

HEALTH AND THE PHYSICAL BODY

Grades 3-6

STUDENT JOURNAL

This journal belongs to:



THE GOOD AND THE BEAUTIFUL

INSTRUCTIONS

This Student Journal accompanies *The Good and the Beautiful Health and the Physical Body* science unit. It contains all the worksheets and journal pages that are needed to complete the unit. Each student will need his or her own copy of the science journal.

Have each student take his or her time to create high-quality work as the activities and worksheets are completed. Students may enjoy looking back on their past discoveries when they've finished.

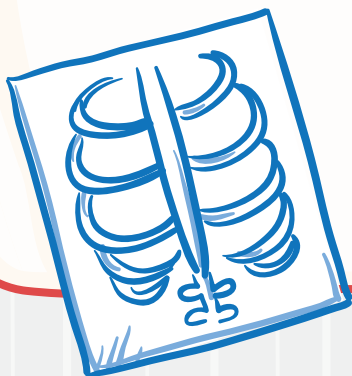
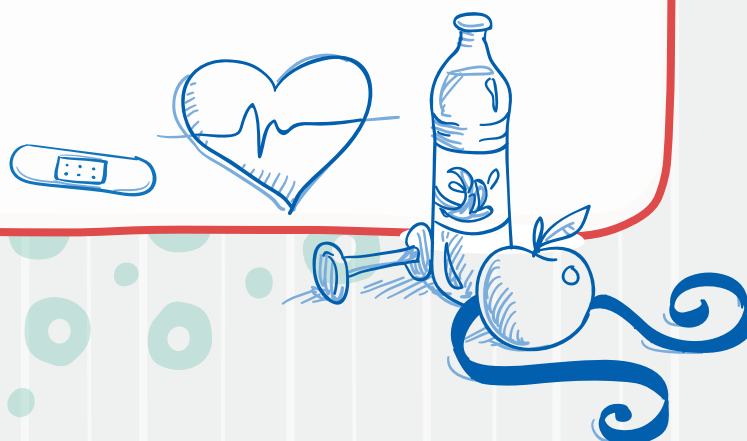
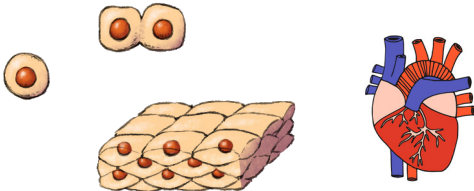

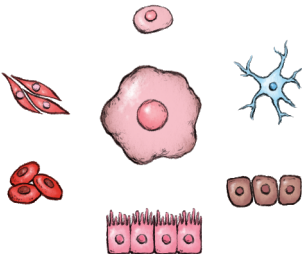
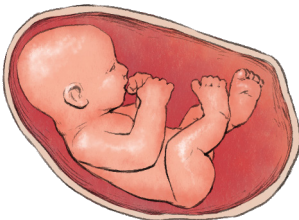
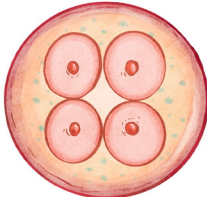
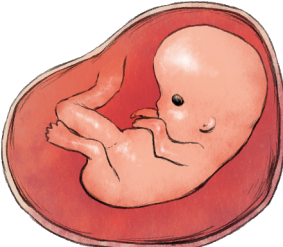


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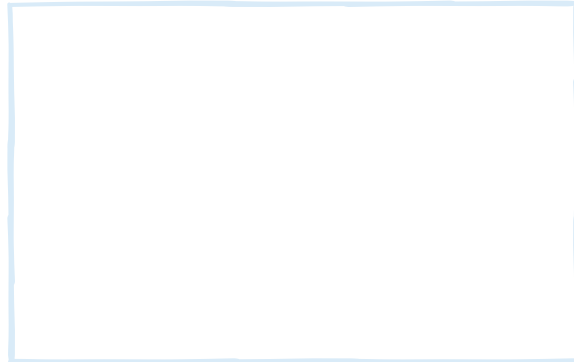
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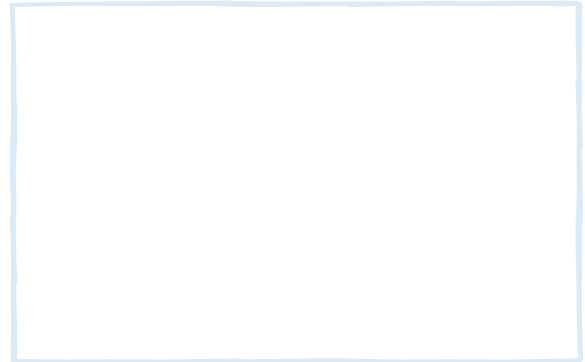
Cell Division and Development of a Baby Cards

<p>Tissues and Organs</p> 	<p>Baby</p> 
<p>Types of Cells</p> 	<p>Fetus</p> 
<p>Zygote</p> 	<p>Embryo</p> 

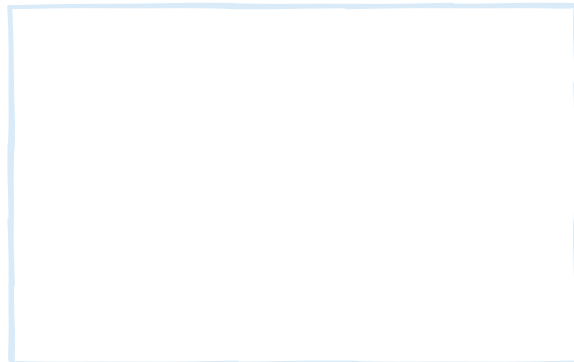
Cell Division and Development of a Baby



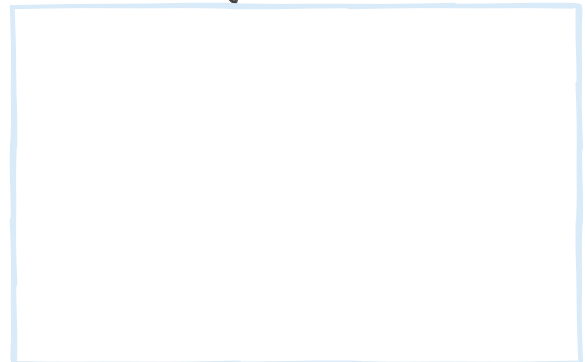
- 1 All human life begins as a single cell called a zygote.



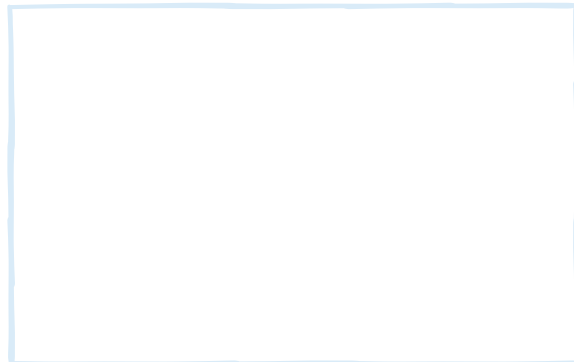
- 2 As the zygote cell continues to divide and multiply, different kinds of cells begin to form. Each kind has a different job.



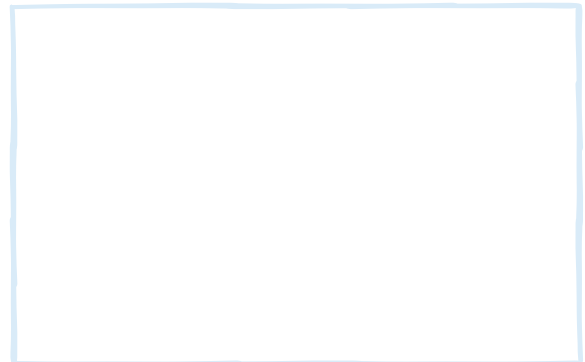
- 3 Some of these cells become tissues and organs, which are groups of cells that are the same and work together to do a job in the body.



- 4 As these tissues continue to grow, an embryo is formed.



- 5 The cells continue dividing, tissues continue growing, and organs continue developing into full maturity until the embryo becomes a fetus.



- 6 As the fetus continues to grow, the organs begin working together in systems that keep our bodies working. Then, at just the right time, a baby is born.

BILE ACTIVITY

HYPOTHESIS

1 Draw what you think the jar will look like when we add the oil to the water.



2 Circle what you think will happen when we add the dishwashing soap to the oil and water.

- a. The oil and water will stay the same.
- b. The oil and water will mix.

RESULTS

Draw lines to match the materials we used with the things they represent in our bodies.

jar



water



oil



dishwashing
soap



lipids










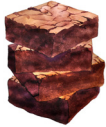









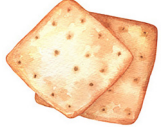






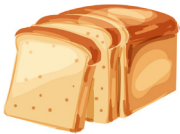



small intestine

bile

blood



FOOD CARDS

<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Almonds	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Muffin	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Bagel	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Banana	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Beans
<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Beef	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Orange	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Pancake	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Broccoli	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Brownie
<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Pasta	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Carrots	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Peanuts	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Cheese	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Pineapple
<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Chicken	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Potato	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Shrimp	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Sunflower Seeds	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Crackers
<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Croissant	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Yogurt	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Waffle	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Eggs	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Fish
<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Fries	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Bread	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Ham	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Ice Cream	<input type="radio"/> Carb <input type="radio"/> Fat <input type="radio"/> Protein  Milk

KIDNEY FILTRATION ACTIVITY



Draw lines to match the supplies we used in this activity to the parts of the body they represent.

red liquid



waste

sand or pebbles



nephrons

coffee filter



blood

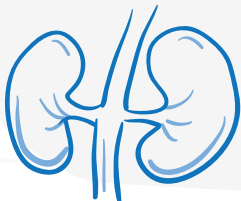


Draw what the coffee filter looked like after it filtered out the sand or pebbles.



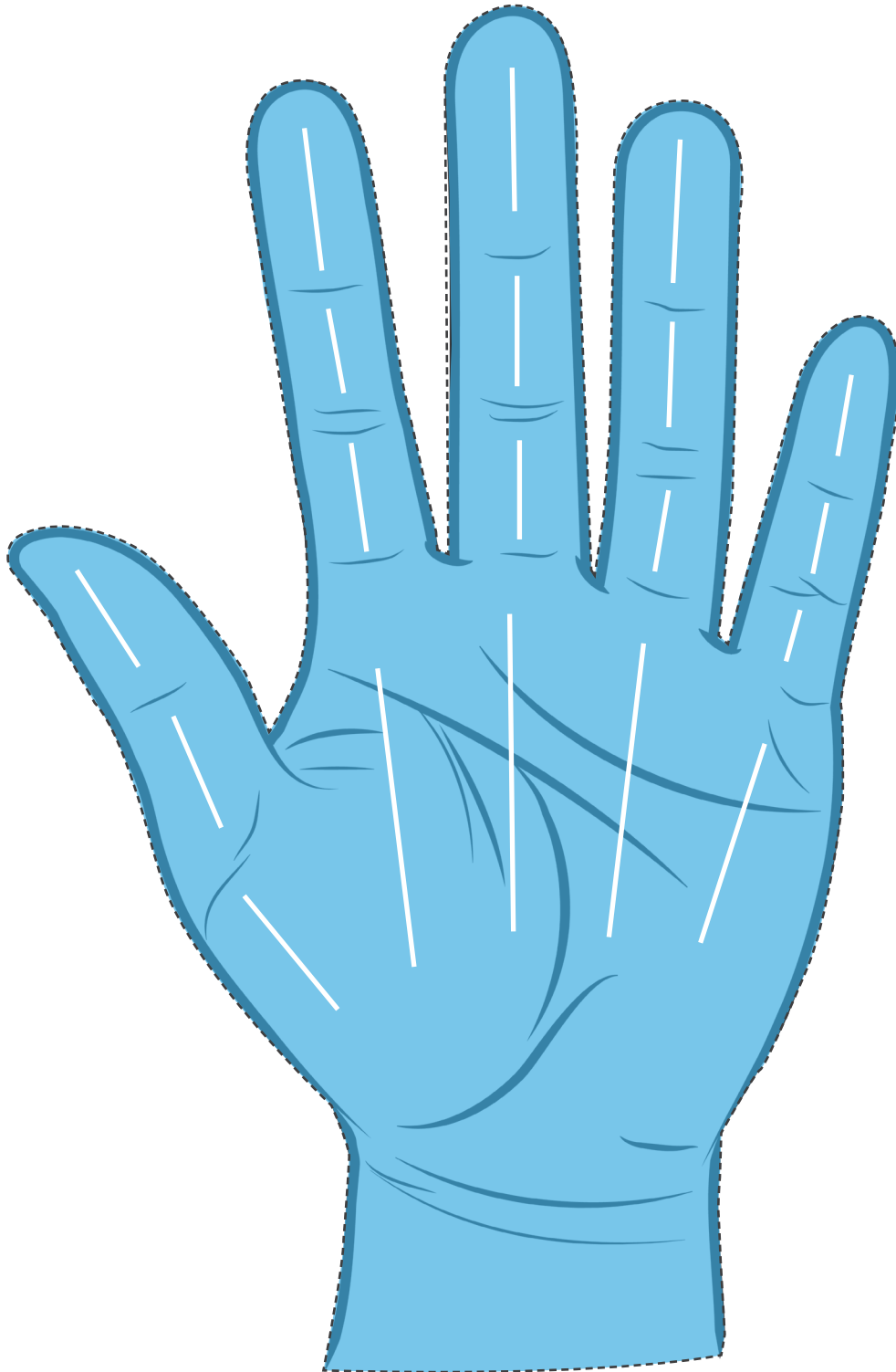
Question:

what do you think would happen in our bodies if our kidneys didn't filter out the waste?



kidney

Hand Model



Healthy Lifestyle Seek & Find

Find and circle all the ways that these children are practicing healthy lifestyle choices.
Cross out the unhealthy choices.

