Contents

Enjoying Myself and Others

My Body Works 7

How Our Bodies Use Food 8

Energy foods 8

Protein foods 11

Minerals 14

Vitamin foods 16

Taking Care of Our Teeth 19

Keeping Clean 25

Enjoying Exercise 27

Rest and Sleep 29



Something to try!

Find out which foods have sugar in them. 10

Enjoying the Animal World 32

Earthworms 37

The Animals Enjoy God's World 41

Animal Homes 42

Beavers 47

God Gives the Animals Protection 55

An Insect's Design 60

What Does an Insect Look Like? 61

Baby Insects 66

Good Insects 71

Honeybees 72

Worker bees 73

The bees' air conditioner 75

The bees' heater 76

The bees work together 77

Harmful Insects 80

Something to try!

Discover which home earthworms prefer. 40

Discover why webbed feet help the beaver swim. 49

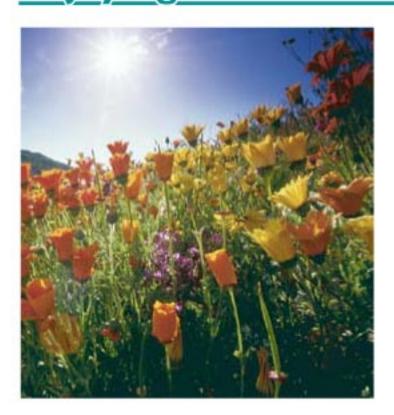
Find the three body parts of insects. 65

Watch a caterpillar change.





Enjoying the Plant World 82



The Parts of a Plant 84

Flowers 86
Stems 88
Leaves 91
How do leaves make
food in green plants? 93
Why do green leaves
change colors in the fall? 95

The Growth of a Tree 103 How Seeds Travel 105

Something to try!

Roots 98

See how water rises up a stem. 90

Can a leaf grow without light or water? 94

Watch a plant grow. 99

Enjoying Things That Work Together 108

Enjoying Things That Move III

Energy 111

Force 114

Gravity 116

Pull 118

Push 121

Friction 122

Friction Wears

Things Down 123

Friction Makes

Things Hot 123

Something to try!

Use the energy from wind and moving water to turn a pinwheel. 112

See how gravity pulls. 117

Discover how magnets pull. 119

Discover more about how magnets pull. 120



Enjoying the Air Around Us 125

Air Is Real 126

The Wind 130

What Makes the Wind Blow? 132

Storms 135

The Weather 136

What Is Evaporation? 139

What Is Rain? 141

What Is Snow? 142

How We Hear 144

The Air Around the Earth 147



Discover that air is real. 127

Find out whether an empty bottle is really empty. 128

See water evaporate. 140

Discover how to block sound waves. 146



Enjoying Our Earth and Sky 150

The Stars 150

The Sun 151

The Moon 153

Our Round Earth 155

God's Special Care 157



Roots

Have you ever tried to pull a weed out of the ground?

Why did you have to tug so hard?

The roots hold the plant very tightly in the soil.

When a seed begins to grow, it first pushes out a tiny root. The little root looks like a string.

It might not look very strong, but the tip of the root is very hard. The tip of the root pushes and twists its way through the soil as it grows.



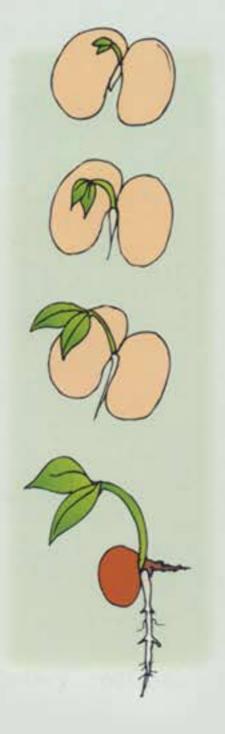
Something to try!

Watch a plant grow.

Can you find a baby plant inside a seed? What happens to the baby plant as it begins to grow? Try this and see!

What you need:

- several large bean seeds
- ·a shallow box of dirt
- •water



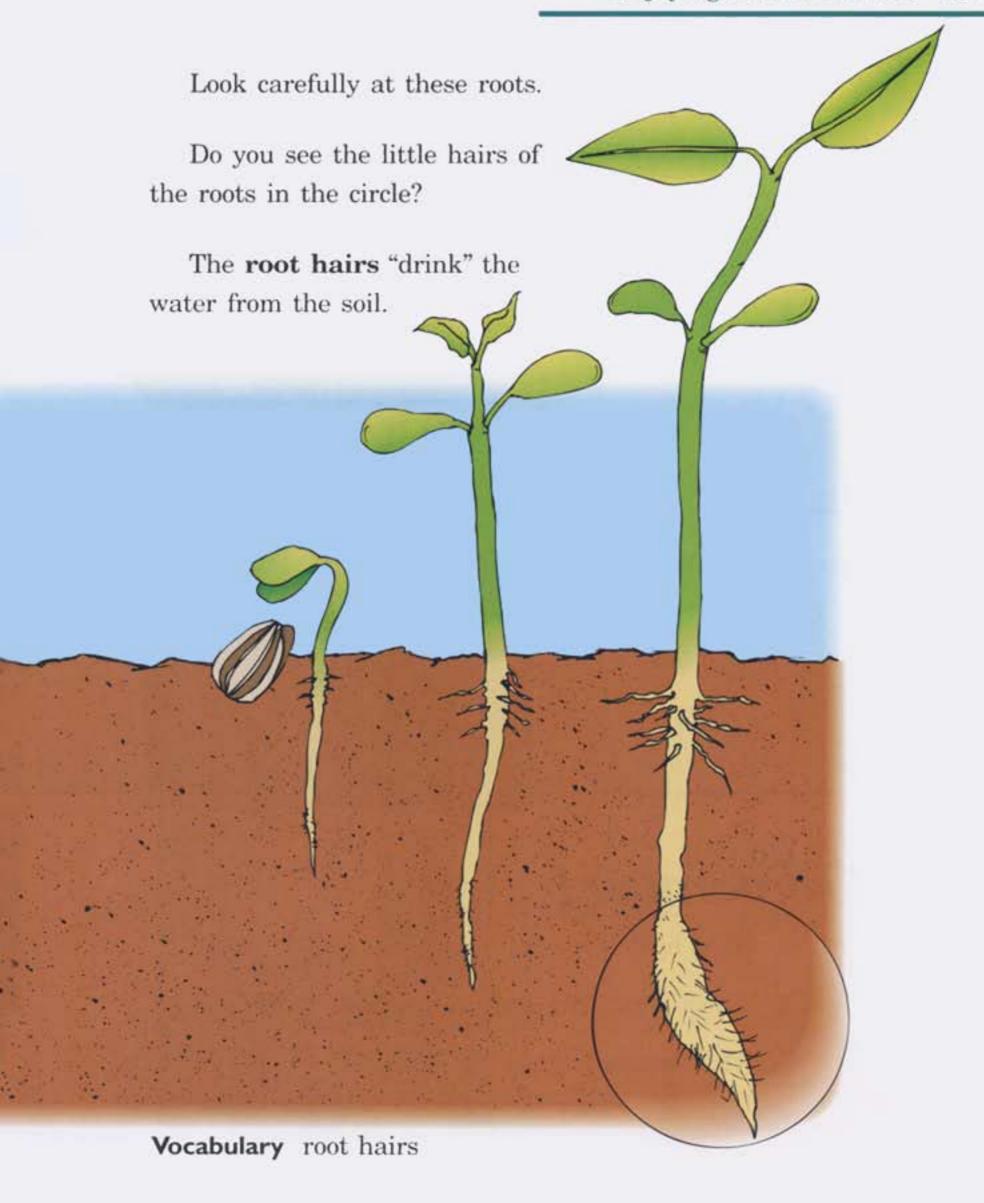
What to do:

- 1. Plant the seeds in the box, but do not cover them with very much dirt.
- 2. Sprinkle the plants with water every day.
- 3. At the end of 4 days, very gently uncover one of the seeds. Has the seed grown any?
- 4. Gently break the seed open. A baby plant has begun to grow inside the seed.
- 5. Every 4 days, uncover another seed. Look closely at its roots. Do you see other ways the seed has changed? The seed is no longer a seed. It has become a plant.

As the plant grows taller, the roots reach deeper into the soil. The roots must grow longer to hold the bigger plant in place.

The bigger the plant is, the more water it needs. So the roots reach farther down for more water.





Something to do

Label the parts of the plant.

Do you remember?

- 1. What holds the plant very tightly in the soil?
- 2. Which part of the root "drinks" the water?
- 3. What begins to grow inside a seed?