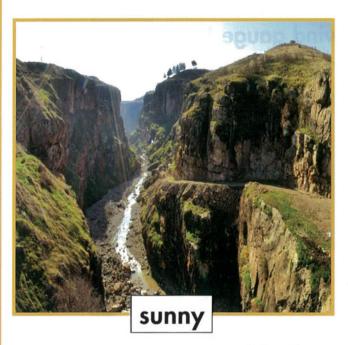


Compare your chart with your classmates' charts.

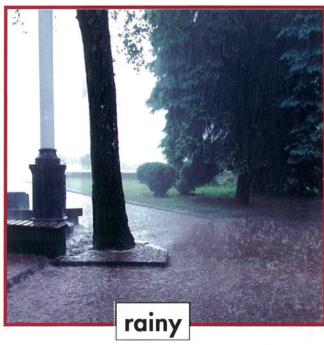


Weather Conditions

There are different **weather** conditions. The weather may be sunny, rainy, windy, or snowy.









Measuring Weather Conditions

People use measuring instruments to measure weather conditions.





a thermometer measures the temperature of the atmosphere

Think About It

- 1. What are some weather conditions?
- 2. What are some instruments used to measure weather conditions?





What Are Weather Elements?

19

Investigate

Measuring Warm and Cold

You will need



sheets and crayons



ice cubes



2 cups of water



2 thermometers



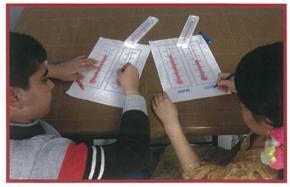
Put 2 ice cubes in one of the 2 cups of water.



Compare.



Place a thermometer in each cup and measure.



Oraw and label.



What Indicates the Weather Conditions

Temperature, wind, and rain are weather elements. When these elements change, the weather conditions also change.





The Temperature Changes

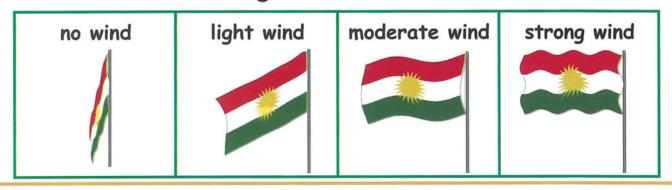
The **temperature** of the air changes weather conditions. Sometimes the temperature of the air is so low, the weather becomes cold. Sometimes the temperature of the air is so high, the weather becomes hot.



How does the temperature differ in these two pictures?

Wind Conditions

Moving air is called **wind**. Wind blows light, moderate, or strong.



Rain

Rain is water that falls from the clouds. In Kurdistan region heavy rain falls in winter.



Think About It

- 1. How does temperature change?
- 2. What are some kinds of wind?
- 3. In which season does rain fall heavily in Kurdistan region?



REVIEW

Tell What You Know

1. Tell what you know about the picture. Use the following words: weather, temperature, and wind.



Vocabulary

Place under each picture the number of the word

that fits.

rain gauge 1

thermometer 2

wind gauge 3

wind 4



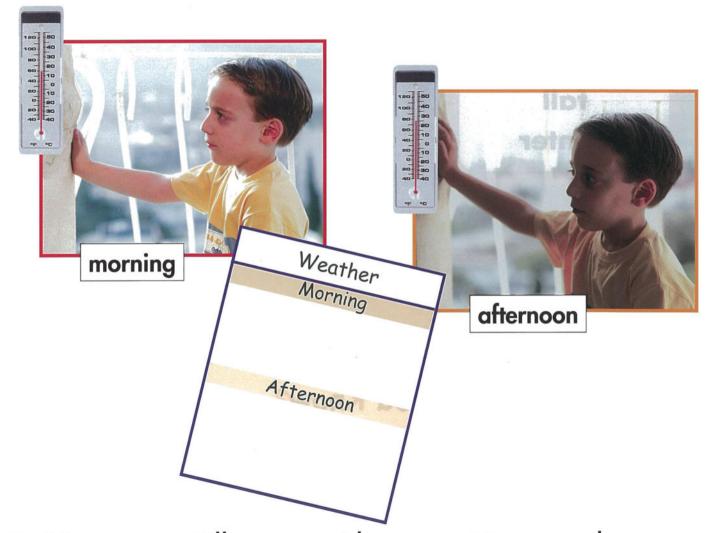






Using Science Skills

1. Compare Observe and make a drawing of the weather in the morning and another of the weather in the afternoon. Compare the drawings and tell about the changes you observe.



2. Measure Fill a cup with water. Measure the water temperature in the cup.



The Four Seasons

Did You Know?

Many parts of the world, like Kurdistan region and Germany, have four **seasons**, but there is only one season in some places like Indonesia and Ghana.





What Do We Observe in Spring and Summer?

Investigate

The Four Seasons

You will need



cardboard



scissors



crayons



pictures of the seasons



glue



🚺 Color them.



Cut them.



Arrange them.



Glue then press them.



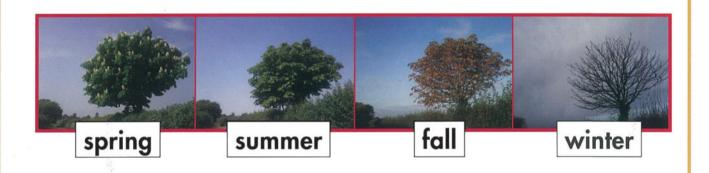


Spring and Summer

The year has four **seasons**: spring, summer, fall, and winter.

Spring follows winter. The weather is warm in spring.

Summer follows spring. The weather is very hot in summer.

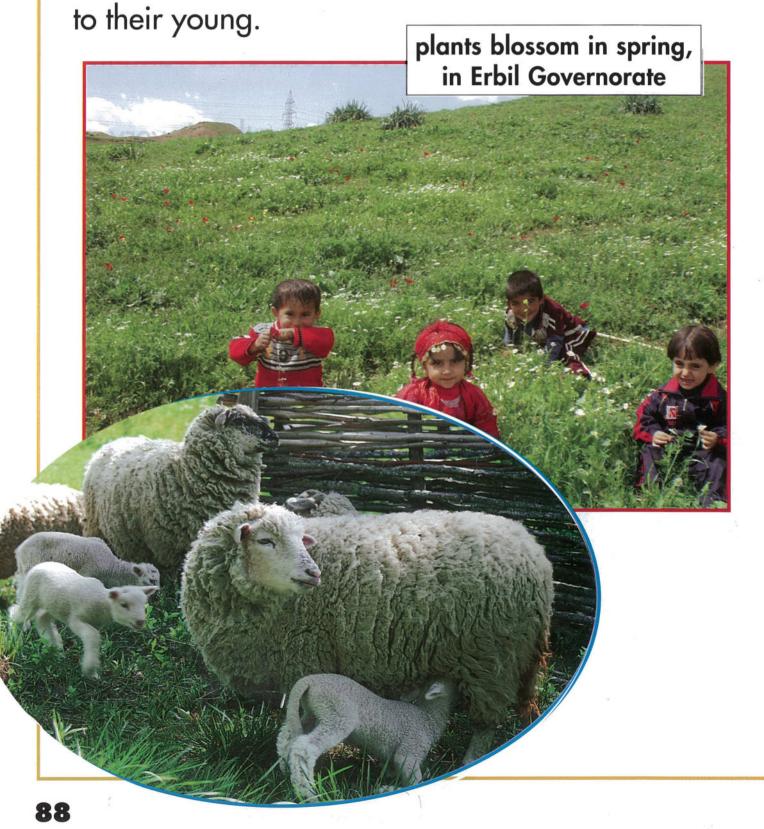




Spring

In spring, plants start to sprout and blossom.

Also in spring, some kinds of animals give birth



Summer

In summer, plants grow new leaves, and fruits become ripe.

In summer, young animals grow and learn how to get





- 1. How are the weather conditions in spring different from the weather conditions in summer?
- 2. How do plants change from spring to summer?
- **3.** How do animals change from spring to summer?



What Do We Observe in Fall and Winter?

Investigate

To Stay Warm in Cold Weather

You will need



plastic bag



container with water and ice



things that keep your hand warm



Put your hand in the plastic bag and then put it in the container. Does the bag keep your hand warm?



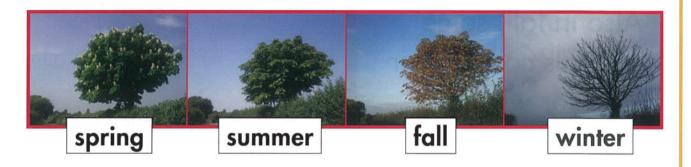
- What will you put in the bag to keep your hand warm? Choose some things and try.
- Investigate your ideas. Which idea is the best?



Fall and Winter

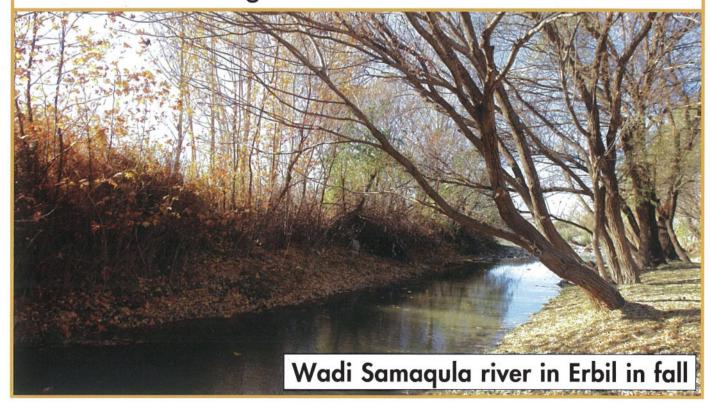
The **fall** season follows summer.

Weather in fall is cooler than in summer.



Winter follows fall.

The weather gets cold in winter and rain falls. In winter, snow also falls in some countries such as Kurdistan region.



Fall

In fall, the leaves of many kinds of trees drop to the ground. Also in fall, some animals collect their food for winter.







Winter

In winter, many kinds of trees are stripped of their leaves.

In winter, some animals hide in their dens to

protect themselves

from the cold.



- 1. How are the weather conditions in fall different from those in winter?
- 2. How do plants change from fall to winter?
- 3. What do animals do in both fall and winter?



REVIEW

Tell What You Know

1. Tell what you know about each picture.









Vocabulary

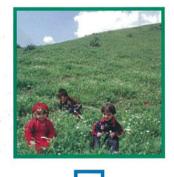
Place under each picture the number of the word that fits.

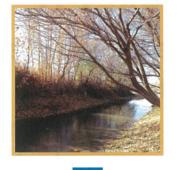
winter 1

fall 2

summer 3

spring 4









Using Science Skills

 Order Use four sheets of paper. On each, write the name of one of the seasons.
 Then draw the clothes you would wear. Put your sheets in order, beginning with summer.



2. Plan an Investigation Look at the colors of these shirts. Predict which color will stay the coolest on a sunny day. Use colored papers to investigate your prediction.



Activities for Home or School

Measure and Group Rocks

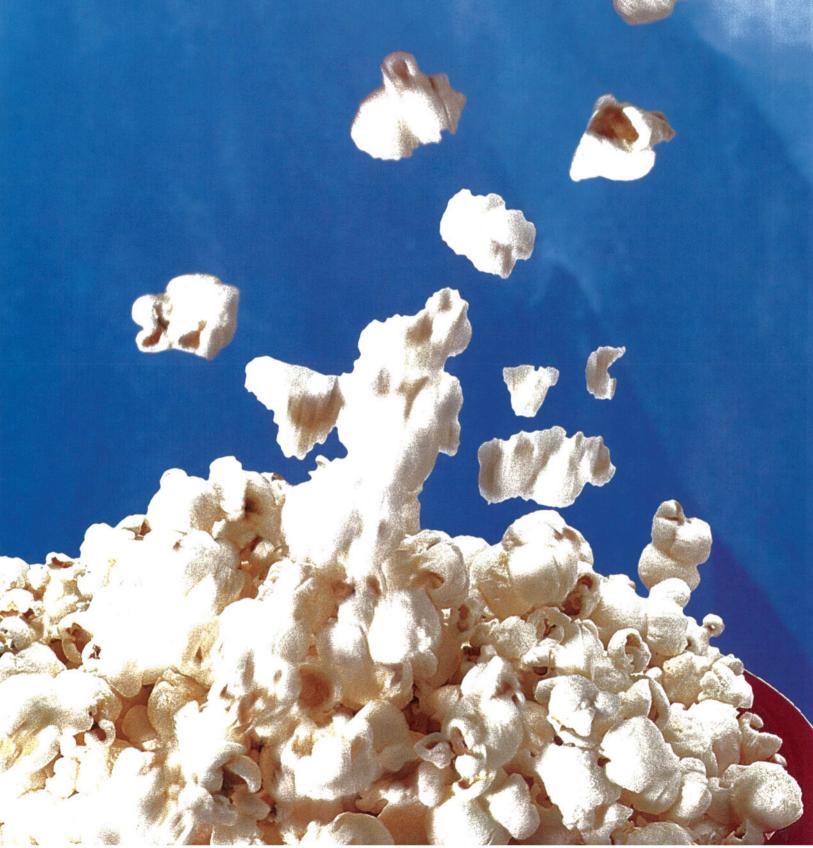
- 1. Make a balance like this one.
- 2. Put 10 nails in one cup.
- 3. Put a small rock in the other cup.
- 4. Repeat the procedure using a new rock each time.
- 5. Which rocks have more mass than the nails?
 Group together the heavier rocks.

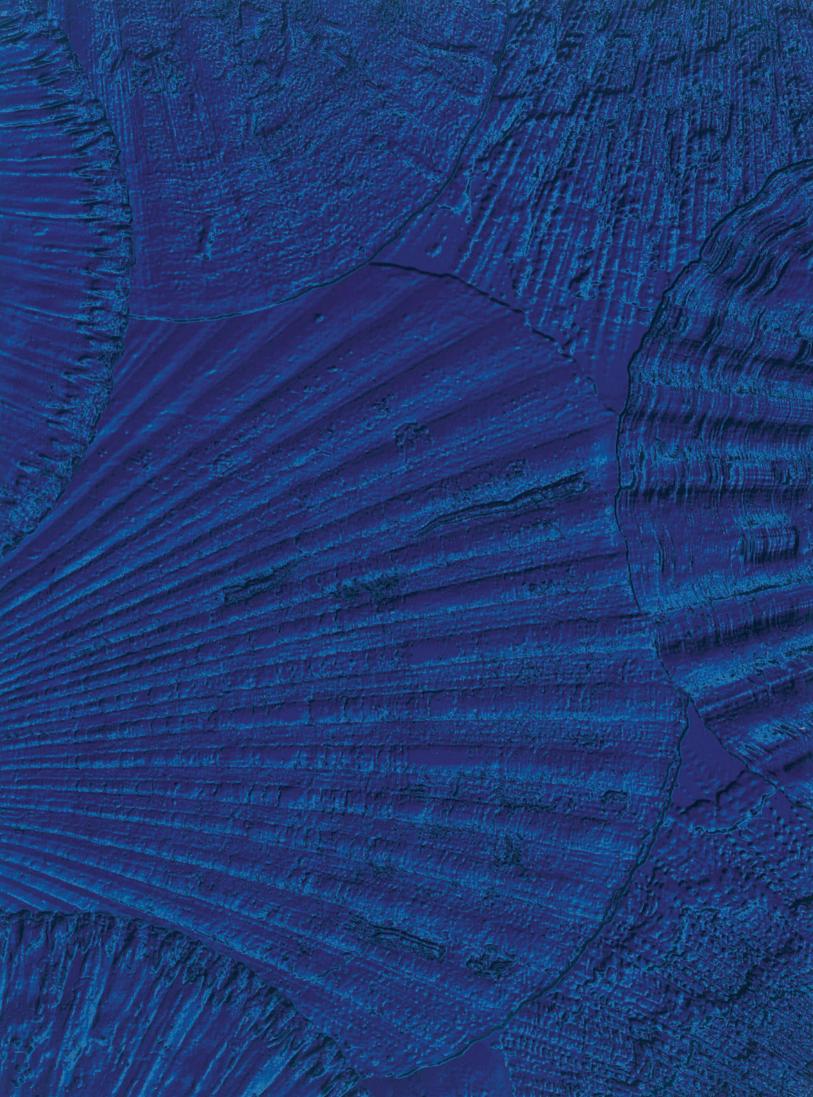
Find Seasons in a Closet

What clothes do people wear at different times of the year where you live? Brainstorm ideas, then write a list that shows at least two kinds of clothes for each season.



PHYSICAL SCIENCE





UNIT 3 PHYSICAL SCIENCE

Chapter 1	Exploring Matter	100
Chapter 2	Pushes and Pulls	118
	Activities for Home or School	134

UNIT EXPERIMENT

Water Exhibit

Collect pictures and tools related to the uses of water and the forms of water. Show them in the classroom.

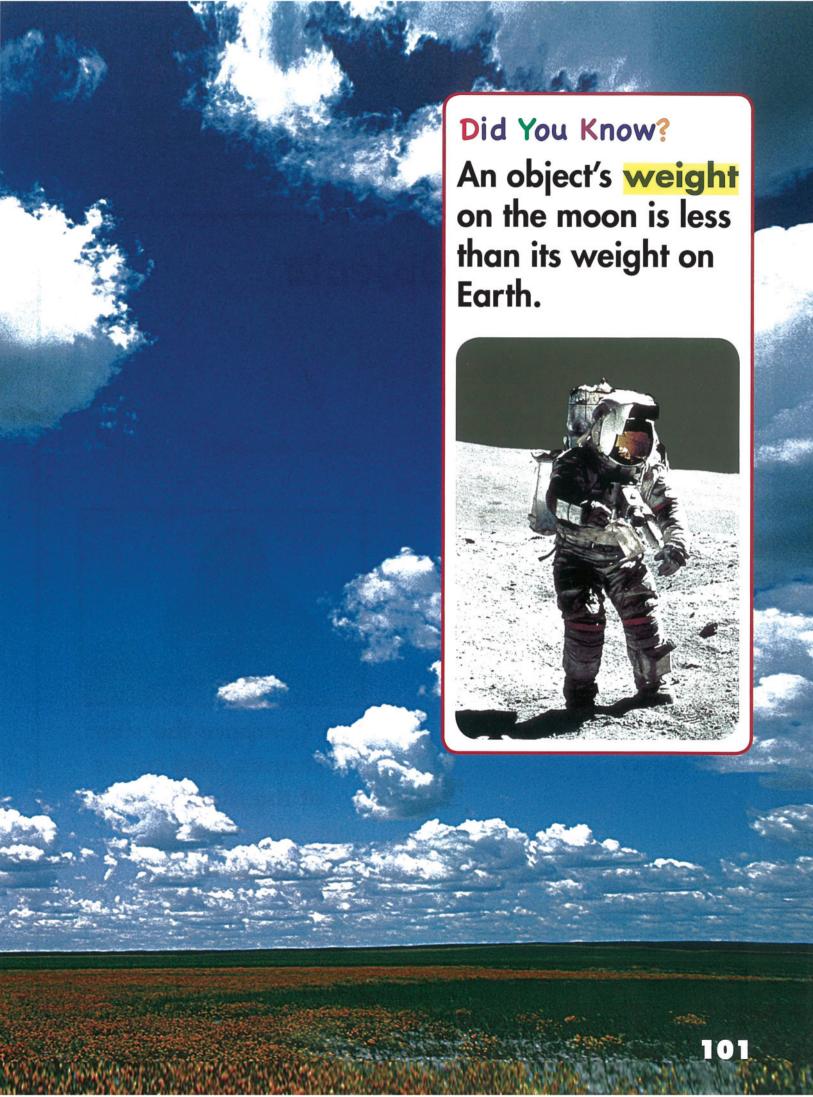


Vocabulary

matter
solid
weight
size
liquid
gas

Did You Know?

Clouds are made of very tiny drops of liquid water.





What Can We Observe About Solids?

Investigate

Solid Objects

You will need



paper and pen



Observe each object.



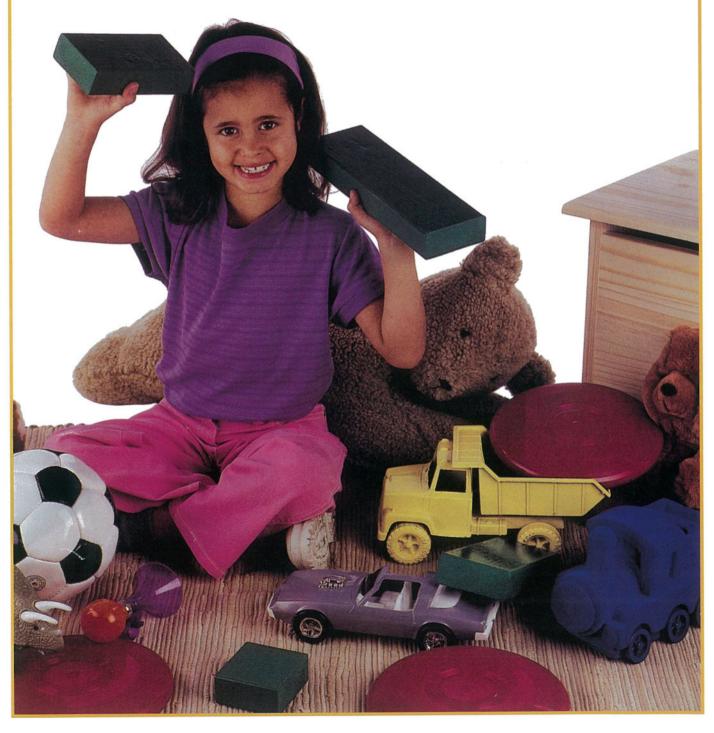
Compare the sizes, shapes, and colors of the objects.

3 Think of three ways to classify the objects, and draw them.



Matter

Everything around you is **matter**. Toys and blocks are matter.



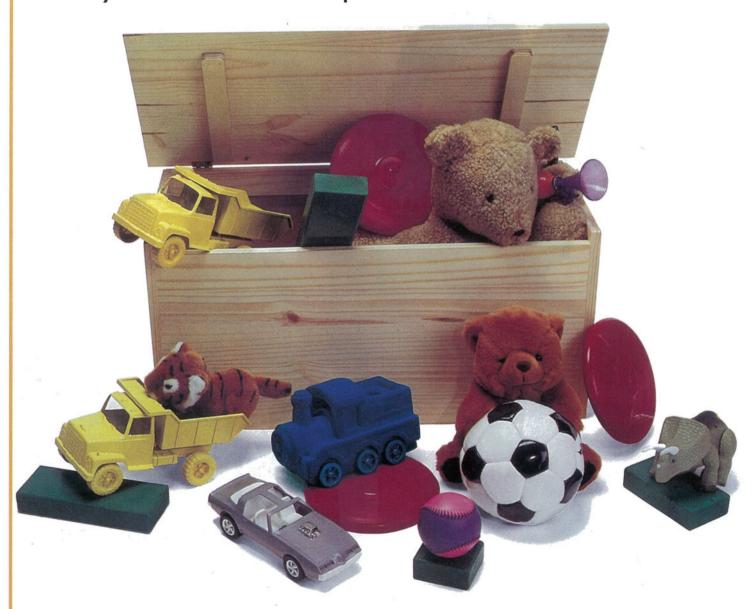
Observing Solid Matter

Some matter is **solid**.

Solid matter keeps its shape.

Wood is solid matter.

A toy box is a solid object made of wood.

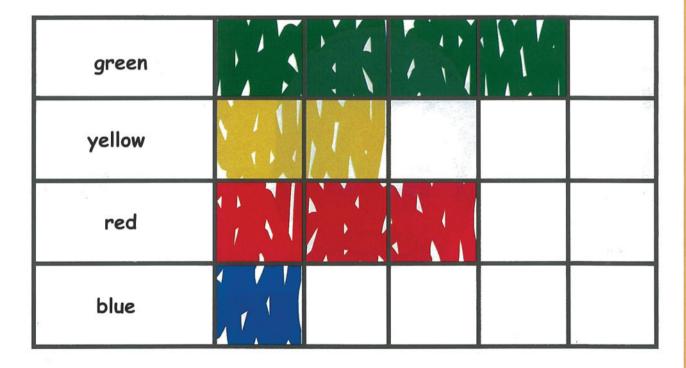


■ How do you know these toys are solids?

Sorting Solid Objects

You can sort solid objects in many ways. You can sort solid objects by color, weight, or size.

Sorting Objects by Color



■ There are toys in the opposite picture. This chart shows the number of toys of the same color.

Sorting Objects by Weight

Some objects are lighter than other objects. You can classify objects by **weight**.



Sorting Objects by Size

Some objects are bigger than others. You can sort them by **size**.



Sort dinosaur toys by size.

Think About It

- 1. What is matter?
- 2. What is a solid?
- 3. How can you classify solid objects?

ESSON

What Can We **Observe About** Liquids?

Investigate

Water Flows







///////





pencil

paper cup

container





Puncture the cup.





Put straws in the holes.





Pour water into the cup.





Observe.

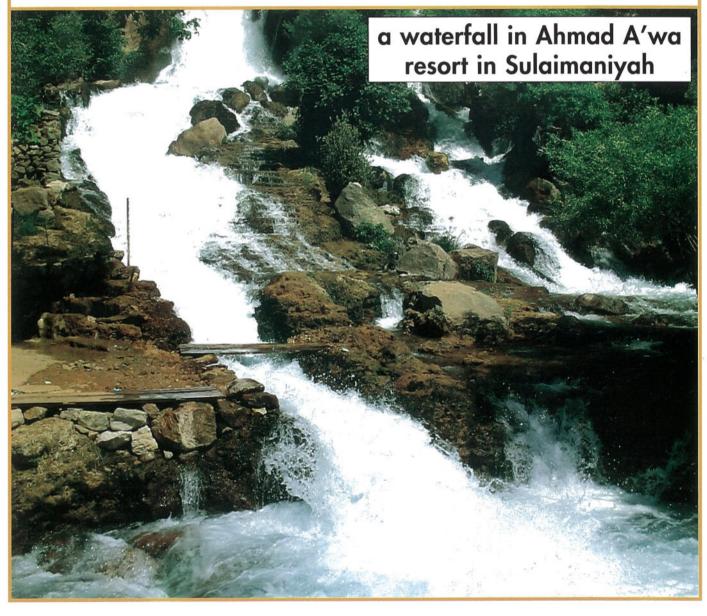


Learn About

Liquids

Matter that flows is called a **liquid**.





Observing Liquids

The shape of a liquid changes.

A liquid takes the shape of the container you pour it into.



Some liquids mix with water. Vinegar mixes with water. Oil does not mix with water.



Think About It

- 1. What is a liquid?
- 2. What can we observe about liquids?



What Can We Observe About Gases?

Investigate

Air in a Bottle

You will need









- Observe the bottle to observe the air in it.

 Blow up the balloon.

 Feel the air come out.
- Put the balloon in the bottle. Pull the end over the top.
- 3 Try to blow up the balloon. What else is in the bottle? Draw a conclusion.

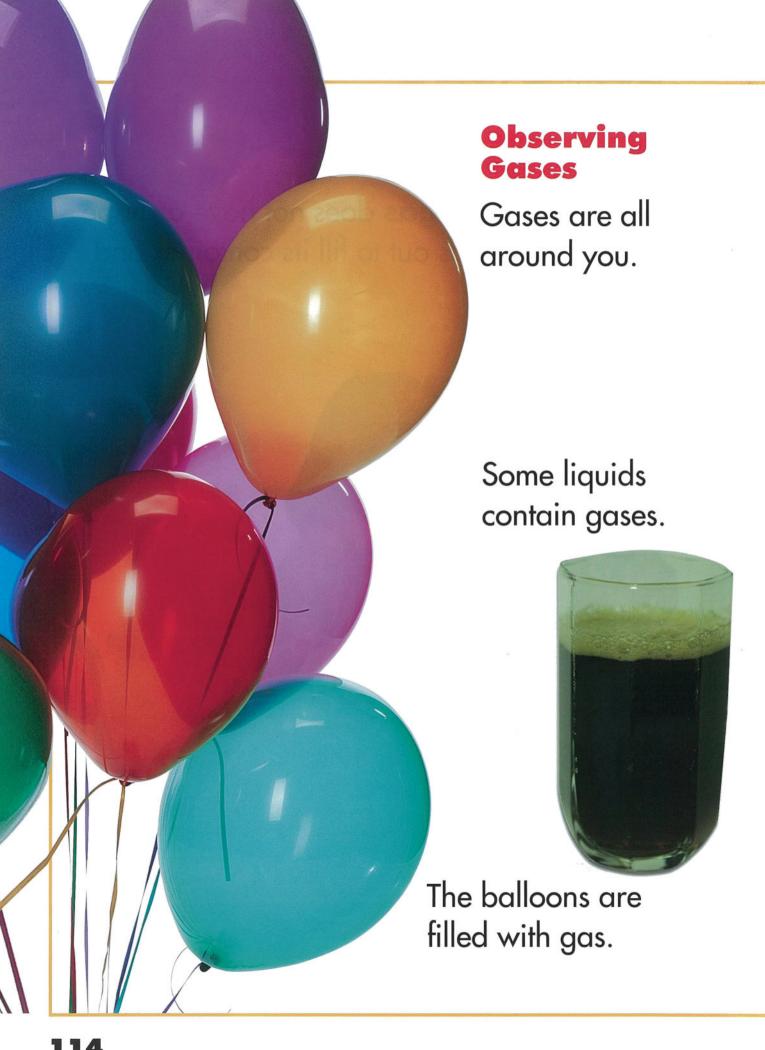


Learn About

Gases

Gases are matter. A **gas** does not have a shape of its own. It spreads out to fill its container and take its shape.





You cannot see most gases, but you can see what they do.

A fan makes air blow your hair.





Think About It

- 1. What are gases?
- 2. What can we observe about gases?



REVIEW

Tell What You Know

1. Use the word solid, liquid, or gas to tell about each picture.







Vocabulary

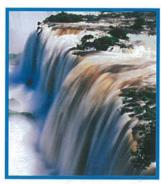
Use each word to tell about the picture.



1. matter



2. weight



3. liquid



4. size

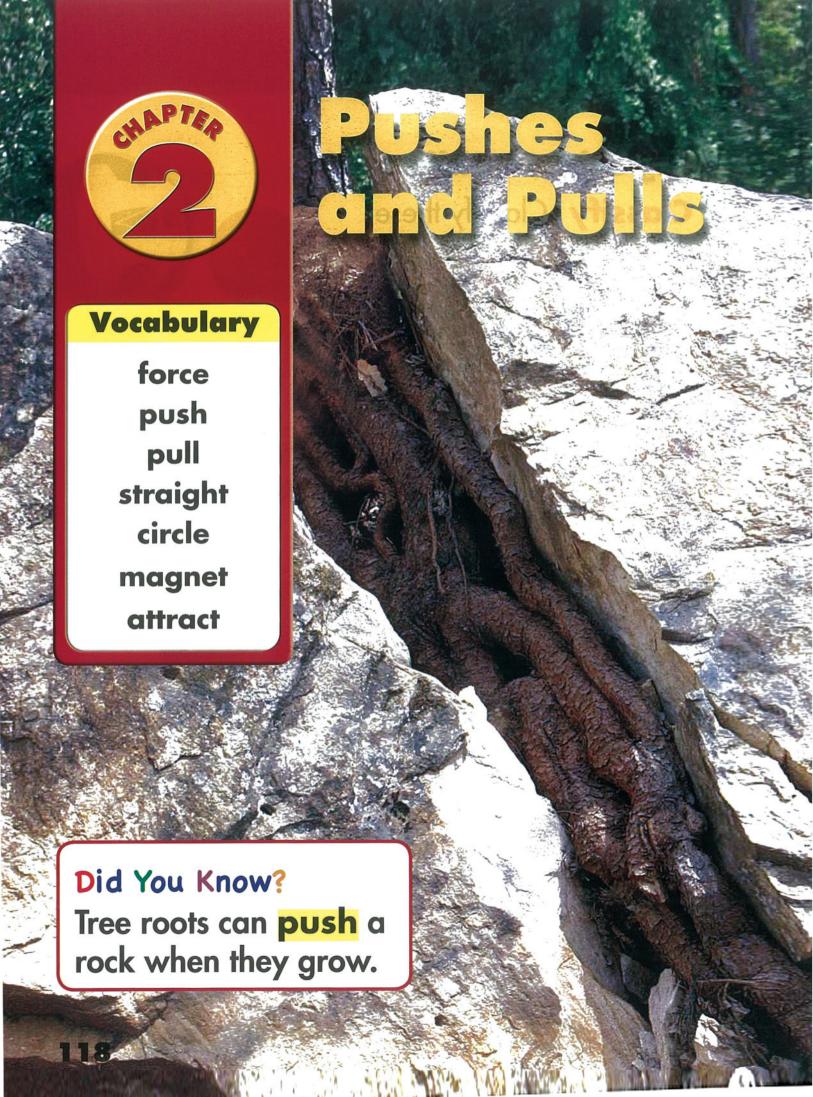
Using Science Skills

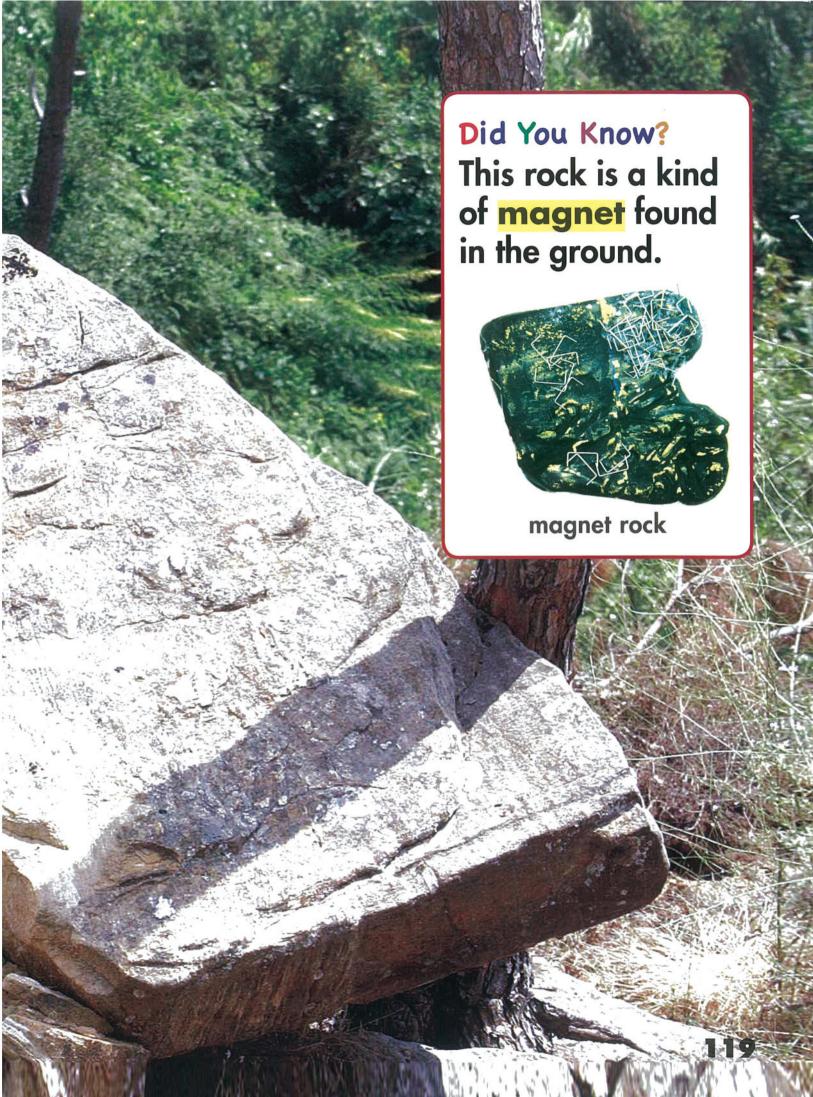
1. Classify Classify these balls in two ways.



2. Draw a Conclusion Observe the picture, and tell which liquids flow quicker. How do you know?









What Makes Things Move?



Investigate

Pushes and Pulls

You will need



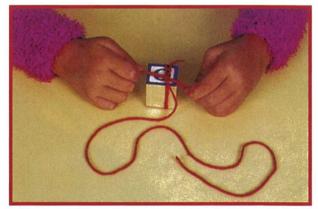
small block



things to make the block move



What can you do to move the block?



- Make a plan to investigate your ideas, then follow your plan.
- Tell what you used to move the block. Use the word push or pull.



Making Things Move

A **force** is a push or a pull.

When you **push** something, you press it away.

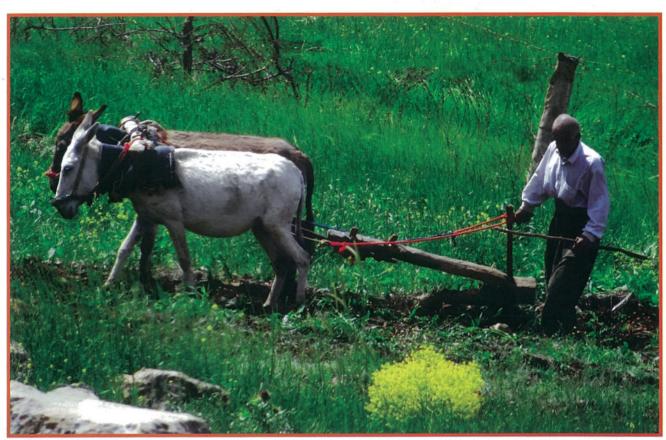
When you **pull** something, you tug it closer.



Pushes and Pulls

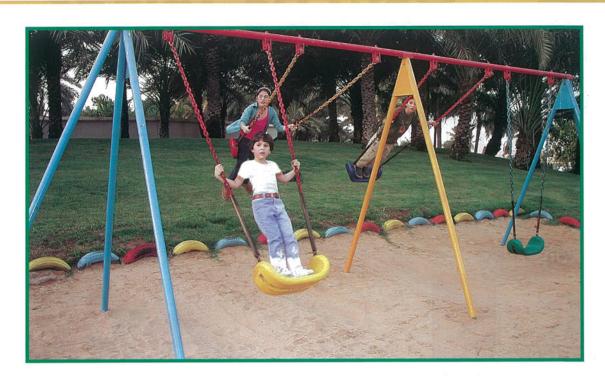
Pushes and pulls make things move.

Donkeys pull the plow to move it forward.





When the boy kicks the ball, he pushes it to move.



■ Would you use push or pull to move the swing?

What happens to a tennis ball when the player hits it?

Think About It

- 1. What is a force?
- 2. What can pushes and pulls do?



How Do Things Move?

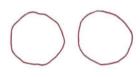
Investigate

Moving Objects

You will need



chart



threads to sort



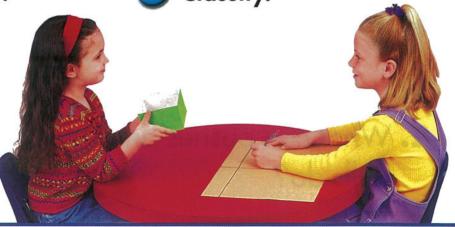
objects



- Move objects.
- 3 Talk about and record.



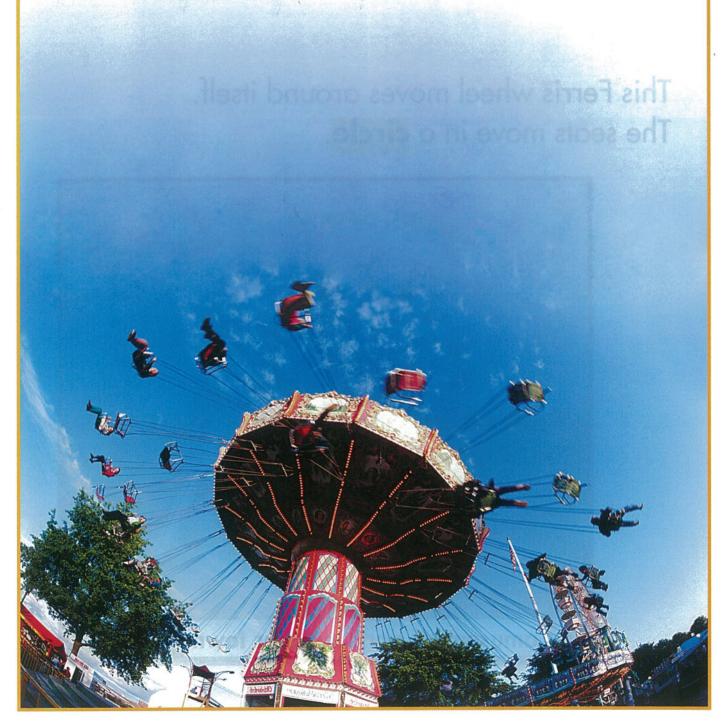
Classify.





Ways Things Move

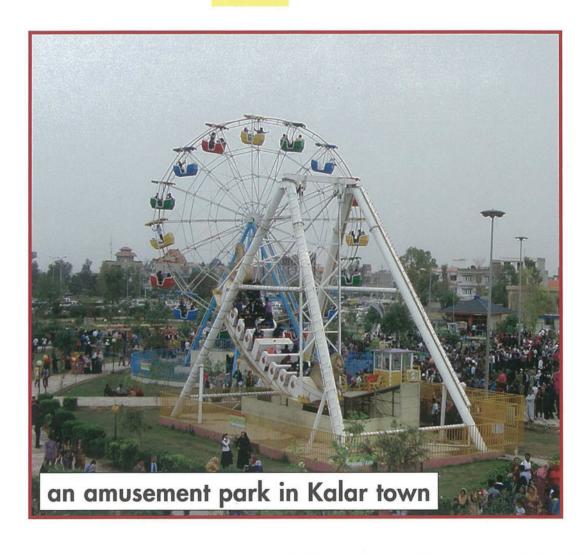
Pushes and pulls make things move in different ways. Tell what you know about how these seats move.



Telling How Things Move

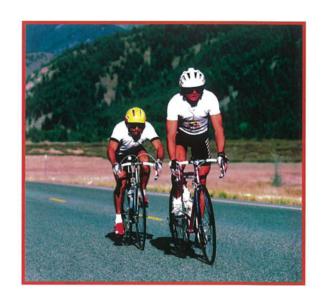
There are different ways to tell how things move. This car is moving in a **straight** line.

This Ferris wheel moves around itself. The seats move in a **circle**.



Things move fast or slowly.

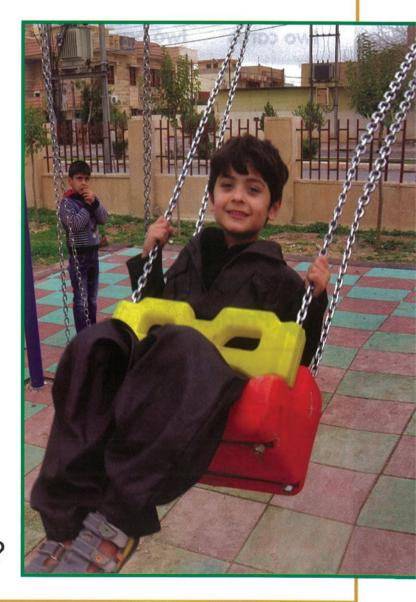
Two bikers may start at the same time, but the one who is ahead is moving faster.



The swing moves forward and backward.

Think About It

- 1. What are some ways things move?
- 2. How can you tell if one thing is moving faster than another?





What Are the Things Magnets Move?



Investigate

Magnets

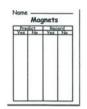
You will need

Yes

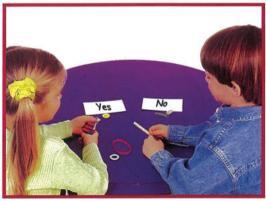
No

two cards two bar magnets

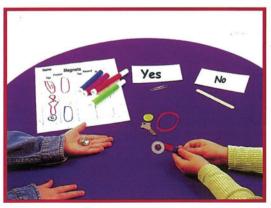
objects



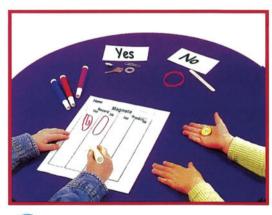
chart



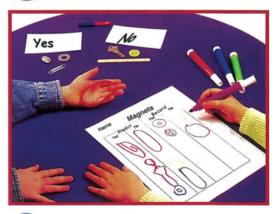
Predict.



Investigate.



Record.



Record.



The Force of a Magnet

A magnet's pull is called magnetic force. This force can pass through paper, cloth, water, and glass to attract iron objects.



Magnetic force is strong close to a magnet, and gets weaker farther away from the magnet.



Think About It

- 1. What is a magnet?
- 2. What objects does a magnet pull?
- 3. What are some materials magnetic force can pass through?



REVIEW

Tell What You Know

1. Tell what you know about the picture. Use the

words force and push.



Vocabulary

Place under each picture the number of the word

that fits.

attract 1

pull 2

push 3

straight 4









Using Science Skills

 Classify Collect pictures of things that move differently. Classify the pictures according to the type of motion.







2. Plan an Investigation

Ask a classmate to put three things that contain iron in a group of objects that do not contain iron. Plan how to find the three things. Carry out the plan.



Activities for Home or School

Sinking Droplets

- 1. Fill half a glass with salad oil.
- Add two or three drops of food coloring to the oil.
- Use a spoon to stir and mix the two liquids.
- 4. Watch the two liquids. Do they mix?



Magnetic Race-Car Game

- Draw a road on a piece of cardboard.
- 2. Put two paper clips on the road.
- Put two magnets under the cardboard. Move the magnets to race your clips.



Health

Caring for Your Body

Eyes and Ears	136
Bodily Cleanliness	137
Caring for the Teeth	138
Why Do You Need Food?	140

Staying Safe

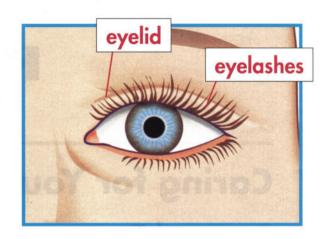
Fire and Electric Safety



Eyes and Ears

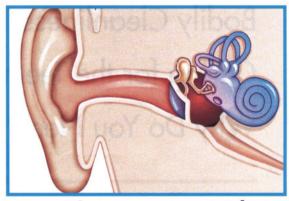
Caring for Your Eyes

Some bright light can hurt your eyes. Never look at the sun or at very bright lights.



Caring for Your Ears

Never put an object in your ear.



Outside of Ear

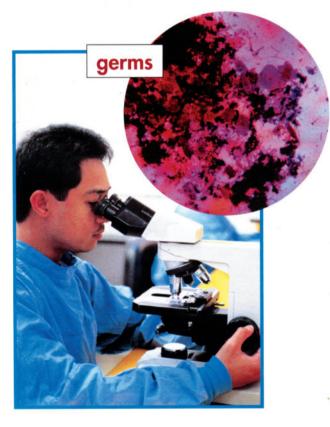
Inside of Ear

ACTIVITIES

- Look at the eyes of your classmates. Tell how many colors you see.
- 2. Ask a classmate to stand across the classroom from you. Have him or her say your name in a normal voice. Now put a hand behind each ear and have him or her say your name again in the same voice. Which time sounded louder?

Bodily Cleanliness

Keep your body clean to protect your health. Water and soap remove germs that cause illness.





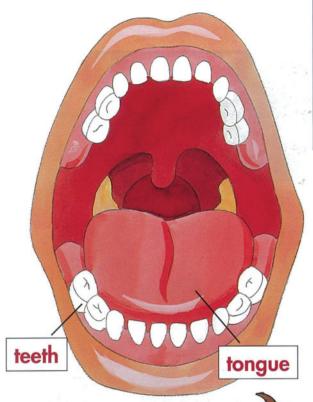
ACTIVITIES

- 1. Draw a picture to show ways to stay clean.
- Give three examples of instances when your hands should be washed.

HEALTH

Caring for Your Teeth

You use your teeth just for eating.







You hurt your teeth if you use them in the wrong way.

Clean your teeth with a toothbrush, when you wake up in the morning, after you eat breakfast, and before you sleep.



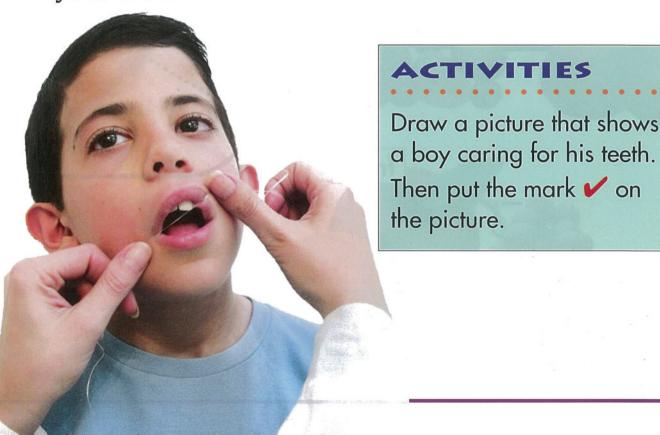






■ Those pictures show how you use the toothbrush to clean your teeth. Brush the outer and inner sides of your teeth. Also brush the surface of your tongue.

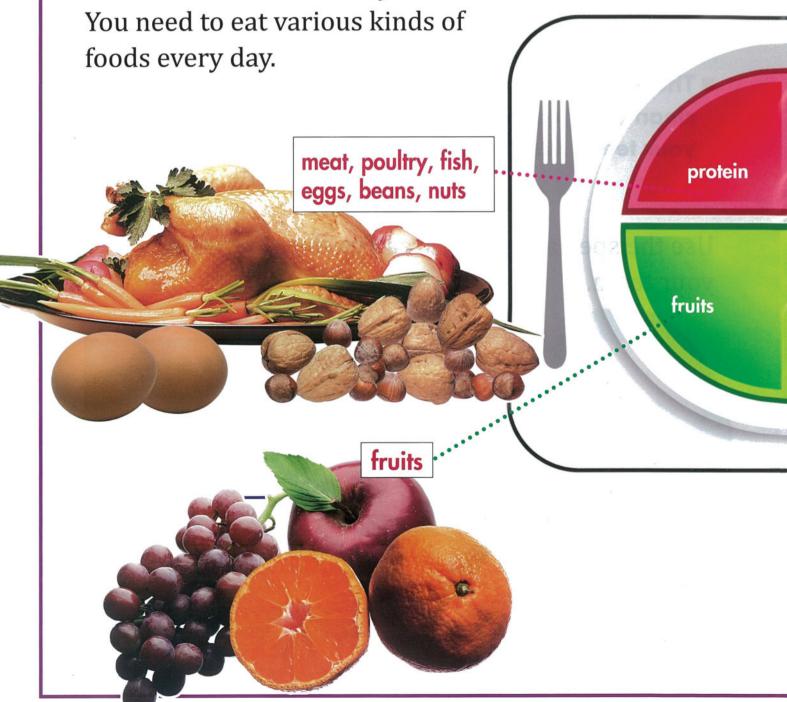
Use the special dental thread to clean between your teeth.

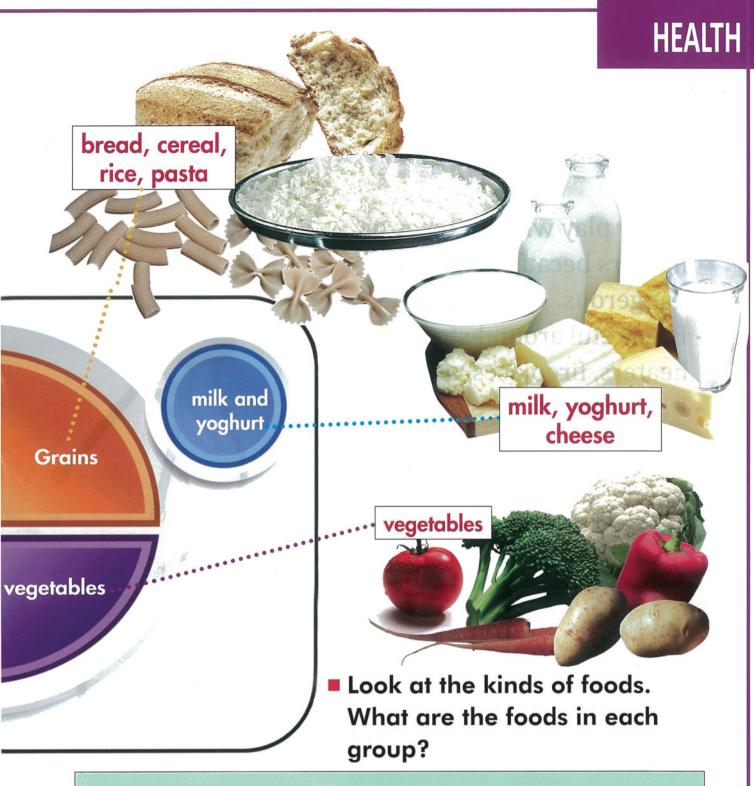


Why Do You Need Food?

Food helps your body grow and stay in good health.





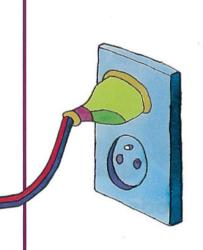


ACTIVITIES

- Stick pictures of a healthy meal on a piece of paper.
- 2. Label three kinds of foods and say which is the most healthful.

Fire and Electric Safety

- Never play with matches or lighters because they are dangerous.
- Be careful around stoves, heaters, fireplaces, and grills.
- Do not touch the electrical plugs.







ACTIVITIES

Role-play with your classmates in the classroom, different acts that show ways to guard against fire or electricity.





B

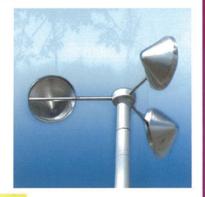


amphibian

An animal with smooth, wet skin. (32)

bird

An animal that is covered with feathers and has two wings and two legs. (31)



C



anemometer

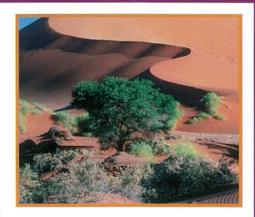
An instrument for measuring the speed of wind. (76)

circle

The seats of the Ferris wheel move in a circle. (126)



D



attract

To pull something. (129)

desert

A dry place with a lot of sunshine and little rain. (51)





fall

The season that follows summer. (91)



force

A push or a pull. (121)



fish

Animals that live in water and have gills and scales. (33)



forest

A place where many trees grow. (47)



flower

The part of a plant that makes seeds. (37)





gas

Matter that does not have a shape of its own, such as air. (113)

GLOSSARY



gills

Body parts that help a fish take air from water. (26)





insect

An animal that has three body parts and six legs. Some insects have wings. (33)





land

The surface of the earth that is covered with soil and rocks. (63)



leaves

The plant part that makes food for the plant. (37)



light

Comes mostly from the sun. Plant leaves use it to produce food. (40)



liquid

Matter that flows. (109)



living

Needing food, water, and air to live and grow. (16)



matter

Everything around you. (103)





magnet

A piece of iron that pulls things made of iron. (129)



mountain

A very high stretch of land. (64)



mammal

An animal that has hair or fur and feeds its young milk. (30)

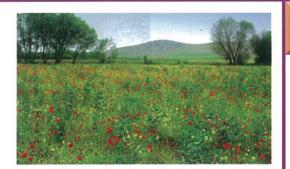




nonliving

Not needing food, water, and air and not growing. (17)





plain

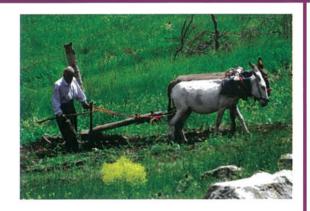
A large area of flat land without heights. (65)





rain

Water that falls from clouds. (81)



pull

To tug something closer. (121)



rain gauge

An instrument that measures the amount of rainfall. (77)



push

To press something away. (121)



reptile

An animal with rough, dry skin. (32)



rock

A hard, nonliving thing that comes from Earth. (67)



season

One of four times of the year—fall, winter, spring, and summer. (87)



roots

Plant parts that hold plants in the soil and take in water. (36)



senses

Touch, sight, smell, hearing, and taste. (11)





sand

Tiny, broken pieces of rock. (68)



size

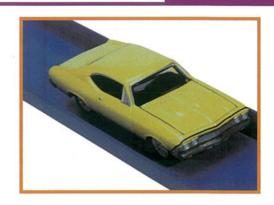
How large or small an object is. (107)

GLOSSARY



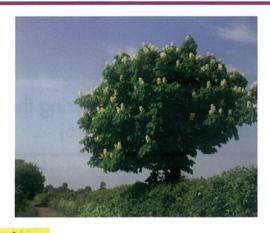
solid

Matter that keeps its shape. (104)



straight

Going in one direction only. (126)



spring

The season that follows winter. (87)



summer

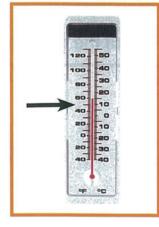
The season that follows spring. (87)



stem

The plant part that helps hold up the plant and moves water to the leaves. (36)





temperature

The measure of how hot or cold something is. (80)

thermometer

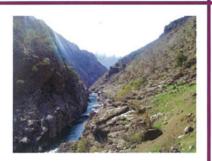
An instrument that measures temperature. (77)



wind

Moving air. (80)





valley

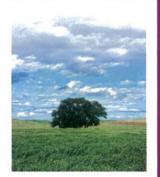
An area of low land between two mountains. (64)



wind vane

An instrument for measuring the direction of the wind. (76)





weather

What the air outside is like. (75)



winter

The season that follows fall. (91)



weight

How heavy something is. (106)