The Importance of Good Health

Name: _____

Your health is very important. It is what lets you play and think and sleep. You feel great when your body is healthy.

What can you do to stay healthy? There are many things you can do. You can eat good food and drink plenty of water. The vitamins and nutrients in food help your body do everything it needs to do.

You can also get good sleep and exercise. Exercise helps keep you from gaining unneeded weight, and it helps keep your body strong and **flexible**. Sleep and rest help your body get back the energy you used up during the day. It helps your body to heal and grow.

It is also important to wash your hands and to stay clean. Washing your hands keeps germs from getting into your body.

When you do get sick, it is important to see a doctor. Doctors know how our bodies work. They can tell us what we can do to get better.

What Did You Learn ?

1. Which one of these is **not** listed in the story as a way to be healthy?

Ⓐ eating good food
Ⓑ exercising
Ⓒ playing video games
Ⓓ getting good sleep

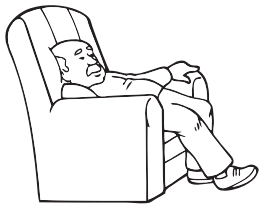
2. Washing your hands can help keep _____ out of your body.

Ⓐ germs Ⓑ nutrients Ⓒ vitamins Ⓓ energy

3. If you are flexible, you can bend and move easily. Which one of these people is being flexible?

Ⓐ

Ⓑ



Ⓒ

What Am I ?

I can help you get better when you are sick. I am a ____ **o** ____ ____ **o** ____.

Nature's Perfect Drink

Name: _____

What will you drink with your dinner tonight? Just about the best thing you could do for your body is pour yourself a tall glass of water. It's nature's perfect drink.

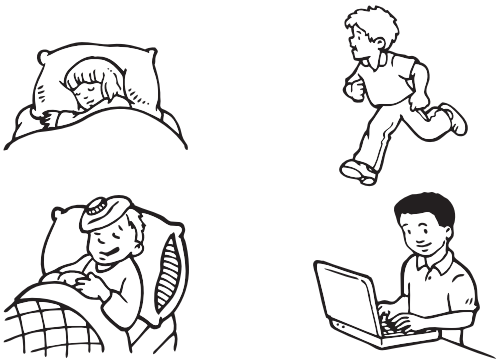
Water helps your body do so many things. It carries oxygen to all the cells of your body. It helps you use the food that you eat. It helps you sweat when you run and play. It helps you get better when you are ill. This is why you need extra water when you are sick or when you exercise. Your body is working harder, and water helps it do that.

Water is not just in your glass. Many foods that you eat have a lot of water in them. Think of juicy fruits, like peaches and oranges. Vegetables are full of water, too.

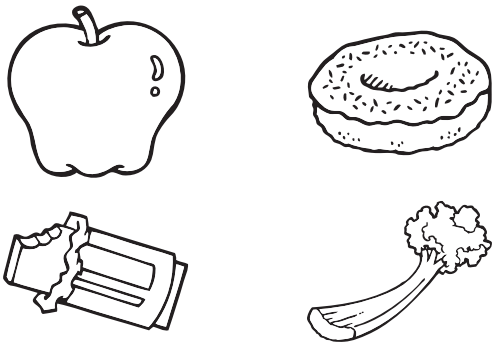
Do you know what else is full of water? You! Over half of your body's weight comes from water. It's *that* important.

Directions: Circle the pictures that show the best answers.

1. All of these people need water. Circle the two who need the most water right now.



2. Which of these foods have the most water in them? Circle two.



3. How much water do you drink each day? Do you think you get enough? Should you drink more? Write a few sentences about you and water.

_____

_____

_____

_____

What's On Your Plate?

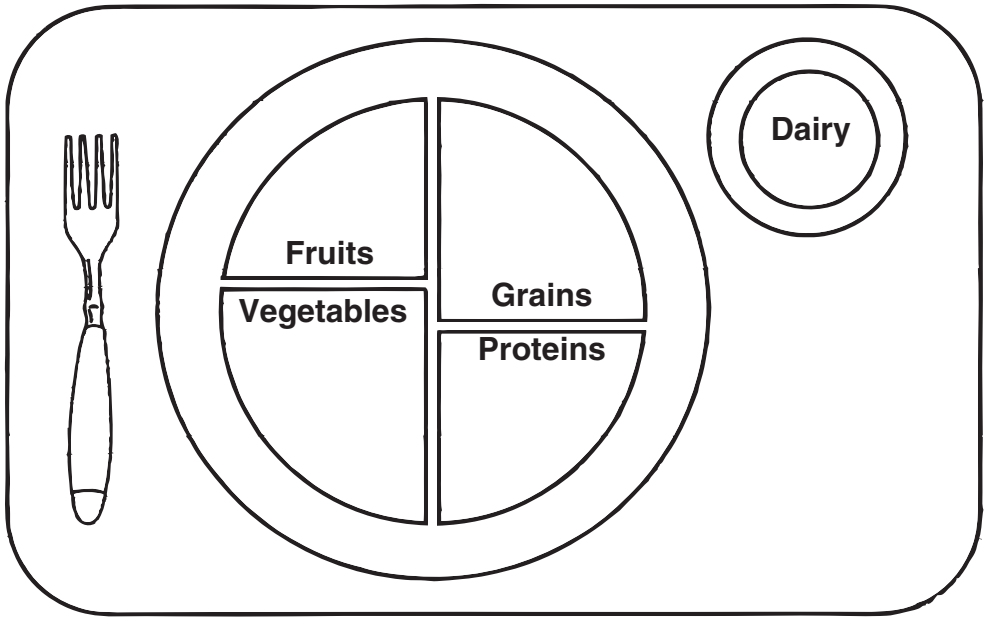
Name: _____

What you eat is called your diet. It is very important for you to have a healthy diet. There are five food groups that are the building blocks of a healthy diet.

Food Group	Examples
Vegetables	broccoli, spinach, carrots, corn, peas, onions, asparagus
Fruits	apples, oranges, bananas, berries, melons, raisins
Proteins	meat, fish, eggs, beans, nuts, tofu
Grains	bread, rice, pasta, cereal, oatmeal, crackers
Dairy	milk, yogurt, cheese

There is a nutrition guide called **MyPlate**. It is a picture of a plate. The plate shows the amounts you should eat from each food group. On MyPlate, the biggest amounts are vegetables and grains. Your diet should have a lot of vegetables and grains in it.

Directions: Look at the picture below. It is a picture of MyPlate. What would your plate look like? In each section, draw a picture of your favorite food. Make sure that the food you draw belongs in that food group.



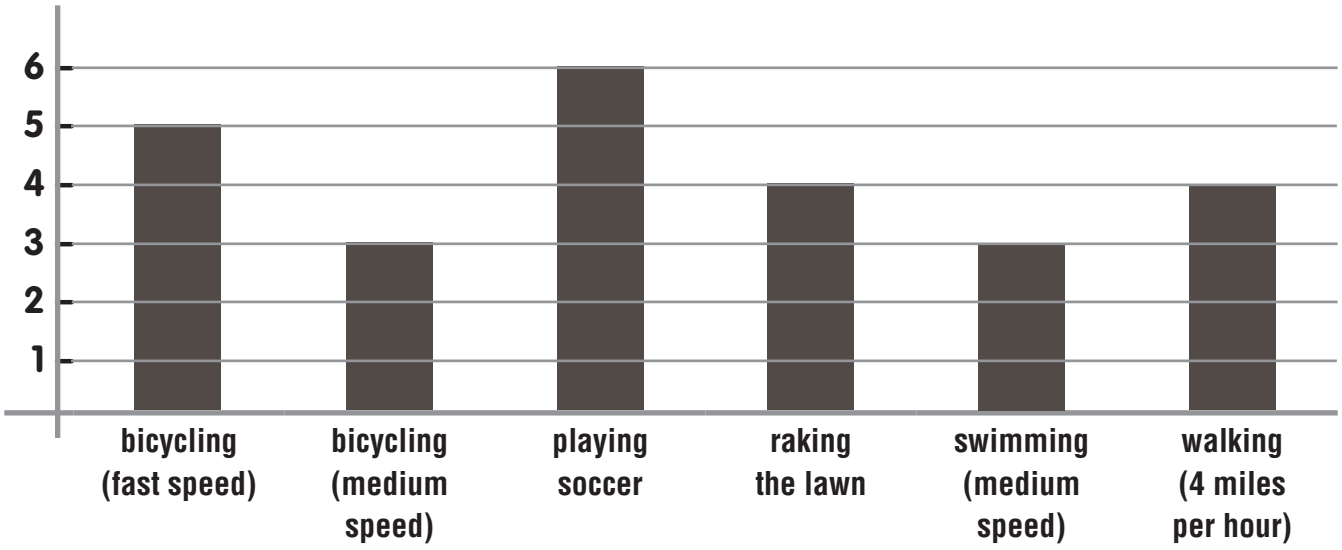
Burning Calories

Name: _____

A calorie is a measure of how much energy we get from food. We need calories to help us move, play, and think. If we take in (eat) too many calories and don't use them, we gain weight. When we use calories, we say that we are burning them.

We burn some calories even as we sit and read. But if we really want to burn calories, we need to move. Some activities burn more calories than others. The harder your body works, the more calories it burns.

Here is a graph that shows some popular activities and about how many calories each one burns per minute:



Directions: Use the graph to answer the following questions.

1. Which of these activities burns the most calories?

Ⓐ walking Ⓑ soccer Ⓒ raking

2. How many more calories per minute does bicycling fast burn than bicycling at a medium speed?

Ⓐ 1 Ⓑ 2 Ⓒ 3

3. If you raked the lawn for 10 minutes, about how many calories would you burn?

Ⓐ 10 Ⓑ 20 Ⓒ 40

Name 3! What are your favorite activities? List three. Circle the one that you think would burn the most calories.

_____ _____ _____

Answer Key

Unit 11

The Importance of Good Health (page 98)

1. C
2. A
3. A

What Am I?: doctor

Nature's Perfect Drink (page 99)

1. *circled:* person running, sick person
2. *circled:* apple, celery

Burning Calories (page 101)

1. B **2.** B **3.** C

How Much Sleep Do You Need? (page 102)

1. 14
2. 8
3. Answers may vary.
4. B
5. We need more sleep when we are younger. (Accept reasonable responses.)

An Army on the Inside (page 103)

Part 1: The neck, armpits, and knees should be circled.
Part 2: Line 1: immune system; Line 2: white

Word Study (page 105)

1. audiologist — ears and hearing
2. cardiologist — heart
3. dentist — teeth
4. dermatologist — skin
5. gastroenterologist — stomach
6. podiatrist — feet and ankles
7. immunologist — immune system

Unit 12

A World Built on Ideas (page 106)

1. B **2.** C

How Scientists Must Think (page 107)

Colored bubbles:
Use the senses to observe.
Do experiments.
Run tests and get results.
Check results over and over again.

Bubbles with an X:
Find results once and quit looking.
Ignore the results that you don't like.
Make a guess and pretend that it's correct.

A Light That Keeps Glowing (page 109)

carbon

Who Invented What? (page 110)

Tim Berners-Lee – Internet
Philo Farnsworth – television
Guglielmo Marconi – radio
Charles Strite – pop-up toaster
Lester Wire – electric traffic light

Failures That Became Successes (page 111)

The following should be crossed out.

1. became successful right away
2. invented by Ruth Fry
3. discovered by an American scientist

Word Study (page 112)

1. botanist
2. zoologist
3. geologist
4. physicist
5. linguist
6. cytologist

Unit 13

What's the Matter? (page 113)

1. A
2. C
3. B
4. The ice has shape because it is a solid.

As a Matter of Fact (page 115)

1. solid
2. solid
3. liquid
4. liquid
5. gas
6. gas
7. solid
8. gas

Liquids and Solids (page 116)

1. the milk — liquid; the carton — solid
2. the bottle — solid; the juice — liquid
3. the cup — solid; the water — liquid
4. the oil — liquid; the can — solid
5. the bowl — solid; the water — liquid; the fish — solid

Getting Back in Shape (page 117)

1. yes
2. no
3. no
4. yes
5. no

All Shook Up and Nowhere to Go (page 118)

1. solid
2. The juice does not have carbon dioxide in it.