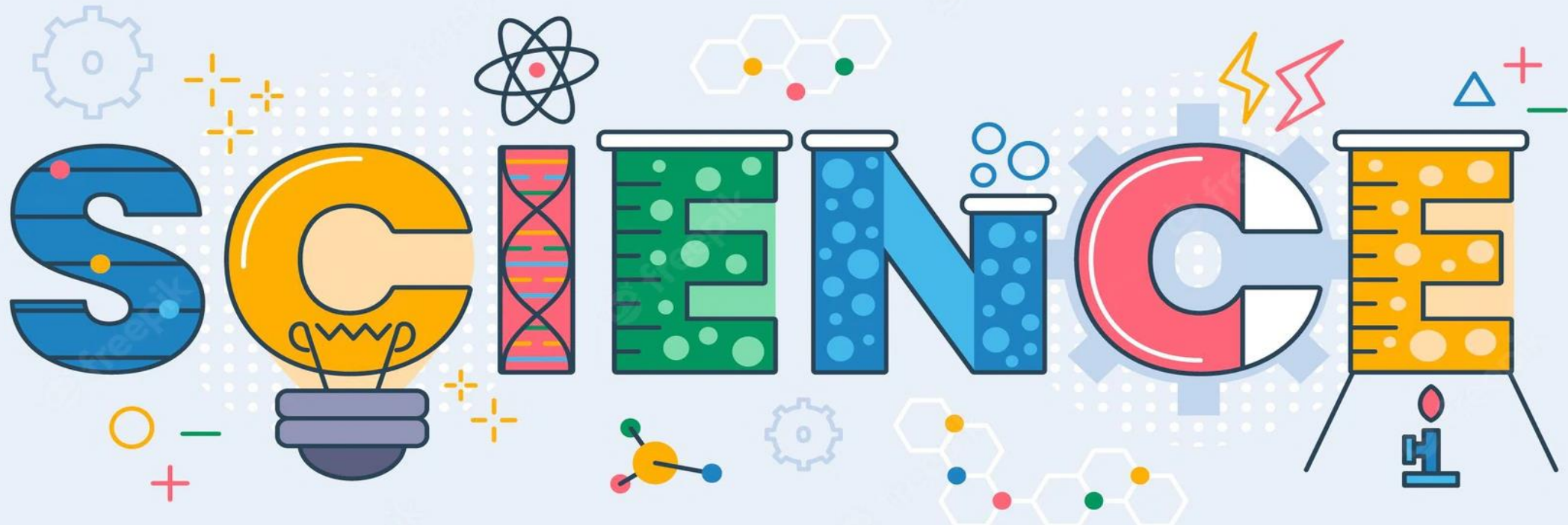


5th Grade



Final Science Presentation

Alavi

Chapter 1

Nutrients



Nutrients: are substances a body uses to build , repair and maintain itself.

Nutrients

A collection of various healthy foods including spinach, peas, chickpeas, lentils, mixed beans, raspberries, avocados, and pears arranged on a wooden surface.

Nutrition: The process of feeding the body with nutrients is called nutrition.



Carbohydrates

Carbohydrates are mainly used by body as fuel

Digestion breaks carbohydrates into a simple sugar called glucose.



**Your body needs proteins to grow,
and to make repairs when it is damaged**

Proteins

Fats

A collage of various fats including almonds, chia seeds, melted butter, avocados, and milk.

1. The body needs some fat to build its parts and to keep those parts working.

2. Fat can also be used as fuel for energy.



Minerals

A top-down view of various food items on a wooden surface. In the top left, there are bowls of almonds and pistachios. Next to them are orange slices and white beans. A small white bowl contains black sesame seeds. To the right is a bunch of fresh green parsley and several eggs. In the center, the word 'IRON' is spelled out with wooden blocks. Below the blocks, a large black banner contains white text. At the bottom, there are almonds, a wooden spoon with brown powder, a bowl of lentils, a head of broccoli, and sliced mushrooms.

Body needs minerals for building bones, carrying oxygen in the blood and controlling blood pressure.



Vitamins

Vitamins are substances that your body needs in tiny (small) amounts.



**Your body cannot make vitamins itself.
Vitamins keep the body healthy.**

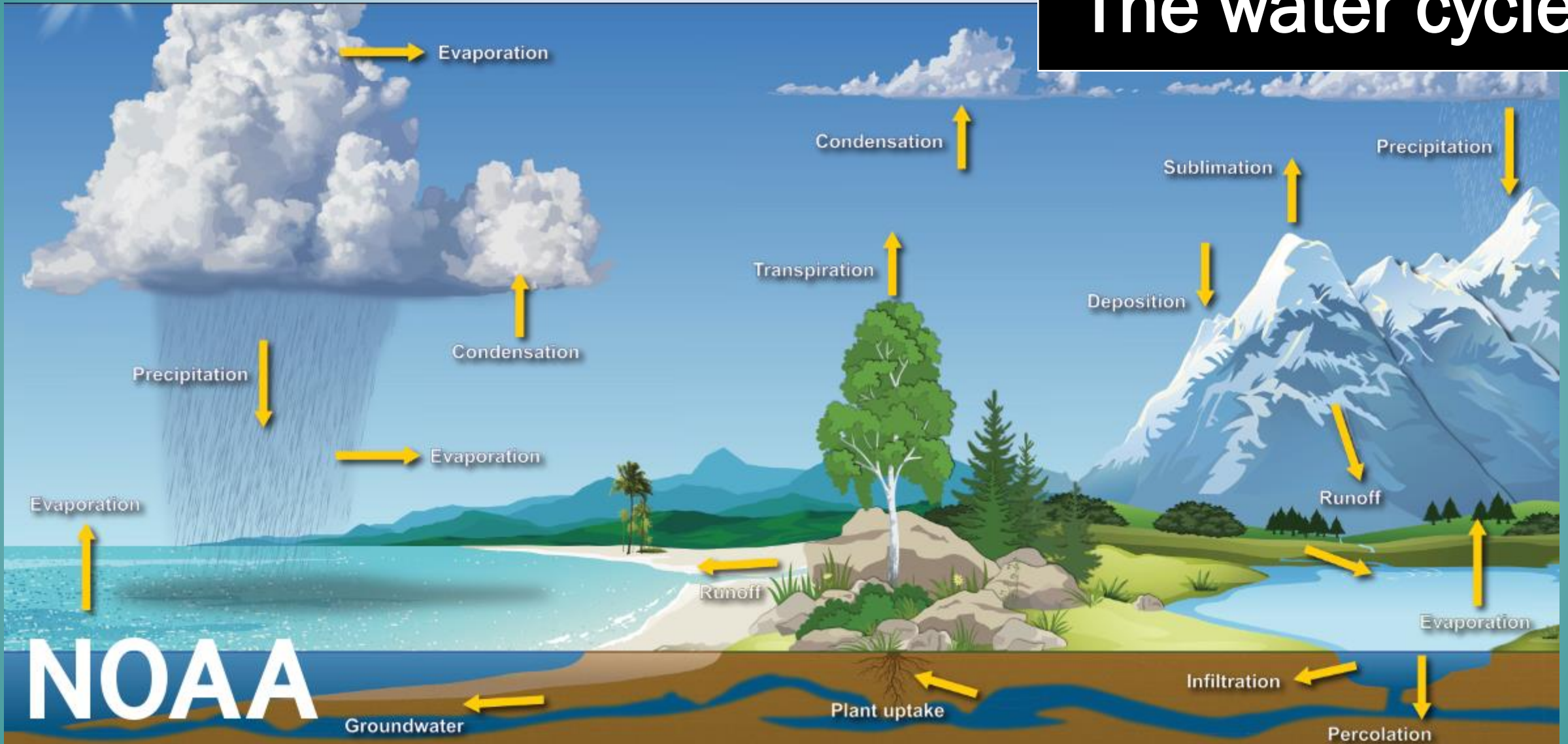


**Sources of
vitamins**

Alavi

Chapter 2

The water cycle



Alavi

Sun

Evaporation

Condensation

Rain or snow

Collection

Time to memorize!

Evaporation



evaporation

When the water is heated up, its particles gain energy.

Because of the heat, particles begin moving faster.

The particles bump into each other so they give energy to each other .

The particles with a lot of energy break free from (leave) the water surface.

These particles evaporates.

So evaporation means changing of liquid water into water vapors(gas).

Condensation



Learn more about condensation:

It is the **opposite** of evaporation.

When the water vapour(drops) cool down,

they change into the liquid.

The drops cool down and lose energy.

Then we can see drops of water.

So condensation means changing of gas to liquid.



THANK

YOU

FOR

YOUR

ATTENTION