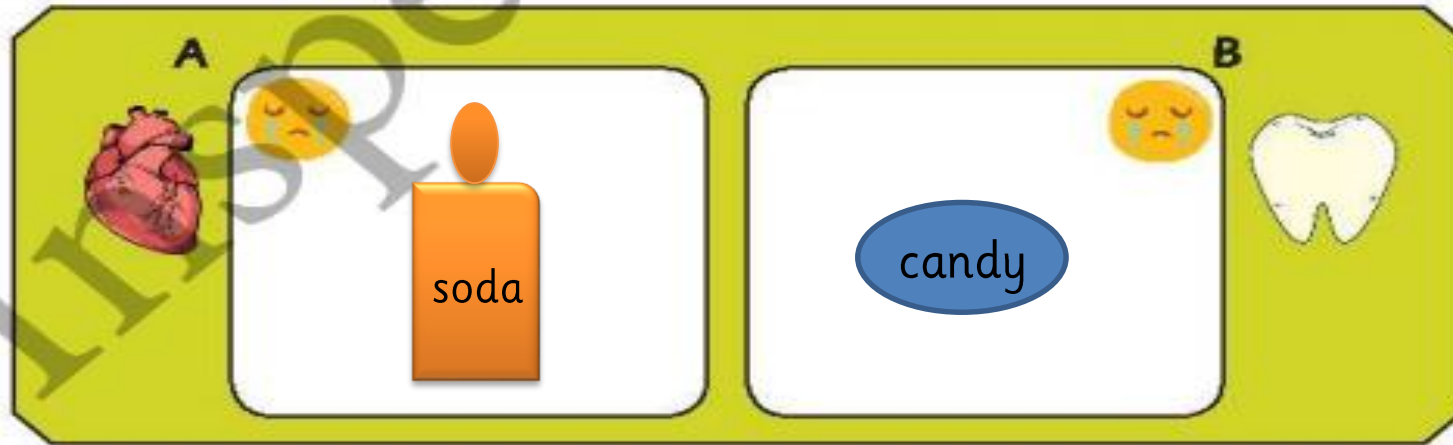


Draw things inside shapes A and B that are good for your heart and good for your teeth.



Draw things inside shapes C and D that are bad for your heart and bad for your teeth.



What can you do to keep healthy?

Look at the pictures to see what to do.

**at rest**




**do some exercise**






after exercise



 Exercise is good for your muscles and your heart.



Activity	Prediction Will your heart beat faster, slower or the same?	Result Did your heart beat faster, slower or the same?
Running 	slower	faster
Reading a book 	at the same	at the same
Star jumps 	slower	faster

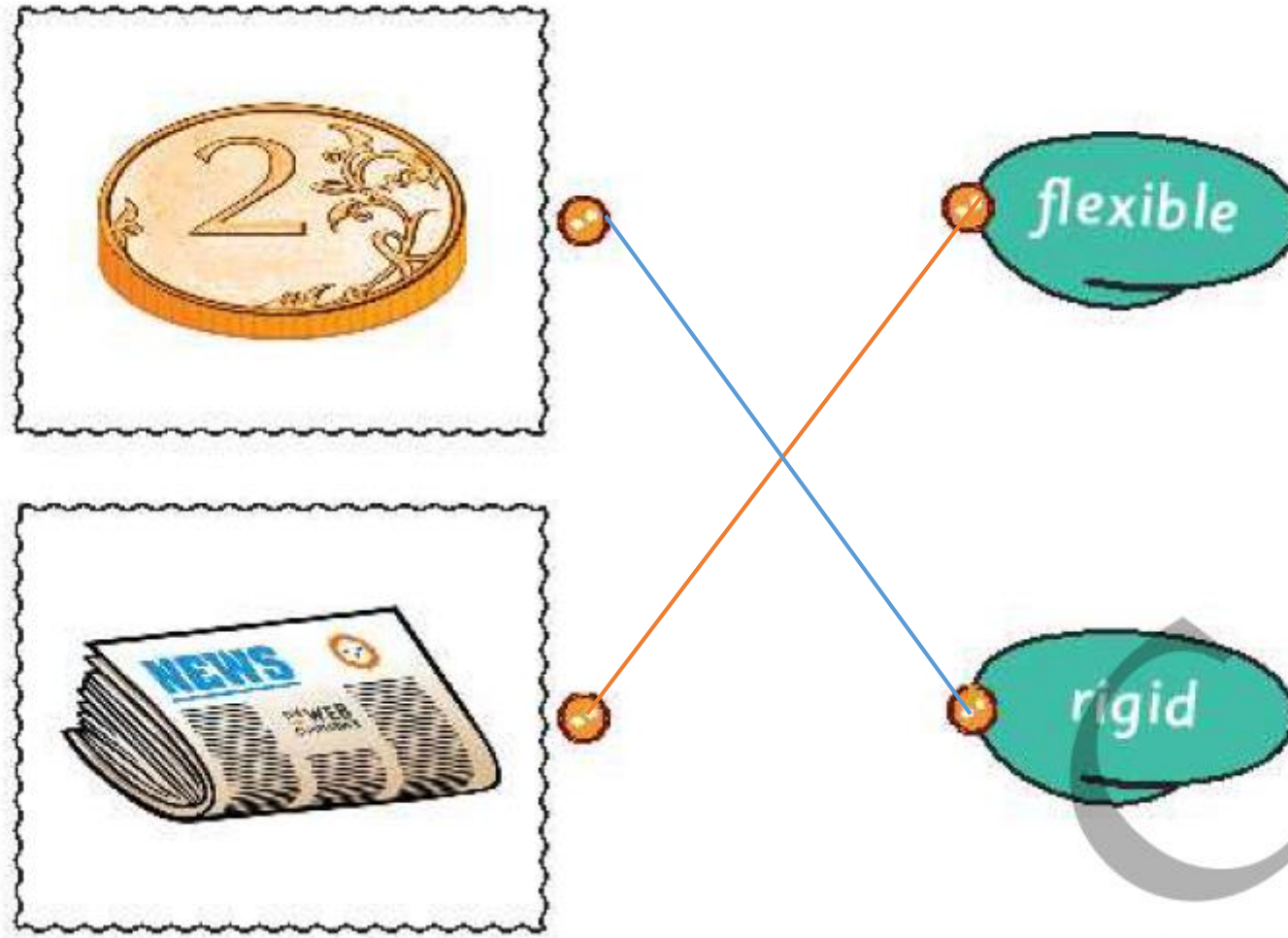


Rubber is **flexible** (it can be bent) but stone is **rigid** (it keeps its shape).

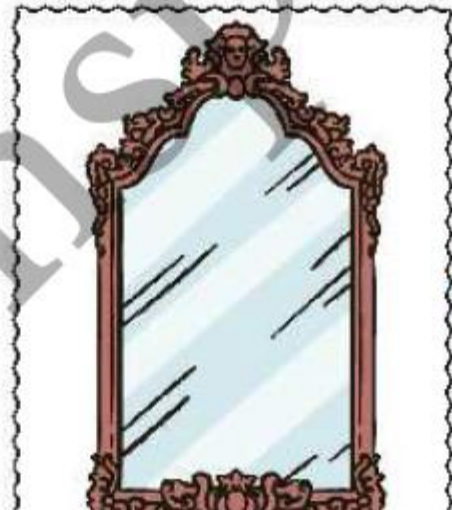


Plastic is **waterproof** (water cannot get through it) but cotton is **absorbent** (it soaks up liquid).

Which material is rigid and which one is flexible?



Which material is **rough** and which one is **smooth**?



smooth

rough

**Target Language****Part 1.1**

- ❖ ( A tree ) is alive.
- ❖ ( A tree ) is living thing.
- ❖ ( A rock ) is non-living thing.
- ❖ ( A rock ) is not alive.

**Part 1.2****Seven life processes:**

- ❖ Living things need air to breathe.
- ❖ Living things need water and food.
- ❖ Living things can move.
- ❖ Living things have senses.
- ❖ Living things can produce young.
- ❖ Living things grow.
- ❖ Living things produce waste products (excrete).

**Part 1.3**

- ❖ People have different shapes on their fingerprint.
- ❖ People have different hair colour and eyes colour.
- ❖ My hair colour is black.
- ❖ My eye colour is blue.
- ❖ Fingerprints are all different. →
- ❖ A snake doesn't eat plants.
- ❖ A rabbit doesn't eat animals.

**loop****whorl****arch****Part 1.4**

- ❖ A tomato: we don't **peel** it to eat.
- ❖ A banana: we **peel** it to eat.

**Target Language****Part 2****❖ parts of plants:****stem****flower****leaves****roots****❖ Leaves: make food for the plant.****❖ Stem: transports water around the plant.****❖ Roots: support the plants and collect water from soil.****❖ Flower: help the plant to make seeds.****❖ Plants need water.****❖ Plants need light.****❖ Plants need air.****❖ Plants need soil.**

Target Language  
Part 3

- ❖ A ( pineapple ) weighs about ( 2 kilograms ).
- ❖ A ( carrot ) weighs about ( 5 grams ).
- ❖ A gasoline holds more than 1 liter.
- ❖ A cough medicine holds less than 1 liter.

**Target Language****Part 4.1****❖ Food Group:**

- 1. Fruit and vegetables: keeps your body healthy.**
- 2. Carbohydrate: gives you energy.**
- 3. Protein: helps you to grow.**
- 4. Fat and sugar: do not eat too much of this.**
- 5. Dairy: keeps your bones and teeth strong.**

**❖ Healthy Diet:**

- 1. Do not eat too much fat and sugar.**
- 2. Eat some protein.**
- 3. Eat some dairy.**
- 4. Eat lots of fruit and vegetables.**
- 5. Eat lots of carbohydrate.**

**Target Language****Part 4.2**

1. **Chocolate is bad for your teeth.**
2. **Brushing is good for your teeth.**
3. **Exercise is good for your heart.**
4. **Soda is bad for your heart.**

**Target Language****Part 5**

1. **Rubber is flexible.**
  - ❖ **It can be bent.**
1. **Stone is rigid.**
  - ❖ **It keeps its shape.**
1. **Plastic is waterproof.**
  - ❖ **Water cannot get through it.**
1. **Cotton is absorbent.**
  - ❖ **It soaks up liquid.**
  
- ❖ **Mirror is smooth.**
- ❖ **Wood is rough.**