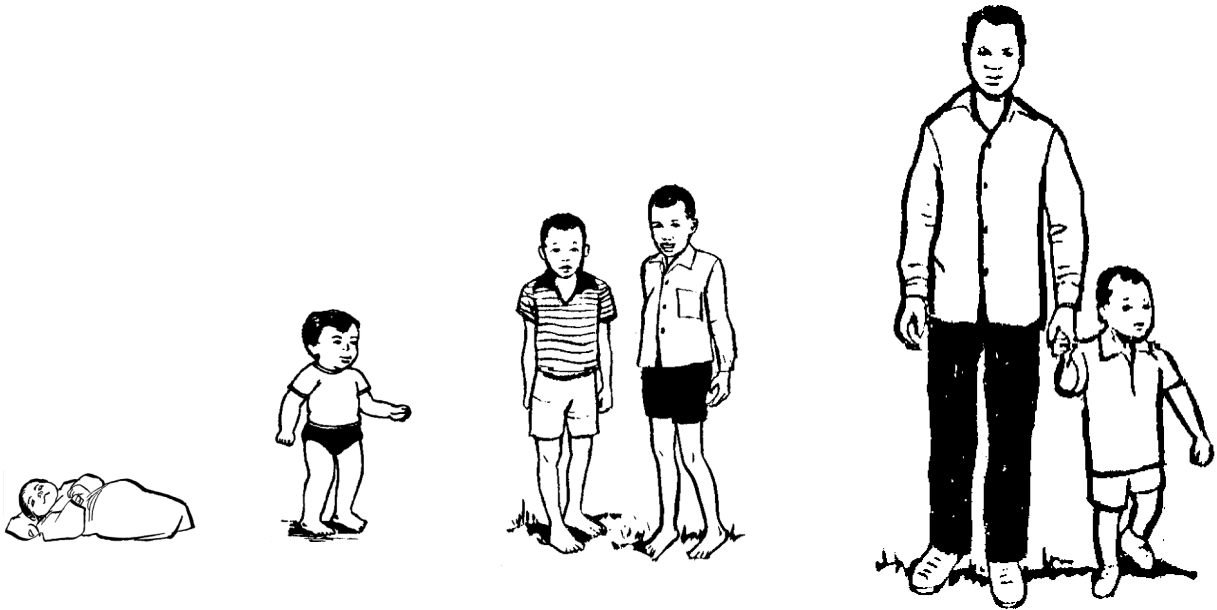


This is how we grow.

We all grow through the same stages. We begin life as a baby, grow to a toddler, grow to a school child, grow to a youth, grow to an adult.



All children go through the same process of growth, but some grow faster than others. At the same age some children are **tall** and some are **short**. Some are **fat** and some are **thin**.

Describe yourself. How old are you?

Are you **tall** or **short**? Are you **fat** or **thin**?

I am _____ years old. I am _____

Talk about it: Who is the tallest in the class? Who is the shortest? Who is the oldest? Who is the youngest.

Your body has many parts.

Each part of the body is useful

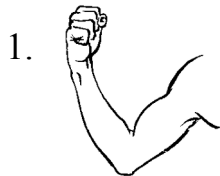
Read each word and point to the part of the head it represents.

hair
nose
mouth



eyebrow
eye
ear
neck

On your paper write the word which names each picture.



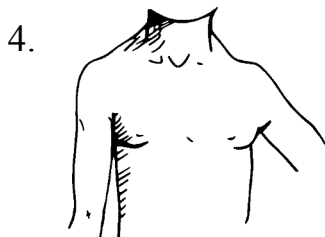
torso



elbow



foot



hand

Learn about our muscles

Muscles are attached to bones. They make bones move by contracting and relaxing.

On your paper write the word that completes each sentence. Find the words in the box at the bottom of the page.

Our muscles enable us to do these actions.

The _____ open and close.

The _____ to open and close.

1.

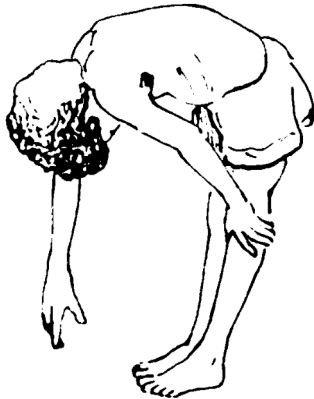


2.



The _____ to bend.

3.



The _____ to open and close.

4.



eyes

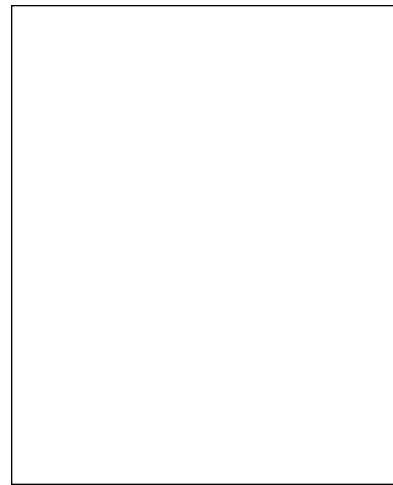
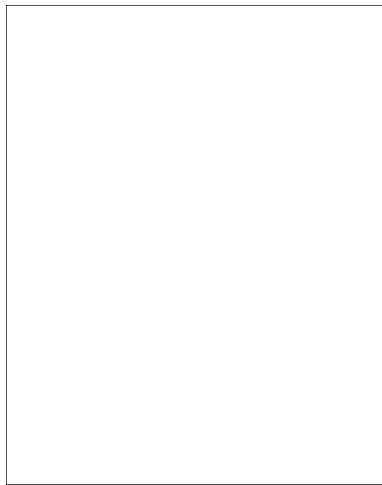
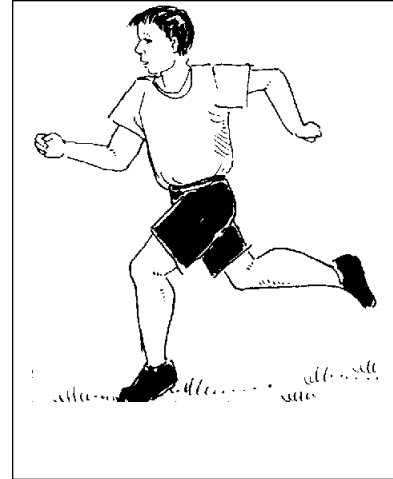
body

mouth

hands

Think of other things your muscles enable you to do.

Draw pictures on your paper of other things your muscles help you do

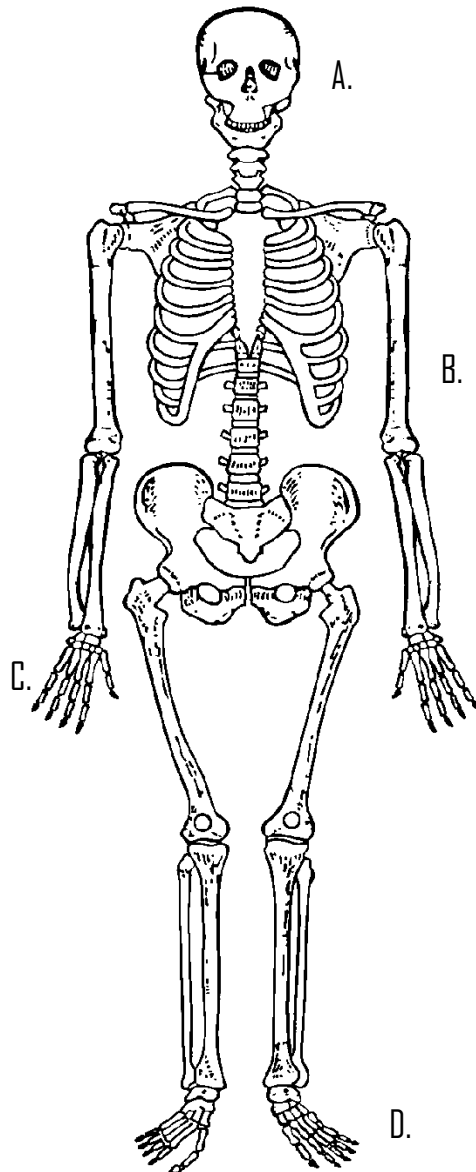
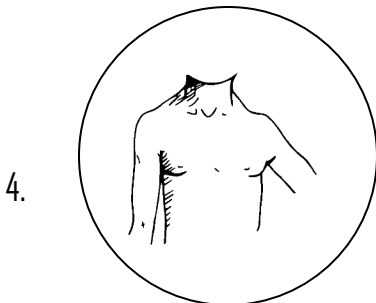
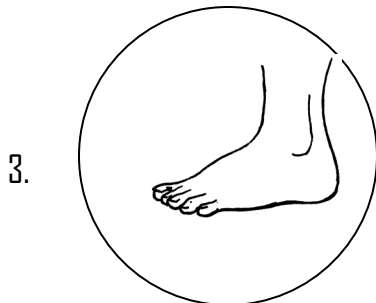
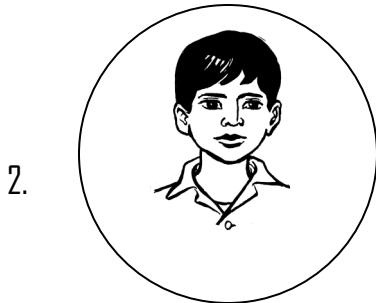
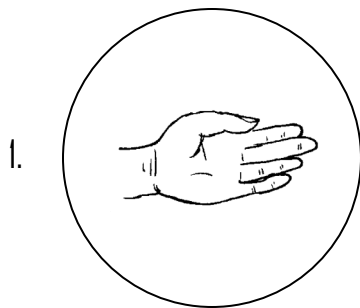


Learn about our bones

Bones support your body and protect your organs.
All the bones of the body together are called "skeleton".

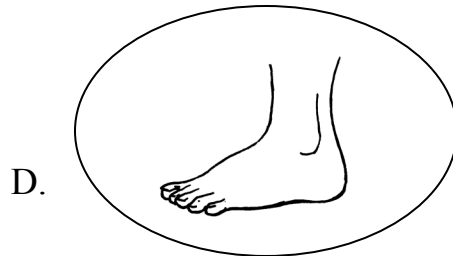
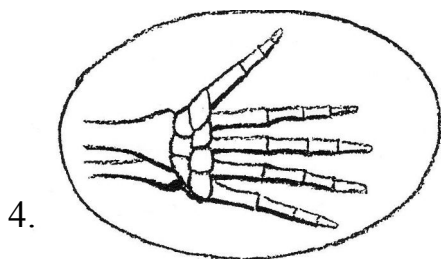
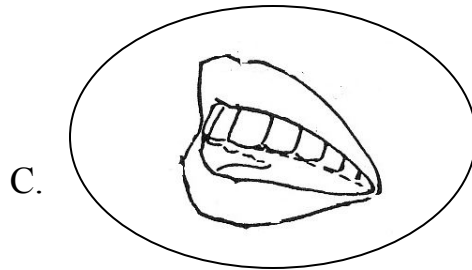
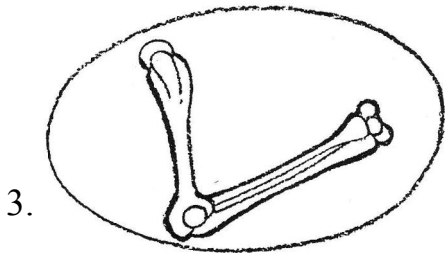
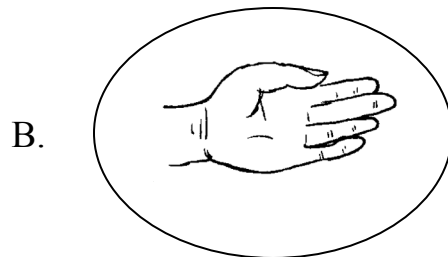
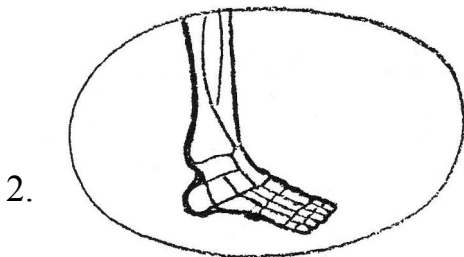
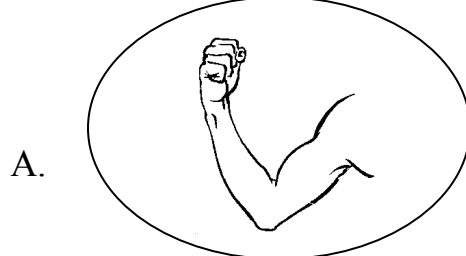
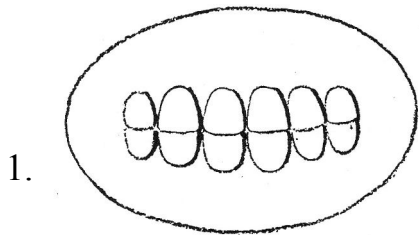
Point to where on the skeleton you can find
each pictured part.

On your paper write the letter that matches the picture to the skeleton.



Some bones are big. Others are small

On your paper write the letters which join the parts of the body to their matching bones.



On your papers fill in the blanks.

1 Muscles are attached to _____.

2. Bones help us _____ around.

3. Bones support the _____.

bones

move

body

Learn about the five senses

Our body has five senses: We can hear, smell, see, feel and taste. These senses make us aware of our surroundings.

On your paper write the word to complete each sentence. Find the words in the box at the bottom of the page..



1. I can hear with my _____.



2. I can smell with my _____



3. I can see with my _____



4. I can taste with my _____



5. I can feel with my _____

ears hands tongue

eyes nose

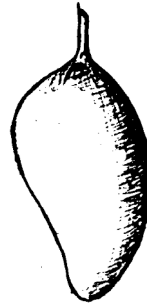
On your paper write the word to complete the sentence.

1. We use our eyes to _____
2. We use our hands to _____
3. We use our ears to _____
4. We use our nose to _____
5. We use our tongue to _____

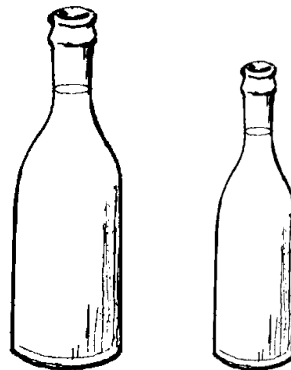
see
taste
hear
smell
touch

Write on your paper to complete the sentences.

I know that a mango is ripe when I can



I can know which bottle is vinegar and which is oil because I can



These are the names of the five senses which make us aware of our surroundings.

touch	sight	hearing	smell	taste
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1. On your paper write the words from the box which name the sense that tells you that it will soon rain? Select more than one word.



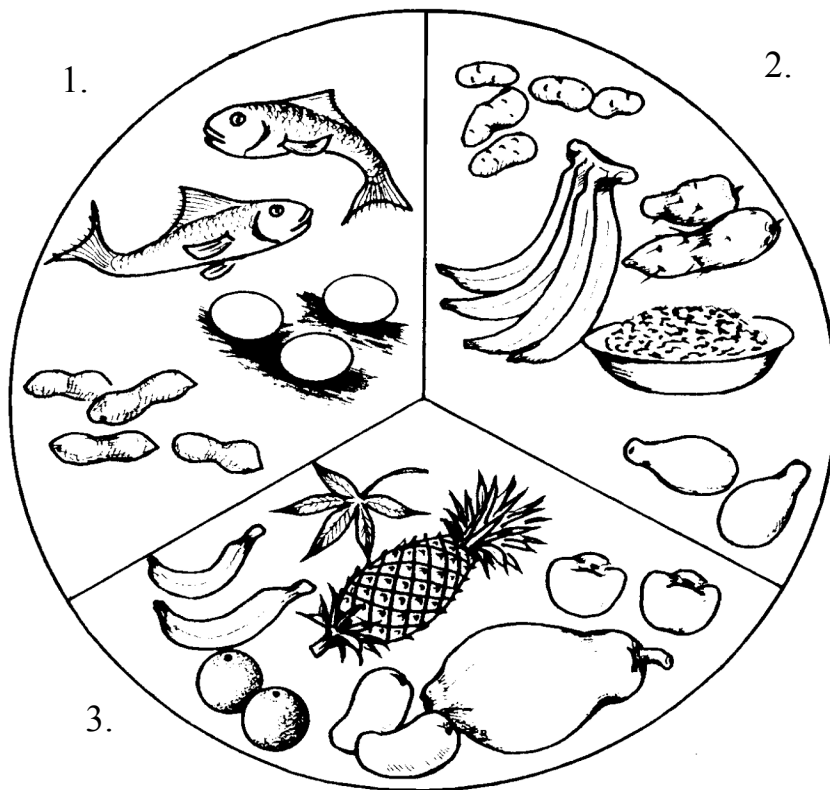
2. On your paper write the words from the box which names the sense that helps you to know which sugarcane will be sweet.



Good food helps us grow

Everyday try to eat food from each of the three food groups. Learn which foods are in each group.

1. **Meat, fish, eggs, milk , beans.** These help make the body grow strong.
2. **Rice, corn, oil, potatoes.** These help give us energy.
3. **Fruit and vegetables** protect the body from diseases.



Write your answer to complete the sentences. Find the answers at the top of the page.

1. Meat, fish, eggs, milk and beans make us _____
2. Rice, corn, oil, potatoes give us _____
3. Fruit and vegetables protect us from _____

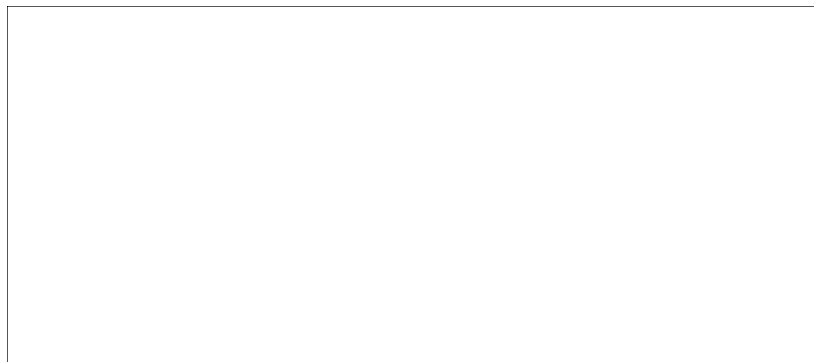
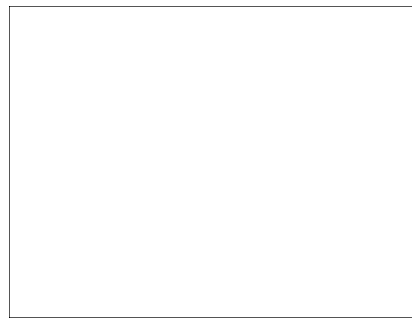
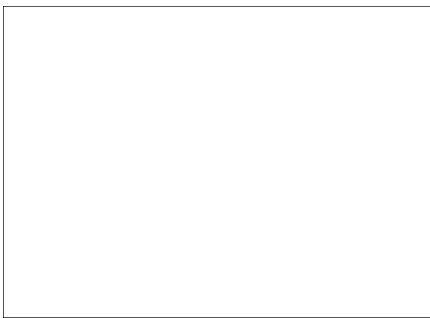
On your paper write the word which completes each sentence. Select the words from the box .

food	everyday	disease	strong
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(1.) The _____ we eat is important. It helps our bodies grow healthy and (2)_____.

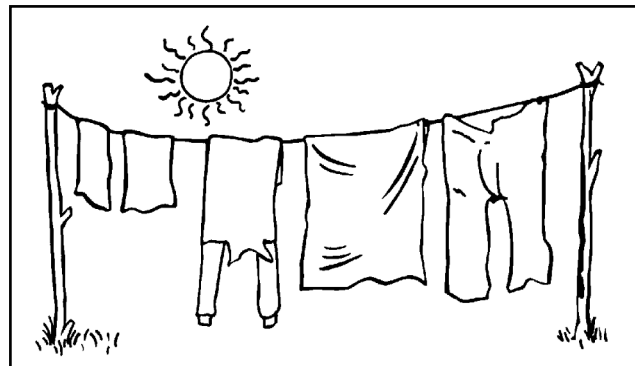
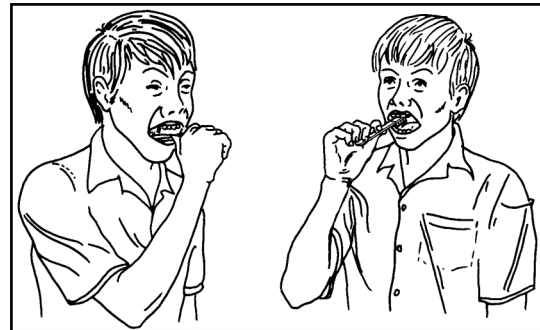
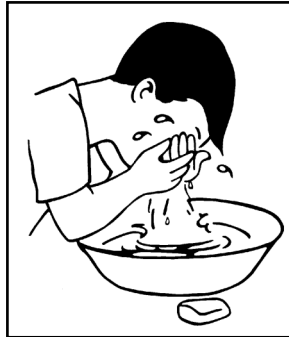
If we eat good food it will keep (3)_____ away from our body. Try to eat food from each of the three food groups (4)_____.

On your paper draw one item from each food



Keeping clean

We stay healthy when we keep our bodies clean.
Describe each picture and talk about ways we can keep
our bodies clean.



Can you think of other things we do to stay
clean and healthy? Talk about it in the class.

On your paper write a list of things you do to keep your body clean and healthy. Use some of the words in the box below. Use other words also to express your ideas.

1. I can *brush my teeth*.

2.

3.

4.

5.

6.

7.

8.

brush teeth

bathe

wash hands

wash clothes

wash feet

clean fingernails

wash face

wash hair

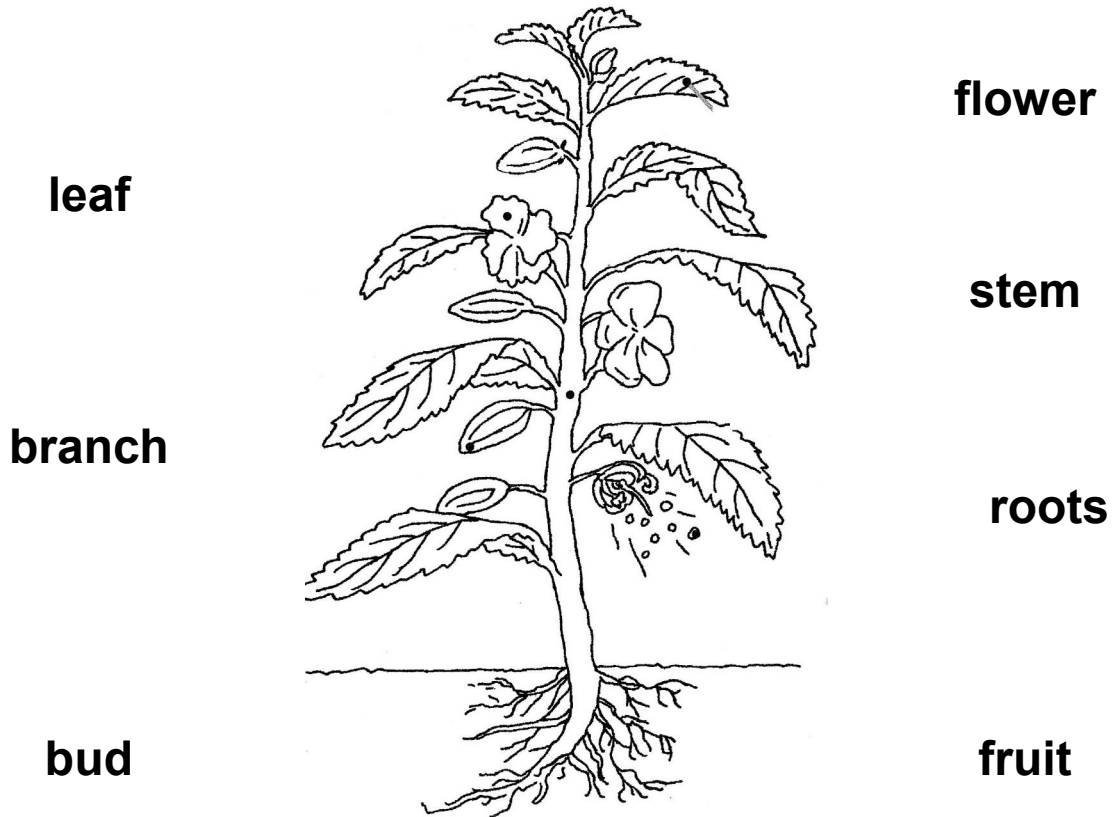
wash shoes

always wash hands before eating.

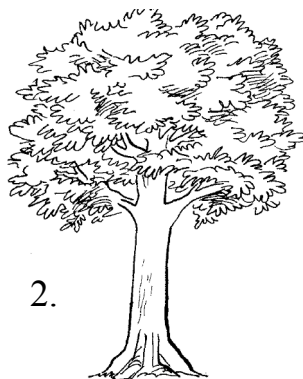
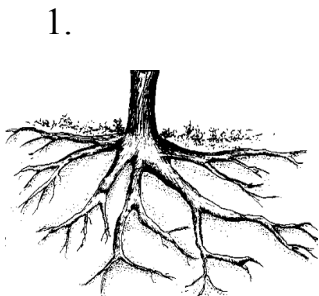
Plants have parts

Each part of the plant helps the plant.

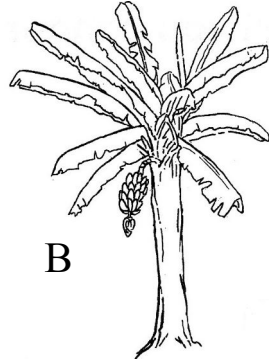
Identify each word by pointing to the part it names.



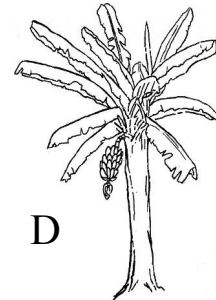
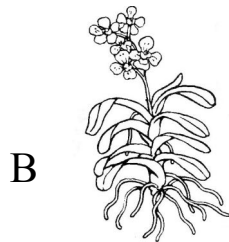
1. The roots anchor the plants to the ground and get water from the soil. 2. The stem or trunk holds the branches and the leaves. 3. The leaves manufacture food for the plants.



On your paper write the letter of the picture of the plant to which this branch belongs.



On your paper write the letter of the picture of the plant to which this branch belongs.



On your paper draw these plants and write under the picture the part of the plant we eat. Select the words **stem**, **root**, or **leaf**.

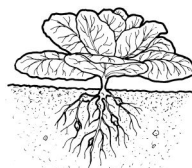
1

2

3

4

5



Learn about seeds

Many fruits and vegetables grow from seeds.
Some seeds are inside the fruit.



Some seeds are planted. Some seeds are scattered by animals. Some are scattered by the wind. Some plants explode in order to scatter their seeds.



Some plants do not grow from seeds.

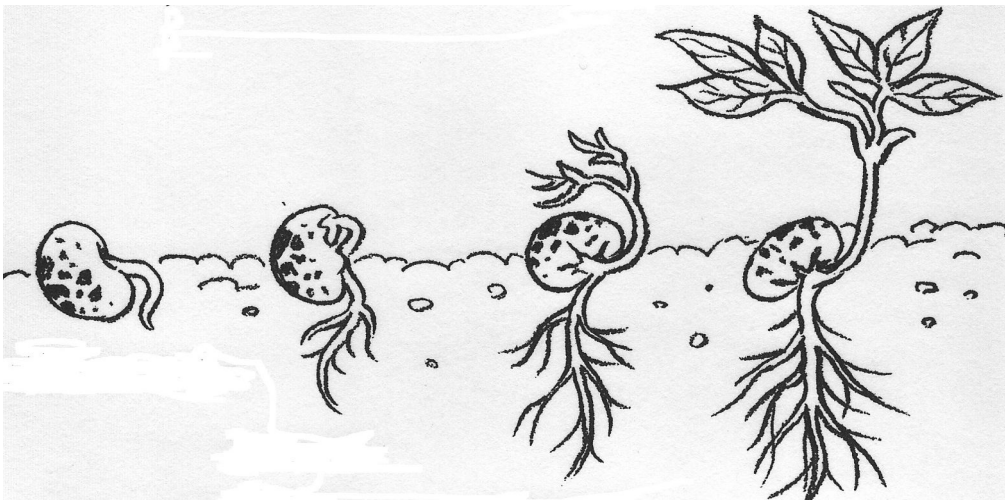


1. On your paper draw a picture of a plant which grows from a seed.
2. On your paper draw a picture of a plant which does not grow

Seeds grow into plants.

Seeds need soil, air, water and sunlight in order to grow.

1. On your paper copy this picture of how a seed grows. Then complete the picture by drawing the sun and clouds above the picture.

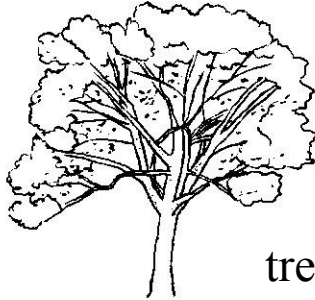


2. Plan an experiment with your teacher about how seeds grow. Bring some seeds to class - mungo seeds, corn, rice and others. Plant them in small cans of soil. Give them water each day. Put them where they can get sunlight. Then watch them for one week and see how the seeds grow.

- A. For each seed list how many days before it has roots.
- B. For each seed list how many days before it has

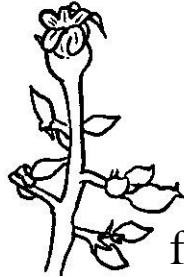
rubber tree

First a tree produces a flower. Then the flower forms the fruit. The number in the boxes tells which is first.



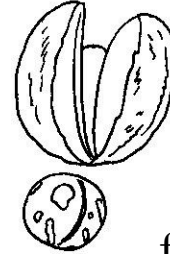
tree

2



flower

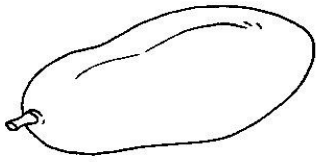
1



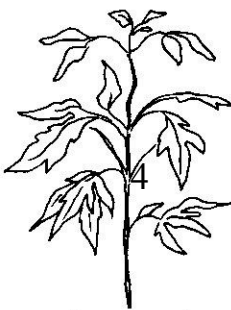
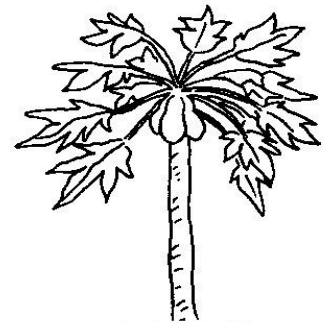
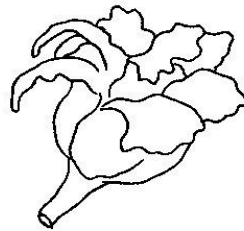
fruit

3

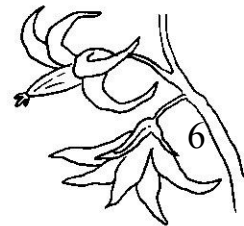
On your paper draw these plants and write the number of which is first, which is second, which is third.

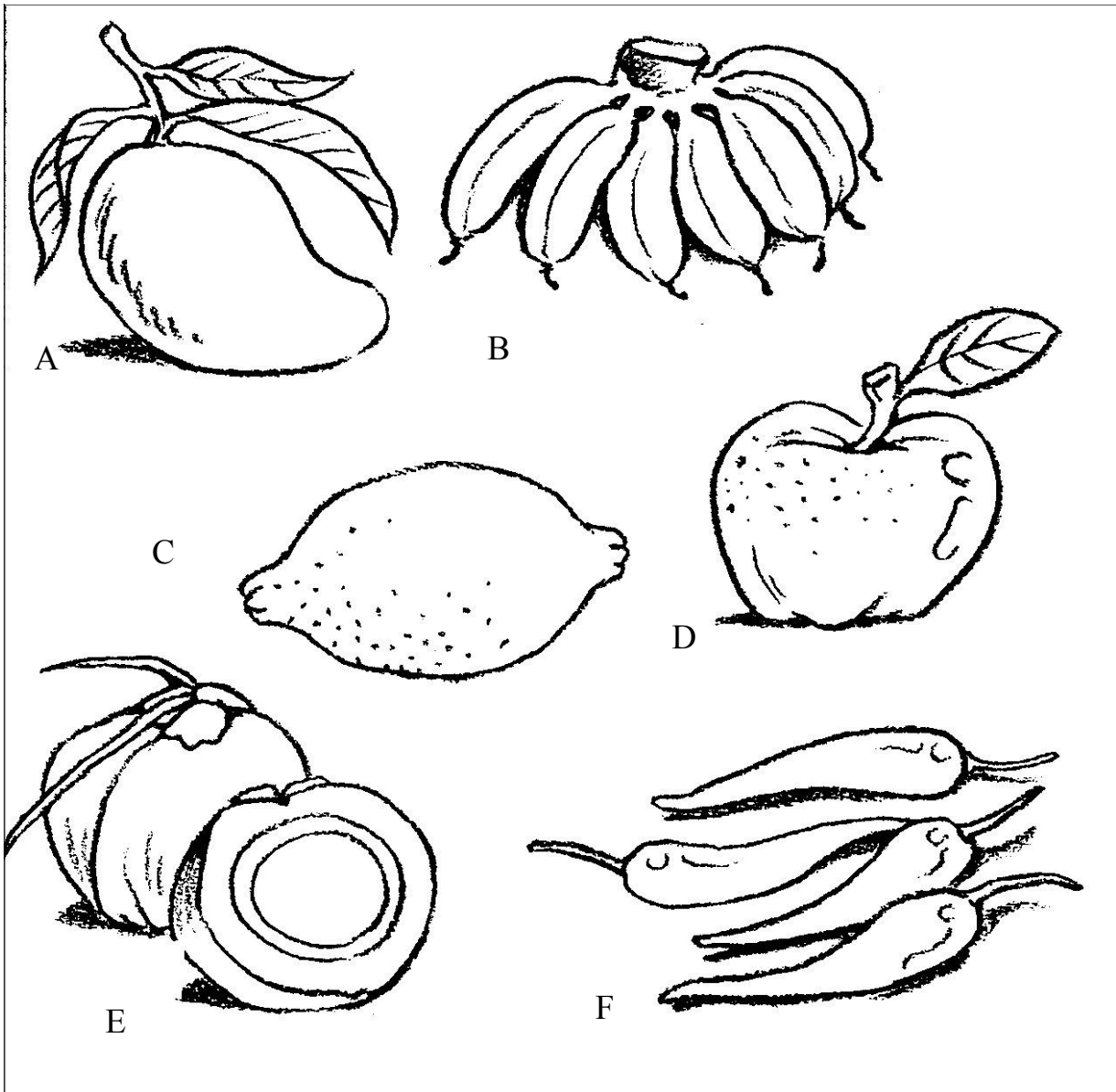


Papaya



Tomato





These fruits have their seed inside.

There are other fruits which do not have seeds inside. Sugar cane is a plant which does not have seeds inside.

Can you think of others?

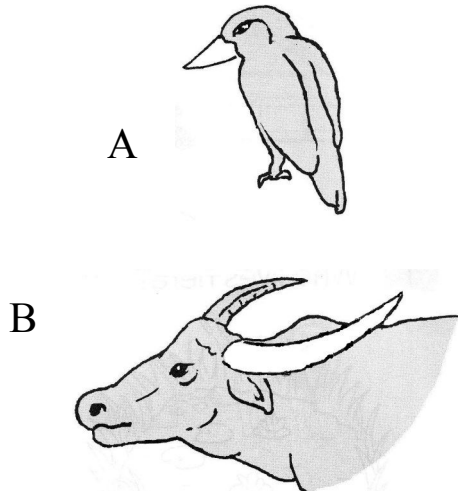
Draw them on your paper.



Animals have parts

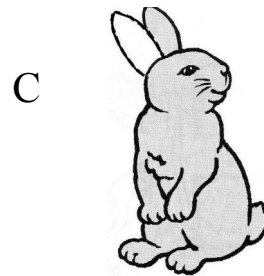
On your paper write the letter of your answer for each question.

1. Which animals have horns?

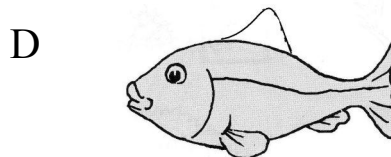


2. Which animals have wings?

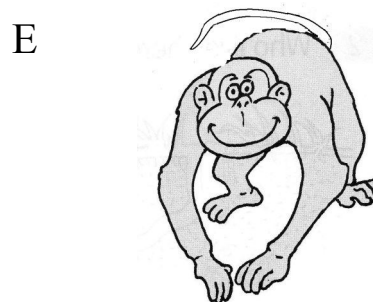
3. Which animals have feathers?



4. Which animals have scales?



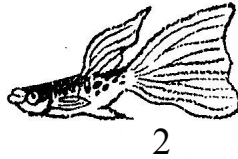
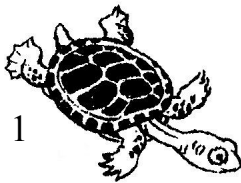
5. Which animals have tail fins?



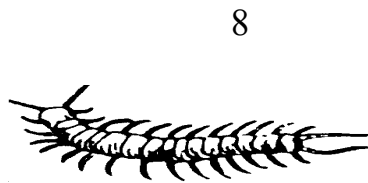
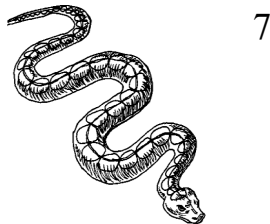
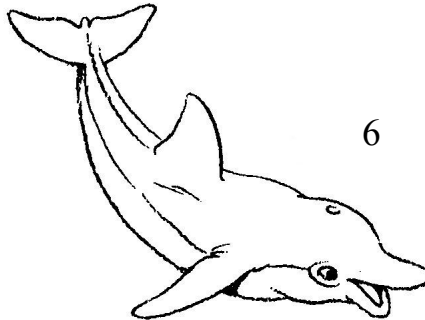
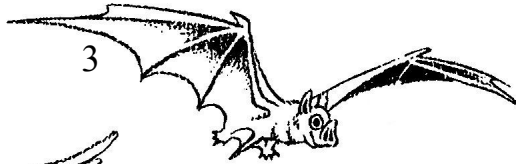
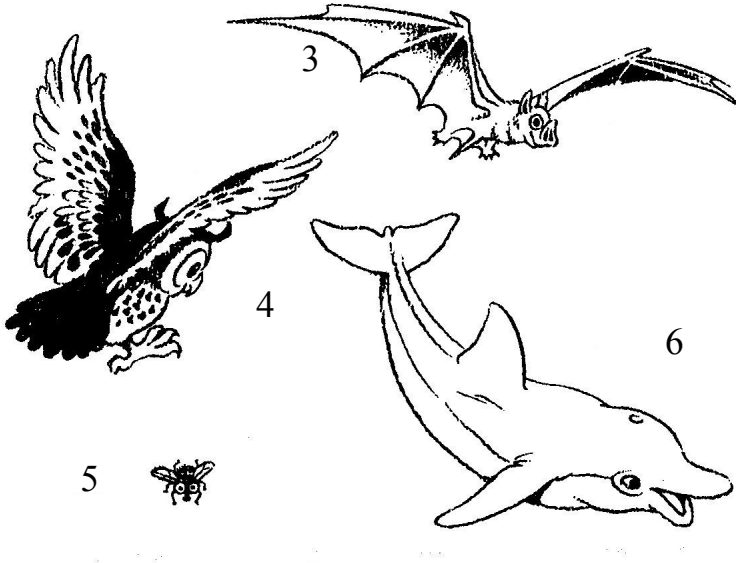
6. Which animals have tails?

Animals are different in the way they move around.

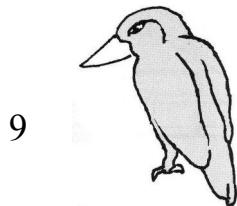
Some walk, some crawl, some fly and some swim.



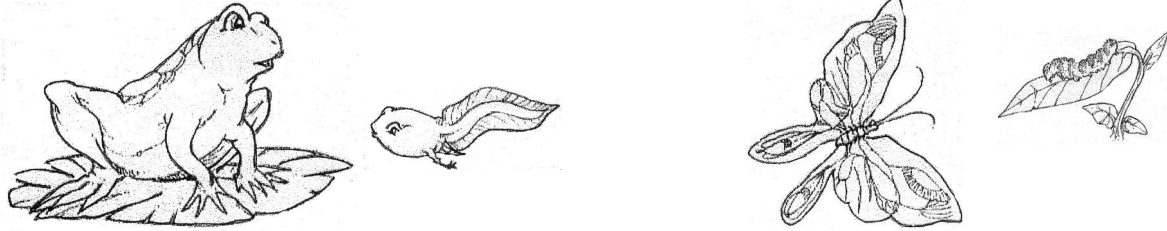
On your paper write the number of the animals which can swim



On your paper write the name of the animals which crawl.

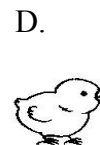
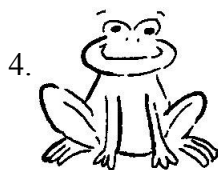
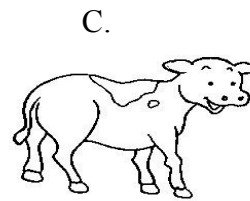
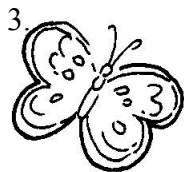
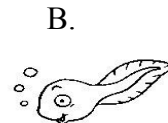
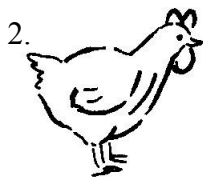
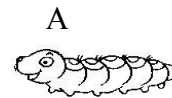
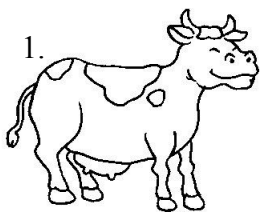


Some animal babies look different from their parents



Other animals look like their parents.

On your paper write the letter which matches the babies to their parents.

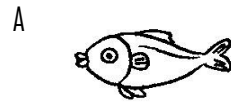
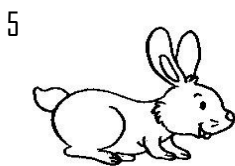
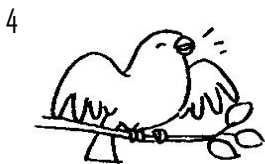
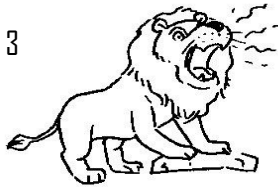
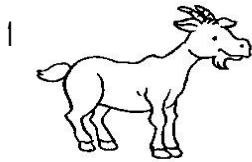


What kind of food do these animals eat?

All animals need food, air and water.

Some animals eat plants and some
eat other animals.

On your paper write the letter of your answer to match each animal to its
food.



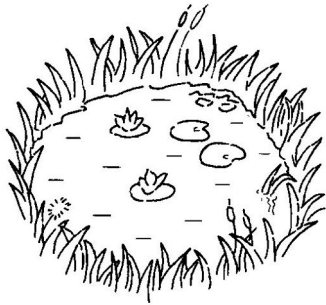
Animals and their homes

Some animals live in the water.

Some live under ground.

On your paper write the letter of your answer who lives here.

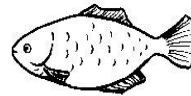
1. Who lives here?



A.



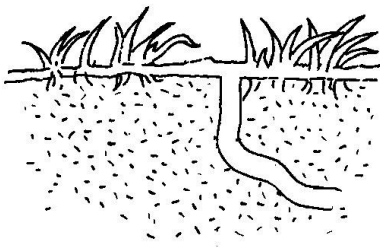
B.



C.



2. Who lives here?



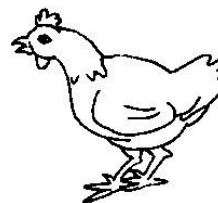
A.



B.



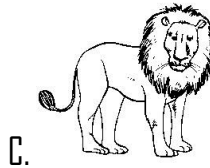
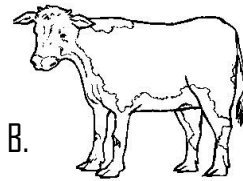
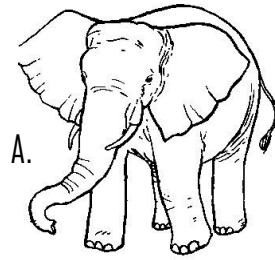
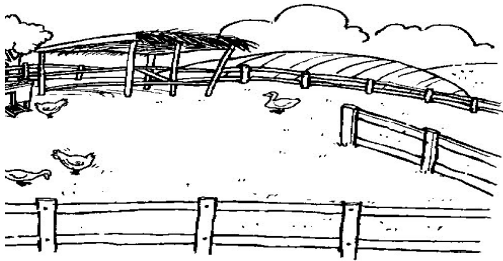
C.



**Some animals live on the farm.
Some animals live in trees.**

On your paper write the letter of your answer who lives here.

1. Who lives here?



2. Who lives here?

