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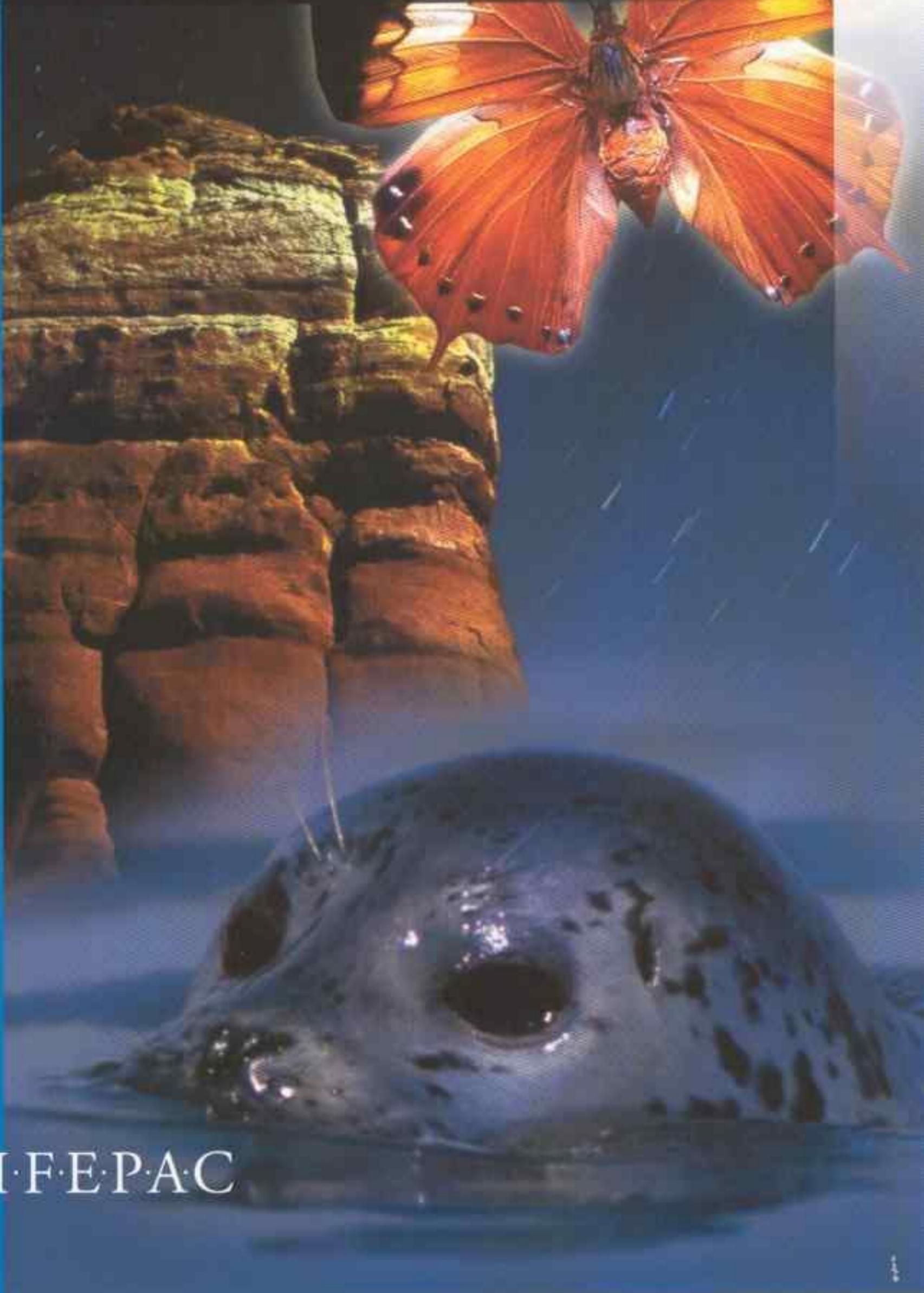
Science

Grade

2

Unit

4



LIFE·PAC

SCIENCE 204: YOU

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Learn with our friends.



When you see me, I will help your teacher explain the exciting things you are expected to do.



When you do actions with me, you will learn how to write, draw, match words, read, and much more.



You and I will learn about matching words, listening, drawing, and other fun things in your lessons.



Follow me and I will show you new, exciting truths, that will help you learn and understand what you study. Let's learn!



YOU

You are one of millions of people.
You were made by God.

All people are made by God.
In the book of Genesis in the Bible,
we are told that God made man.
Look around you.

Can you see how people are the same?
Can you see how people are different?
People come in different sizes, shapes,
and colors.
They do not all do the same things.
They do not like the same things.

You will learn how people are the
same, and how they are different.
You will learn why God made you a part
of a family.

You will also learn to take care of
God's gift— you.



Objectives

Read these objectives. They will tell you what you should be able to do when you have finished this LIFEPAK.

1. You will be able to name four things that are the same about all people.
2. You will be able to name the pictures that show bones, muscles, organs, and skin.

3. You will be able to tell why bones, muscles, organs, and skin are important.
4. You will be able to name two things that are different about all people.
5. You will be able to explain why God made you part of a family.
6. You will be able to name three things all people need to live.
7. You will be able to identify the Food Pyramid.
8. You will be able to list how many helpings from each level of the Food Pyramid you need each day.
9. You will be able to list good health habits.

NEW WORDS

adult (a dult). A person who is fully grown.

bone. A hard part inside your body.

brain. The organ inside your head used for thinking.

connect (con nect). To join together.

daily (dai ly). Every day.

exercise (ex er cise). To move muscles to grow strong.

favorite (fa vor ite). The thing or person you like best.

Food Pyramid (food py ra mid). A chart listing what kinds of foods are healthy.

group. A set of the same things.

habit (hab it). Doing the same thing so many times that you can do it without thinking about how to do it.

healthy (health y). Feeling well.

heart. The organ that sends blood through your body.

idea (i de a). Thought or picture in your mind.

identical (i den ti cal). The very same.

important (im por tant). Means much to you.

joint. The place where bones are joined together.

likeness (like ness). Looking the same as another person or thing.

muscle (mus cle) A soft part of your body that helps you move.

organ (or gan). A part inside your body that does a certain job.

pore. A very small opening in your skin.

protect (pro tect). To take care of.

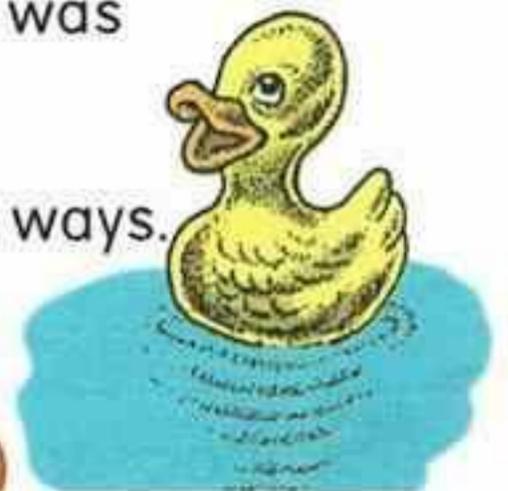
skin. The outer covering of the body.

stomach (stom ach). Part of your body where food goes after it is chewed.

These words will appear in **boldface** (darker print) the first time they are used.

I. YOU ARE LIKE OTHER PEOPLE

People are made by God.
Look over the whole earth and
you will not find one person who was
not made by God.
The first person was Adam.
God made all of us alike in some ways.



WORDS TO STUDY

bone		A hard part inside your body.
brain		The organ inside your head used for thinking.
connect	(con nect)	To join together.
exercise	(ex er cise)	To move muscles to grow strong.
favorite	(fa vor ite)	The thing or person that you like best.
heart		The organ that sends the blood through your body.
joint		The place where bones are joined together.
muscle	(mus cle)	A soft part inside your body that helps you move.
organ	(or gan)	A part inside your body that does a certain job.
pore		A very small opening in your skin.
protect	(pro tect)	To take care of.
skin		The outer covering of the body.
stomach	(stom ach)	A part of your body where food goes after it is chewed.

Ask your teacher to say these words with you.



Teacher Check _____

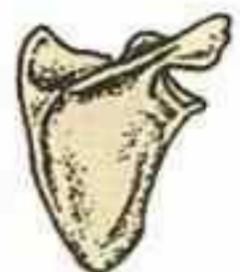
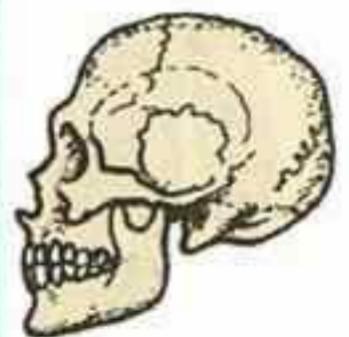
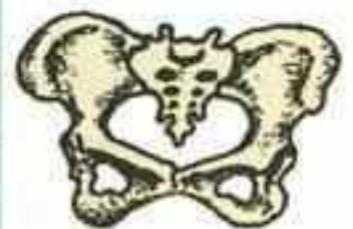
Initial

Date



EVERYONE HAS BONES

People have **bones**.
Bones are hard.
You cannot see your bones,
but you can feel them.
Bones cover some of the soft parts of
your body to protect them.
Your bones help you walk, stand, sit,
and run.
Your body bends where your bones
are joined together.
The place where bones are joined
together is called a **joint**.





Do this activity to see where your body bends.

1.1

After you bend your body in each step, circle the places they bend on the picture of the bones.

- Stand up. Bend down and touch your toes. Don't bend your knees!
- Sit in a chair. Put your legs out straight. Slowly put them down.
- Stand up. Put your arms out from your sides. Put your palms up. Bend your arms and touch your shoulders.
- Sit down. Lift only your toes. Put them down.
- Sit down. Hold out your hands. Make a fist.
- Stand up. Bend back. Bend to the right. Bend to the left.



EVERYONE HAS MUSCLES

People have **muscles**.
Muscles help you move.
Muscles are **connected** to your bones.
You can feel your muscles move
When your muscles move,
they can move your bones.



Do this activity.

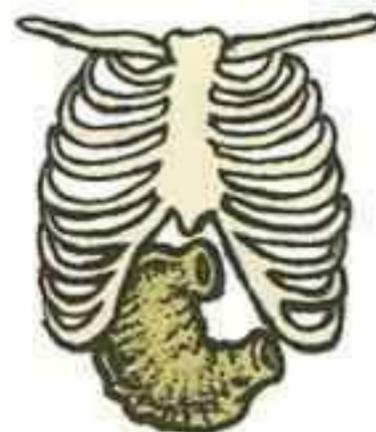
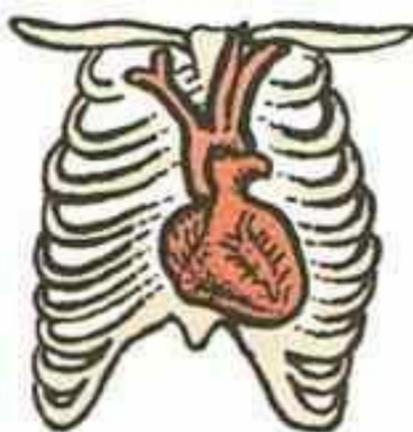
- 1.2 Hold your arm out. Take your other hand and touch **X**. Now make a fist with this. Did you feel something move? That movement was a muscle! You cannot move or bend any part of your body unless you move some muscles.



Muscles Move Bones

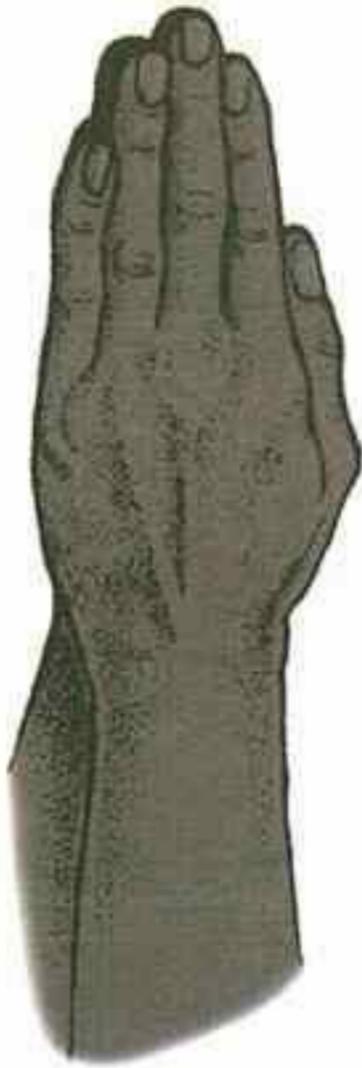
EVERYONE HAS ORGANS

Organs are inside your body.
Some organs are **protected** by your bones.
Organs are the machines of your body.
They each have a certain job.
Your **brain** thinks.
Your **heart** pumps blood.
Your **stomach** takes care of the food you eat.
You have other organs in your body, too.
All people have organs.



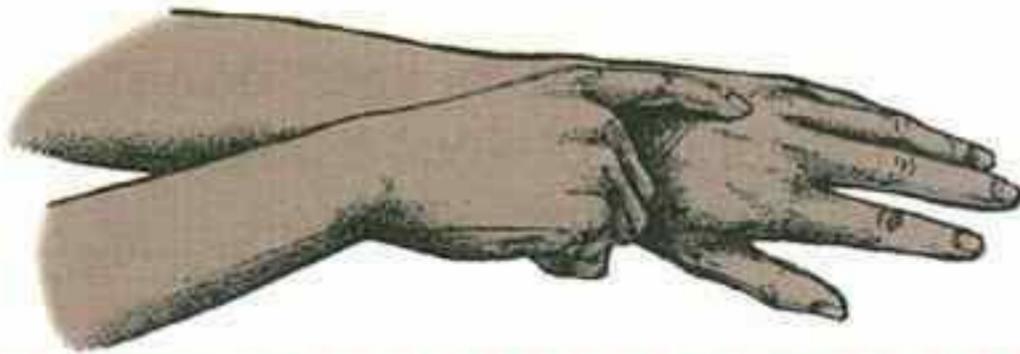
Bones Protect Organs

EVERYONE HAS SKIN



Skin is on the outside of your body. Skin protects your body from germs. Look at the skin on your arm. Can you see little holes? They are called **pores**. They keep you cool when you are hot. Water comes out from them.

People are alike because they are made by God. All people have bones, muscles organs, and skin. All of us have some things that are like other people.



Finish the sentences by writing each word on the line.

bones skin God Muscles Organs

1.3 All people are made by _____ .

1.4 People have hard _____ .

1.5 _____ are connected to bones.

1.6 _____ are like machines inside your body.

1.7 The outside of your body is covered with _____



Finish this sentence.

1.8 Four things all people have are _____



For this Self Test, study what you have read and done.
The Self Test will check what you remember.

SELF TEST 1

Draw a line to match the word and its meaning.

- | | | |
|------|---------|---|
| 1.01 | bone | take care of |
| 1.02 | muscle | organ used for thinking |
| 1.03 | organ | hard part inside your body |
| 1.04 | protect | organ that sends blood
thorough your body. |
| 1.05 | brain | part inside your body that
does certain job |
| 1.06 | heart | soft part inside your body
that helps you move |

Print the right word under the picture.

Word List

muscles

organs

bones

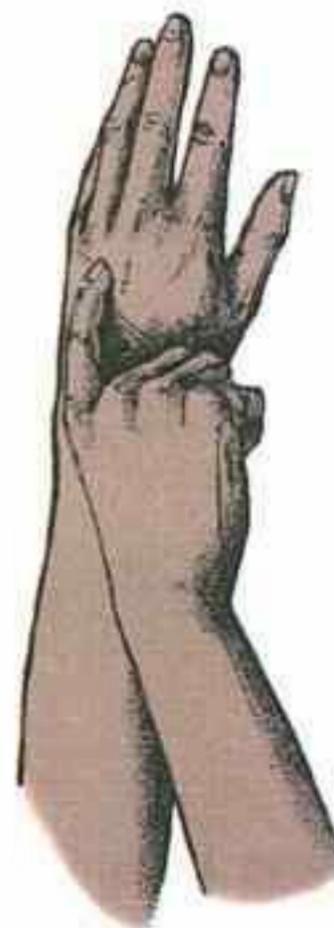
skin



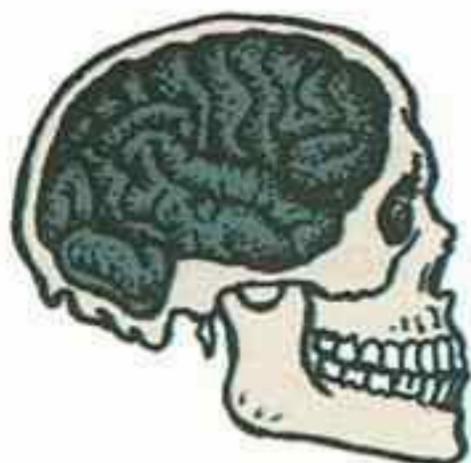
1.07 _____



1.08 _____



1.09 _____



1.010 _____



Write the answer on the line.

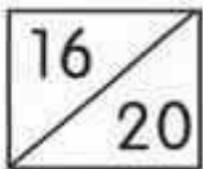
- 1.011 Who made people? _____
- 1.012 What do muscles do? _____
- 1.013 What is the covering of your body called? _____

- 1.014 Do all people like the same things? _____
- 1.015 Do all people have bones, muscles and organs?

Write the words on each line.

pores God job bones stomach

- 1.016 Each organ in your body has a certain
_____.
- 1.017 You cannot see your _____.
- 1.018 The organ that takes care of the food you eat is
your _____.
- 1.019 The little holes in your skin are _____.
- 1.020 People are alike because they are all made by
_____.



Teacher Check _____

Initial

Date



My Score

II. YOU ARE DIFFERENT FROM OTHER PEOPLE

Would you like it
if all people looked alike?
What if everyone thought alike?
God wanted people to be different.
He made them with different colors of skin,
eyes and hair.

WORDS TO STUDY

idea	(i de a)	Thought or picture in your mind.
identical	(i den ti cal)	The very same.
favorite	(fa vor ite)	The one thing or person that you like the best.

Ask your teacher to say these words with you.



Teacher Check _____
Initial Date

YOU ARE DIFFERENT FROM YOUR FRIEND

You and your friend are both made
by God.
God did not make you **identical**.
God makes people with different looks.
He makes skin, eyes,
and hair different colors.
He makes ears, noses
and mouths different shapes.



Do this activity.

- 2.1 Find a sheet of paper. Fold it in half. Draw and color a picture of you on one half. Draw and color a picture of your friend on the other half.



Complete these activities.

- 2.2 Look at the pictures you have drawn. Do they look identical? Yes _____ No _____

- 2.3 Write down five things you see that are the same.

- 2.4 Now write down five things you see that are different.



Answer these questions. Ask your friend to answer the same questions.

	YOU	FRIEND
2.5 What is your favorite color?	_____	_____
What is your favorite food?	_____	_____
What sport do you like best?	_____	_____

What school subject do
you like best?

What do you want to be
when you are grown?



Did you and your friend answer all
the questions the same?
No. People do not think the same.
God lets people think their own **ideas**.
He gives you freedom
to choose what things you will like
and what things you will not like.

You began life in this world as a
baby. Your friend began life as a baby
too. Both of you got bigger and older
by growing.
People grow at different speeds.
Some grow faster than others.
Everyone starts out small and gets
bigger. Everyone grows at his
own speed.
Some boys and girls get tall faster
than others.
Some boys and girls do not grow very
tall.





Put these pictures in the right growing order.

2.6

Write the number in the box near each picture.

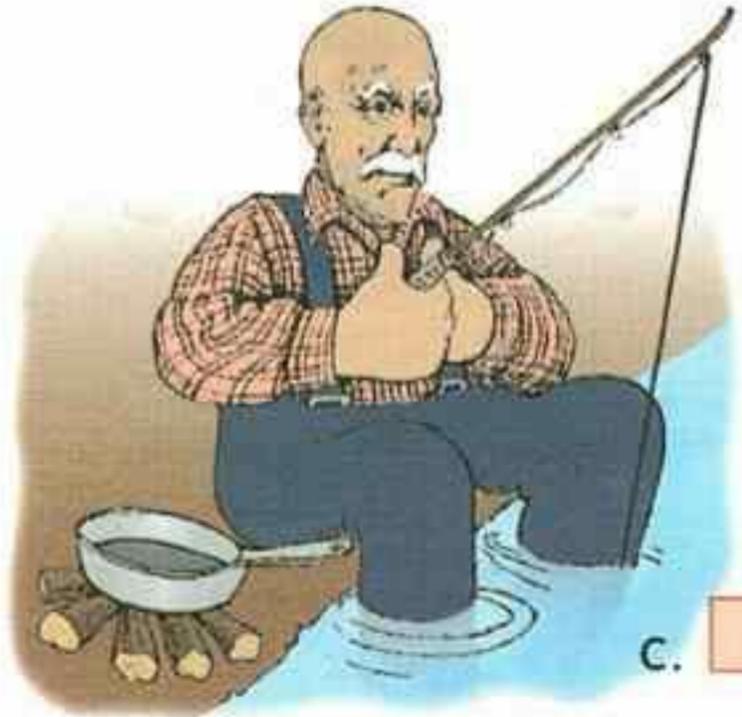
a.



b.



c.



f.



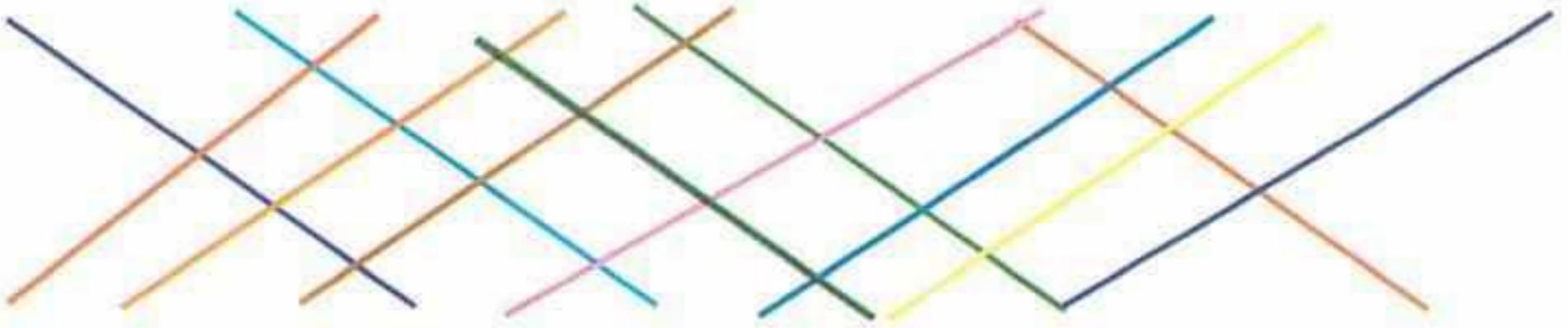
e.



d.



YOU ARE DIFFERENT FROM EVERYONE ELSE



God Made Us All

Study this picture.
God made all of these people.
They look different.
They do not think the same.
Inside they all have bones muscles,
and organs.
Their bodies all have skin on the outside.
The color of their skin is not the same.
Their hair is also different colors.



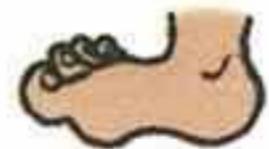
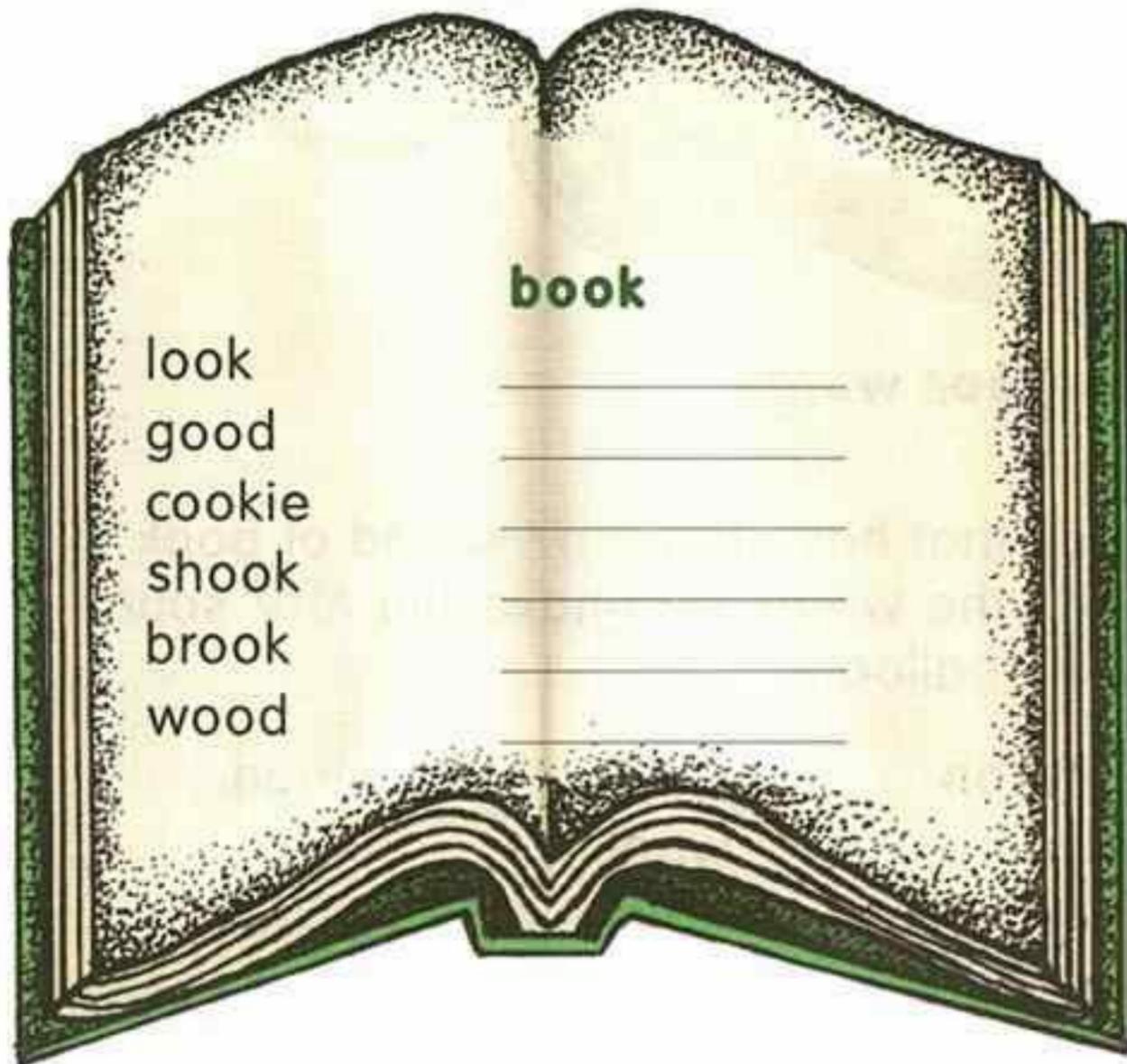
Write answers to these questions.

- 2.7 What ways do people look different from each other? _____
- 2.8 Why do you think God makes people different from each other? _____
- 2.9 Do you think God loves everyone the same even if he is different? _____



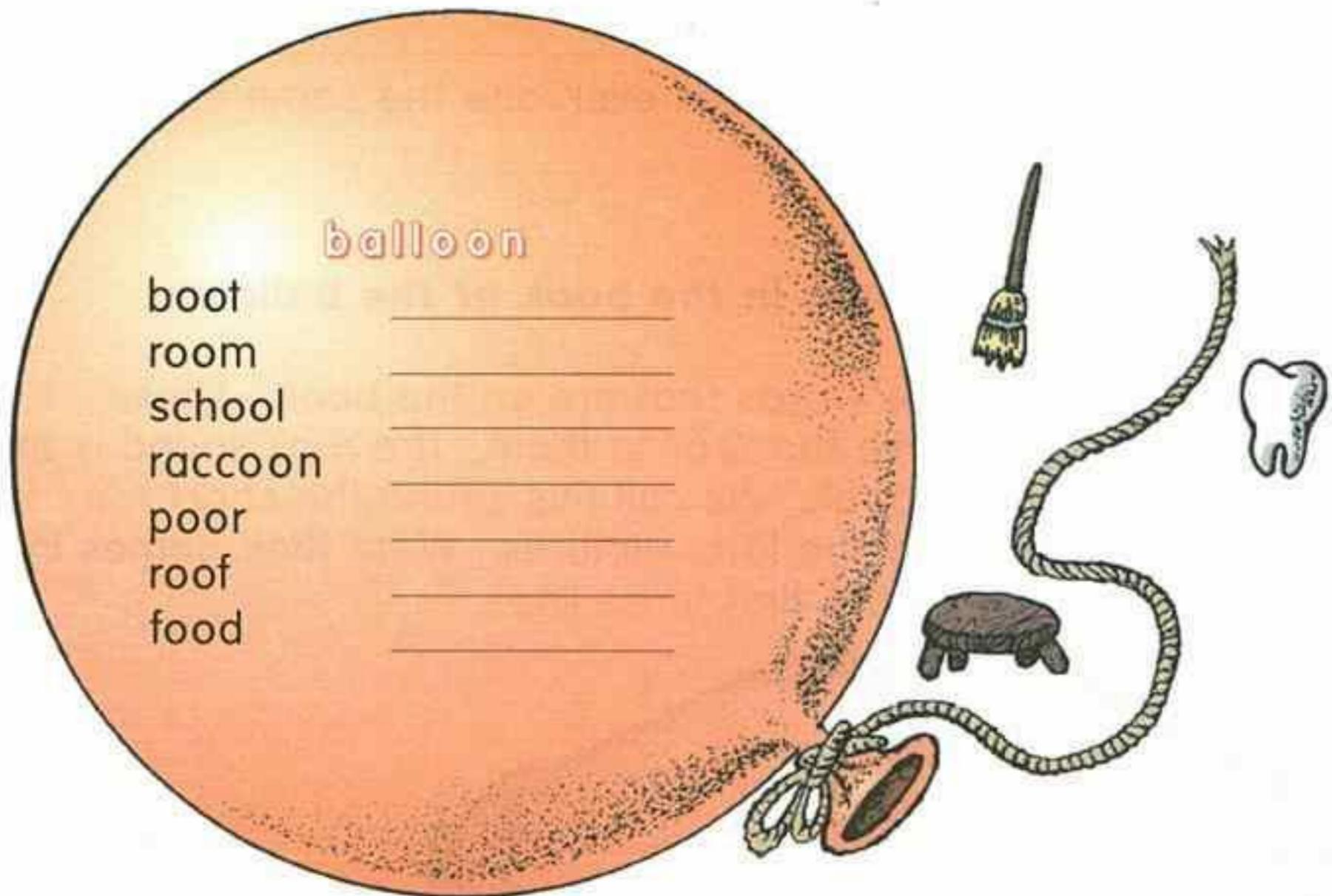
Write the words in the book or the balloon.

- 2.10 You know the words that are on the book. These words all have the /oo/ in them. the /oo/ sound is the same as in book. We call this sound the short /oo/ sound. Study the little pictures. Write their names in the book on the first three lines.



2.11

You know the words that are on the **balloon**. These words all have /oo/ in them. The /oo/ sound is the same as in **balloon**. We call this sound the long /oo/ sound. Study the little pictures. Write their names on the balloon on the first three lines.



Look at these /oo/ words.

2.12

Write the words that have the /oo/ sound of book in the book. Write the words that have the /oo/ sound of **balloon** in the balloon.

cook moon tool stood
goose noon wool pool



Study what you have read and done for this Self Test
This Self Test will check what you remember of this part
and other parts you have read.

SELF TEST 2

Draw a line to match the words with their meanings.

- | | | |
|------|-----------|--|
| 2.01 | organs | covers your body |
| 2.02 | stomach | like machines inside your body |
| 2.03 | skin | part of your body where food goes
after it is chewed. |
| 2.04 | identical | like the best |
| 2.05 | favorite | the same |

Write the answer on the line. Use these words.

bones	God	growing	organs
skin	thoughts	muscles	looks

- 2.06 Who makes all people? _____
- 2.07 What do all people have inside their bodies?
- a. _____
- b. _____
- c. _____
- 2.08 What covers and protects our bodies? _____
- 2.09 People have different ideas or _____.
- 2.010 God made people with different _____.
- 2.011 Everyone starts out small and gets big by
_____.

Write the words from the box under the word with the same /oo/ sound.

foot
boot

school
room

cookie
good

shook
tooth

book

2.012 _____

2.013 _____

2.014 _____

2.015 _____

balloon

2.016 _____

2.017 _____

2.018 _____

2.019 _____

2.020 Write the word that has the long /oo/ sound:

_____ .
cookie

room

18
22



Teacher Check _____
Initial Date



My Score

III. YOU ARE PART OF A FAMILY

God made you a part of a family.
Your family is the **group** of people
you live with.
People in a family do things together.
They care about one another.
They love each other.
Families show this love by doing things for
each other.

WORDS TO STUDY

adult	(a dult)	A person who is fully grown
group		A set of the same kind of things

FAMILIES DO THINGS TOGETHER

The people in your family do not all
look the same.
They do not all like the same things.
Because you are a family,
you can have fun doing things together.



Paste a picture of your family here.



Look at the picture and answer these questions.

- 3.1 How many people are in your family? _____
- 3.2 How many **adults** are in your family? _____
- 3.3 How many children are in your family? _____
- 3.4 Who is the biggest? _____
- 3.5 Who is the smallest? _____



Complete this activity.

- 3.6 Write some of the things you like to do with your family. _____



Teacher Check _____
Initial Date



FAMILIES DO THINGS FOR EACH OTHER

Your father makes sure you have food, clothes and a place to live. He does these things because he loves you. Your mother cooks the food, washes the clothes, and takes care of you when you are sick.

She does these things because she loves you.



Complete these activities

3.7 Write some of the things your father does for you.

3.8 Write some of the things your mother does for you.

God gave you to your mother and father.
He wants them to teach you.
Your mother and father teach you how
to take care of yourself. They do this
because they love you.
As you grow, you can do more things for yourself.
Remember to thank your mother
and father for taking care of you.



Do this activity.

3.9 Make a thank-you card.

Find a piece of white paper and a piece of colored paper. Glue the white paper on the colored paper. Fold the paper in half to make a card. Draw a picture on the front of the card. Write a thank-you note to your mother and father inside. Name some things they do for you. Write three or more sentences.



Teacher Check _____

Initial _____ Date _____
page 23 (twenty-three)



Read the sentences. Write the word that has the letters ea on the line.

3.10 Your mother and father teach you to take care of yourself. _____

3.11 Your brain is inside your head. _____

What sound does the ea in teach make?

Does it make a long /ē/ sound? Yes, it does.

What sound does the ea in head make?

Does it make a short /e/ sound? Yes, it does.

Write ea in each space. Each one is the long /ē/ sound. Please read them to a friend.

3.12 Pl_____se I _____ve a p_____nut for me.

3.13 Sammy likes to _____t a p_____ch at the b_____ch.

3.14 Jack dr_____ms of r_____ching the s_____someday.

Write ea in each space. Each one is the short /ĕ/ sound. Read the sentences to a friend.

3.15 Will you buy some thr_____d and br_____d at the store?

3.16 The f_____thers in my h_____ddress are not h_____vy.

3.17 Are you r_____dy for the winter ah_____d?



Study what you have read and done for this Self Test. This Self Test will check what you remember of this part and other parts you have read.

SELF TEST 3

Draw a line to match these parts to make sentences.

- | | | |
|------|--------------------|---------------------------------------|
| 3.01 | An adult is | a set of the same kinds of things. |
| 3.02 | Families show love | a group of people who live together. |
| 3.03 | A group is | like other people and different, too. |
| 3.04 | A family is | a person who is fully grown. |
| 3.05 | God made you | by doing things for each other. |

Write the words from the word list in the right boxes.
Make the vowel sounds match.

head

- 3.06
3.07
3.08
3.09

Word list

ready
please
heavy
peach
reach
bread
beach
feather

teach

- 3.010
3.011
3.012
3.013

book

3.014
3.015
3.016
3.017

Word list

tool
stood
goose
foot
moon
broom
cook
wool

balloon

3.018
3.019
3.020
3.021

17
21



Teacher Check _____
Initial Date



IV. YOU NEED GOOD HEALTH HABITS

Your body is a gift from God.
He wants you to take good care of it
Start when you are young.
Build good health habits.



WORDS TO STUDY

daily	(dai ly)	Every day.
habit	(hab it)	Doing the same thing so many times you can do it without thinking about it.
healthy	(health y)	Feeling well.
important	(im por tant)	Means much to you.

THREE GOOD HABITS

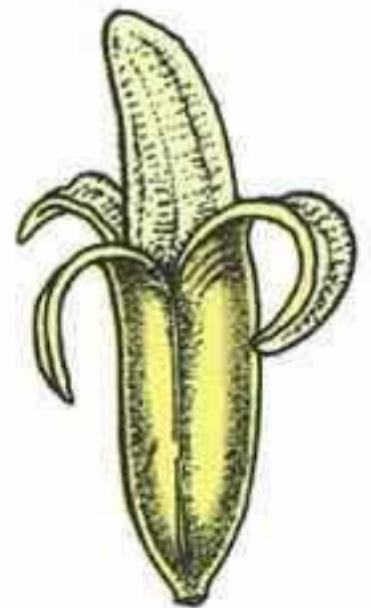
What do you need to live?
Think about some things you could not live without.

Write three things you could not live without.

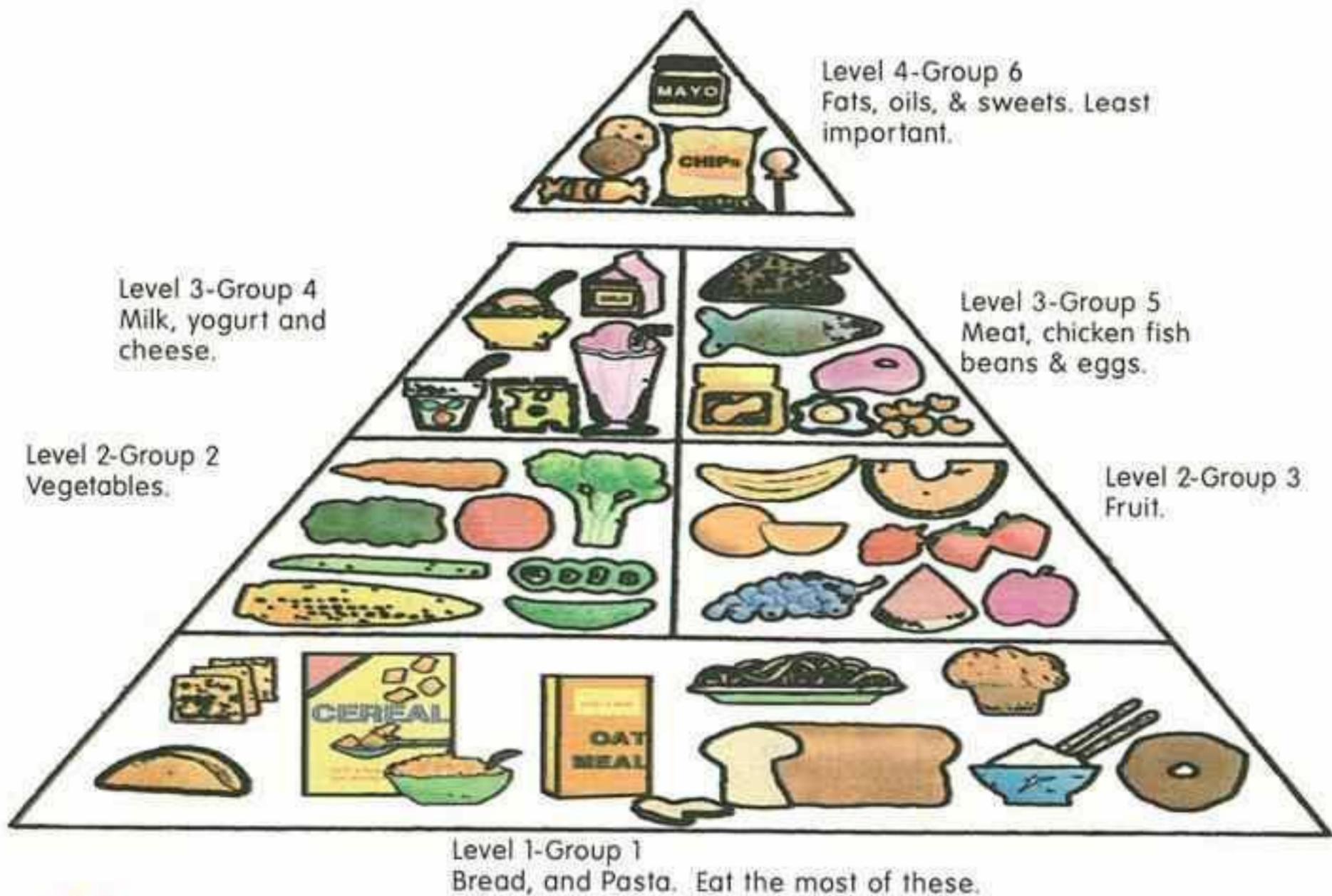
1. _____
2. _____
3. _____

Did you write food on your list?

You need food.
God makes many kinds of food.
You need to eat different kinds of food everyday.
We have the **food pyramid**.
Make a **habit** of eating food from each of these categories everyday.



The Food Pyramid



Do this activity.

- 4.1 Check to see how well you are eating. Find a piece of lined paper and fold it longways into five parts. At the top of each part write one school day of the week. Under each day write down what foods you ate for breakfast, lunch and supper. Ask your parents to help you. Check your list to make sure you are eating foods from each level everyday.



Teacher Check _____
Initial Date

Did you write air on your list on page 27?
You need air. Air is what you breathe.
Playing out of doors each day helps you
get the clean air your body needs.



Did you write water on your list?
Your body also needs water.
You need to drink at least four glasses
of fresh water a day.



Food, air and water are **important**. You
need them to live and grow. Good food,
clean air, and fresh water will keep you
healthy.



Complete these activities.

- 4.2 Name the three things your body needs to live.
a. _____ b. _____ c. _____
- 4.3 List the most important level of the food pyramid.
- 4.4 _____
List the least important level of the food pyramid.

THREE MORE GOOD HABITS

You need to **exercise**, rest,
and keep clean.
Exercise will also help you
to be healthy.
You exercise when you play outside
with your friends.
Daily exercise is important.
It keeps your body in good shape
Make daily exercise a habit.





Choose the shape you want to be.

4.5



(a)



(b)



(c)



(d)



(e)

Did you choose **d**? Great! Remember, daily exercise will help you keep that shape.

You need at least nine hours of sleep every night. Make a habit of going to bed early. Then you will wake up feeling good in the morning. God made the night time a time for you to sleep.

You need to take a bath daily. You should wash your hands before you eat. After you eat remember to brush your teeth. If you do these things everyday, they will become habits. They are good habits to have. You need to take care of your body. Your body is a gift from God.



God wants you to take care of your body.



Check your health habits.

4.6 Put these pictures in the right order. Write the number in the box near each picture.



a.



b.



c.



d.



e.



f.

4.010 Draw the kind of shape you want to be.

4.011 How many hours of sleep should you get every night?

Draw a line to match these words by their vowel sounds.

4.012 shook

bread

4.013 raccoon

wool

4.014 reach

balloon

4.015 ahead

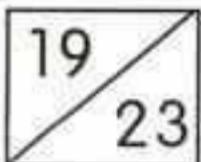
preach

4.016 dream

eat

4.017 pool

soon



Teacher Check _____
Initial Date



Before taking the LIFE PAC Test, you should do these self checks.



1. _____ Did you do good work on your last Self Test?

2. _____ Did you study again those parts of the LIFE PAC you didn't remember?

Check one: Yes (good)

No (ask your teacher)

3. _____ Do you know all the new words in "Words to Study"?

Check one Yes (good)

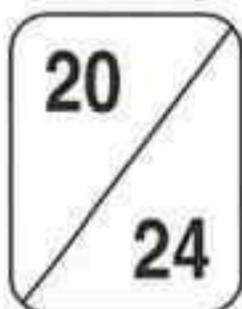
No (ask your teacher)

NOTES

SCIENCE

2 0 4

LIFEPAC TEST



Name _____

Date _____

Score _____

SCIENCE 204: LIFE PAC TEST

Write the right word on each line.

air
Bones
exercise
family
food

four
God
look
Muscles
organs

Skin
think
three
water

1. _____ protect some of the soft parts of your body.
2. _____ help you move.
3. Machines inside your body are called _____ .
4. _____ has small holes in it.
5. How many levels does the food pyramid have? _____
6. God makes people _____ different.
7. God lets people _____ differently.
8. Every person is made by _____ .
9. To keep in good shape you should _____ .
10. You need _____ , _____ , and _____
to live.
11. You are part of a _____ .

Name three good health habits.

12. _____

13. _____

14. _____

Name the levels of the food pyramid

15. _____

17. _____

16. _____

18. _____

19. Which level of the food pyramid is the least important?

Write the letters to make the right vowel sounds.

20. br____d

21. sp____n

22. r____dy

23. c____kie

24. p____nut

NOTES