

Lower Elementary (Phase 1) Student Workbook

SCIENCE: ANATOMY & PHYSIOLOGY

Unit 3: Guardians of the Body



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Unit 3: Guardians of the Body

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Unit Project Overview

My Body Journal

Your 5 Senses Help You Be Healthy

In this unit, you'll explore your immune system, your 5 senses, and learn how to take good care of your body. After each lesson, you'll get to match, color, draw, or trace something special that will help you remember what you learned.

By the end of the unit, you will have a completed body journal of all the things you learned about how your body reacts to the world around you.

This will be a fun way to learn all about your senses that make up your amazing body!

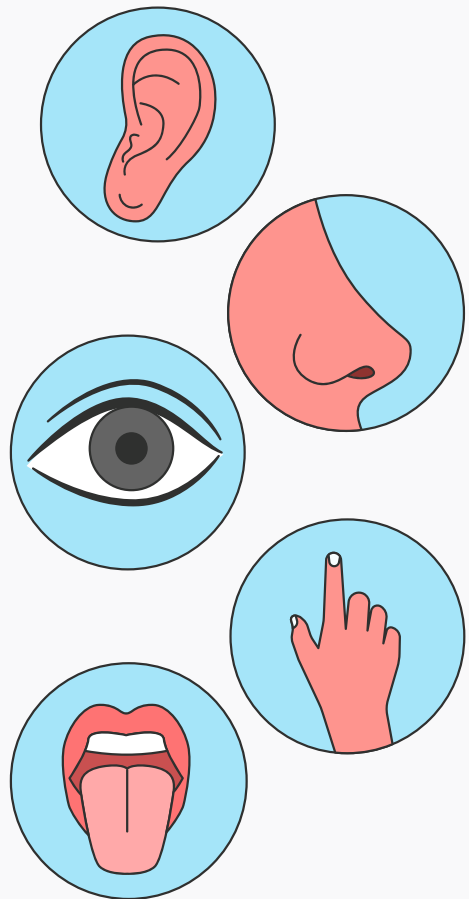
Materials Needed

- Pencil
- Crayons or colored pencils
- Scissors
- Glue or tape



Instructions

Complete each worksheet after the matching lesson. There is one worksheet per lesson.



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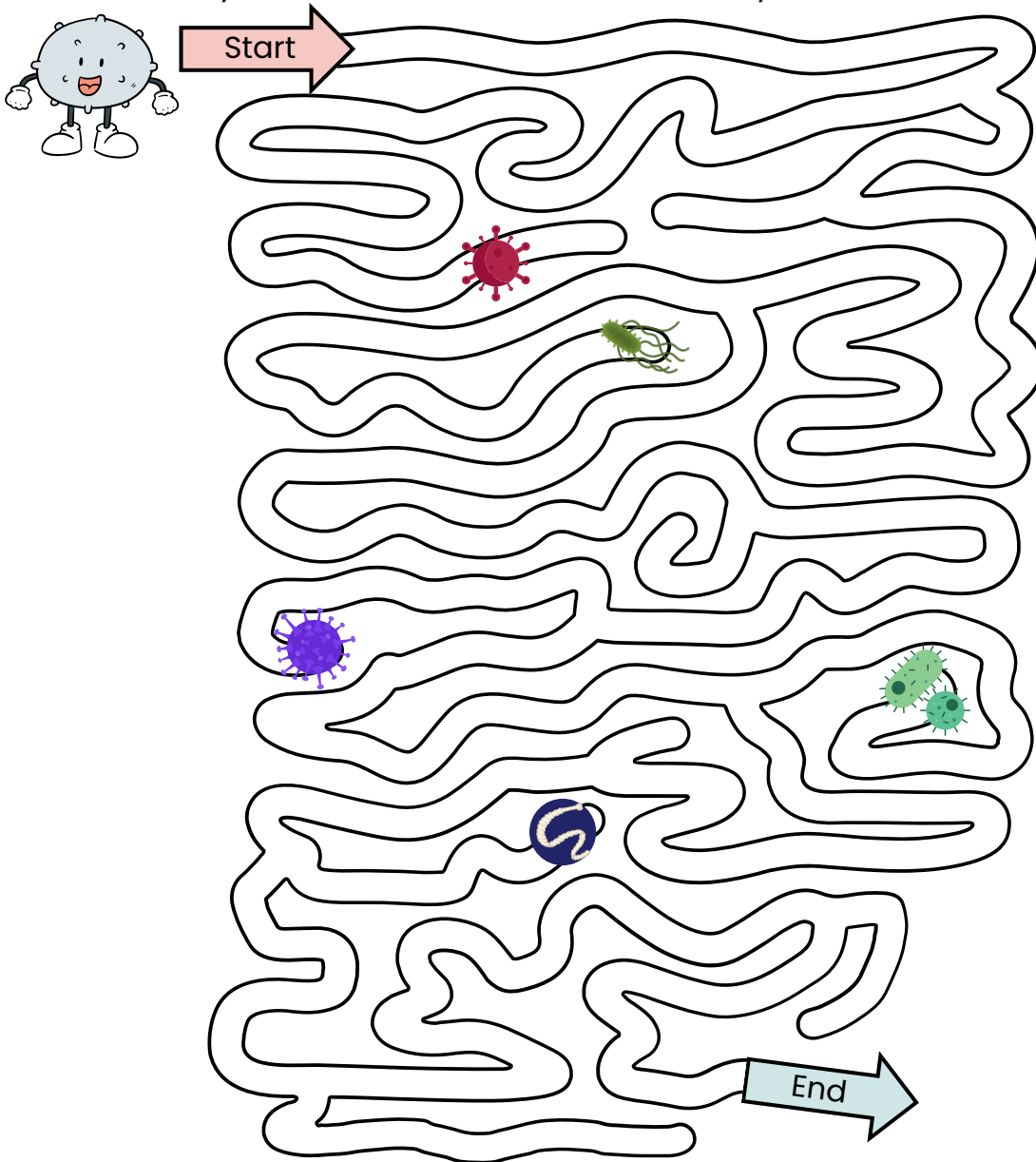
1: My Body Protects Me

My Immune System Fights Germs

Your immune system keeps you safe. Tiny germs—like viruses and bacteria—try to sneak in and make you sick. But your immune system has a special team that finds the germs and fights them off.

Maze: Pathogens Make Us Sick

Help the white blood cell in the immune system find each of the germs trying to make the body sick and take them out of the body.



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2: I Have 5 Senses

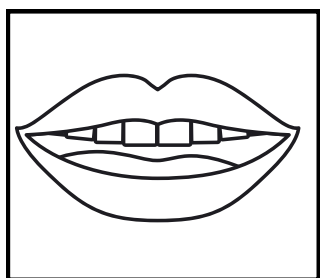
My 5 Senses Help Me

Your five senses—seeing, hearing, smelling, tasting, and touching—help you understand the world. They use special body parts to notice things and send messages to your brain. Your senses work together to keep you safe (like smelling smoke or hearing a car horn) and to help you enjoy life (like tasting yummy food or feeling a soft blanket).

Tracing: Body Parts and Senses

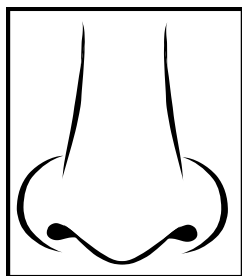
Trace the body part in each line below. Then color the pictures.

My eyes help me see.



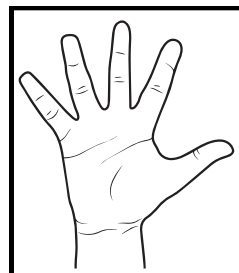
My mouth helps me taste.

My ears help me hear.



My nose helps me smell.

My skin helps me touch.



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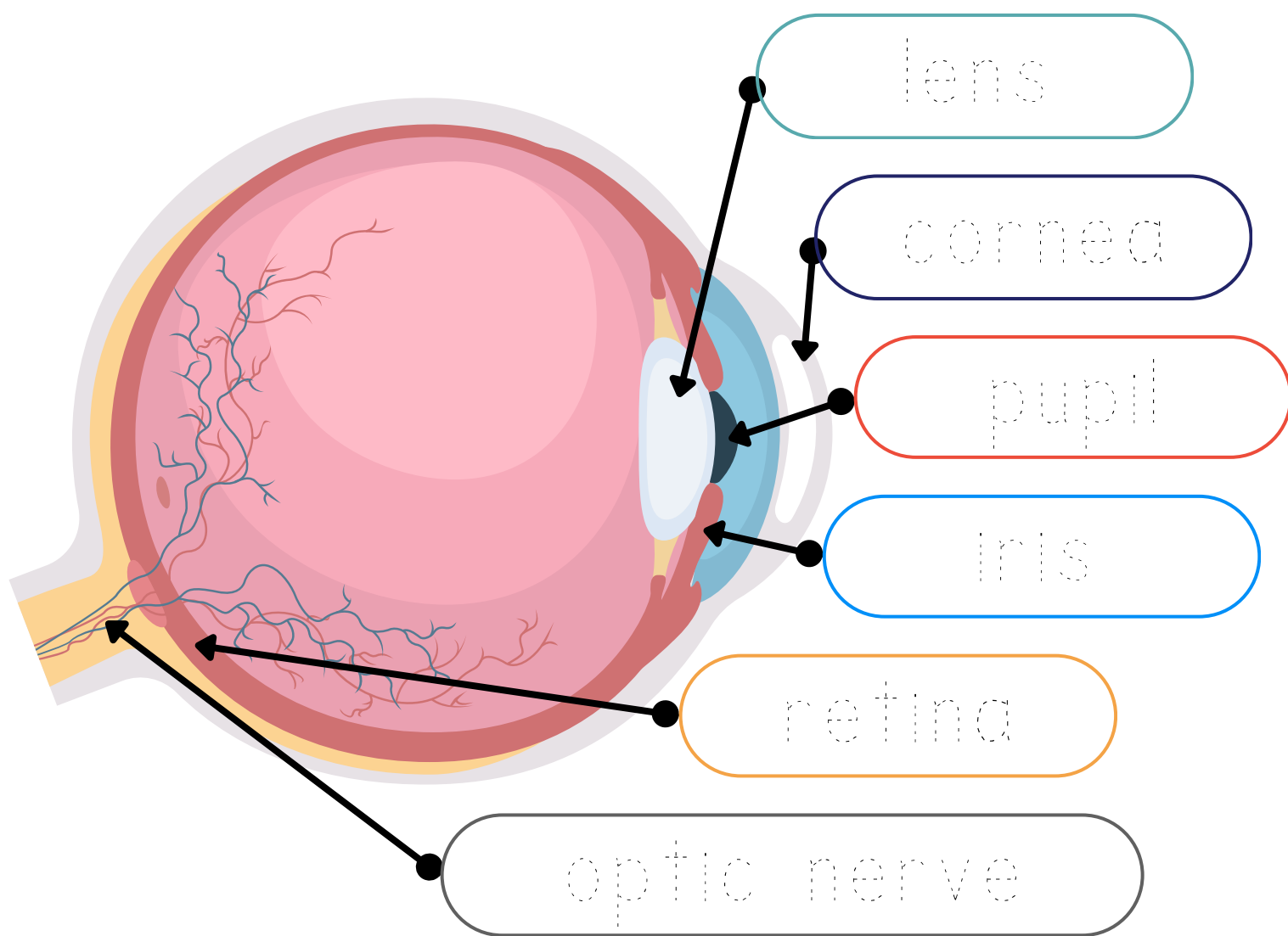
3: My Eyes Let Me See

My Eye Has Different Parts

Sight helps you learn, stay safe, and have fun. Your eyes and brain work together with light to let you see. Each part of the eye has a special job, like focusing, letting in light, or seeing colors.

Tracing & Labeling: Parts of the Eye

Trace each word to label the parts of the eye. Then follow each arrow from the word to the eye part with your finger to learn where each part of the eye is.



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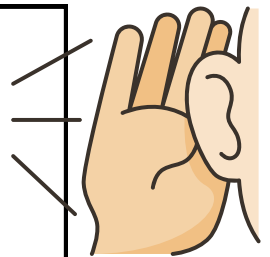
4: My Ears Let Me Hear

My Ears Catch Sound Waves

Sound is made by vibrations that move through the air. Your ears catch the sounds and send them to your brain, which understands them as music, voices, and laughter. The parts of your ear work together to help you hear.

Drawing: Sounds

Draw a picture of something you listened to today. Then color your picture.



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5: My Nose Lets Me Smell

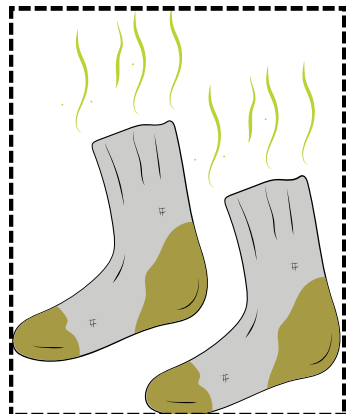
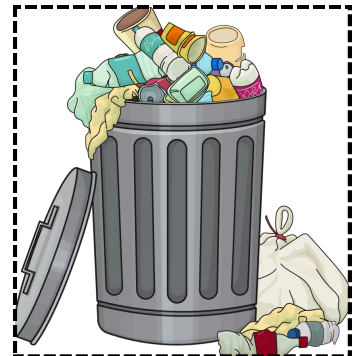
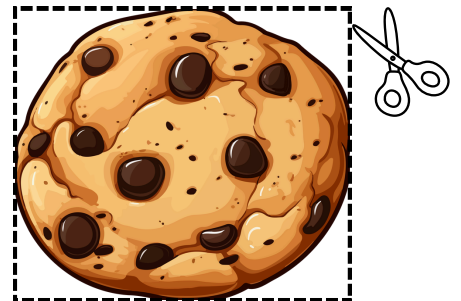
My Nose Has Special Sensors

Smells come from tiny bits in the air called odorants that go into your nose.

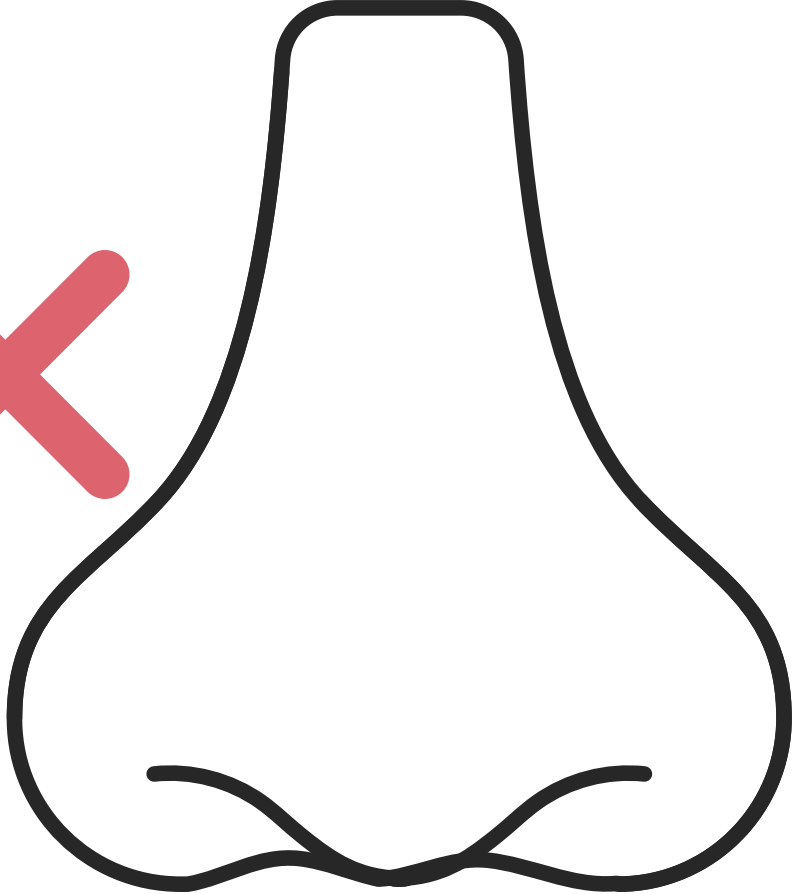
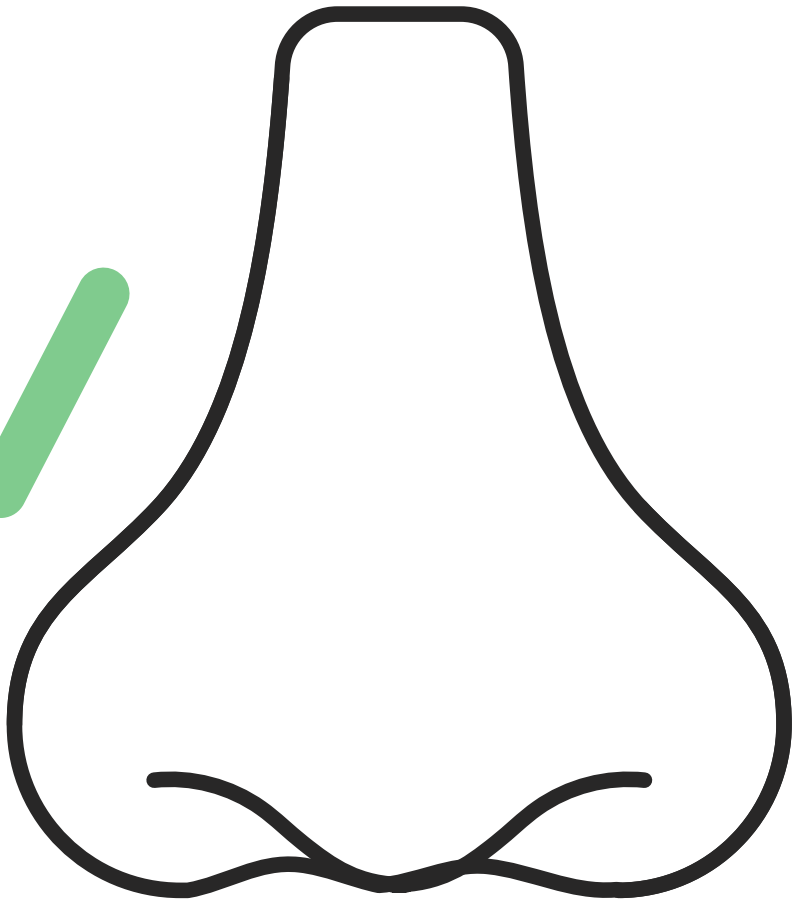
Special sensors inside your nose send messages to your brain, which tells you if a smell is good, bad, or just strange.

Sorting: Smells

In the blank squares, draw something you think smells good and something you think smells bad. Next, cut out all the pictures below. Then sort the pictures into whether they smell good or smell bad by gluing or taping the pictures to the noses on the next page.



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6: My Tongue Lets Me Taste

My Tongue Tastes 5 Different Flavors

Your tongue is a muscle that helps you taste. It works with your nose to notice five tastes: **sweet**, **sour**, **salty**, **bitter**, and **umami**. These tastes make food yummy and can warn you if food is bad. Your tongue also helps you talk, swallow, lick, and even whistle.

Matching: Flavors

Match the flavor to the picture that shows an example of the flavor.

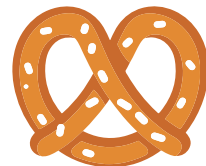
sweet



umami



sour



bitter



salty



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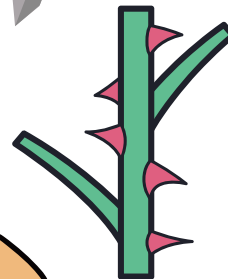
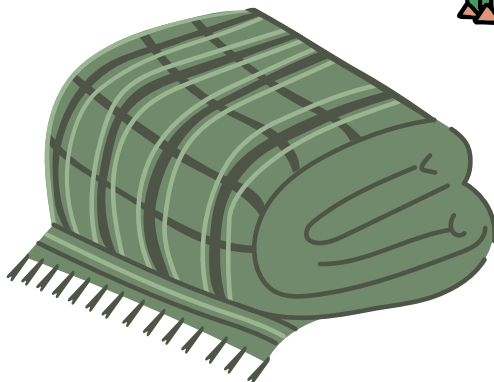
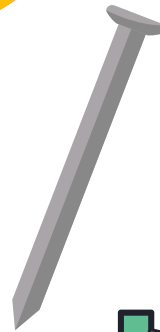
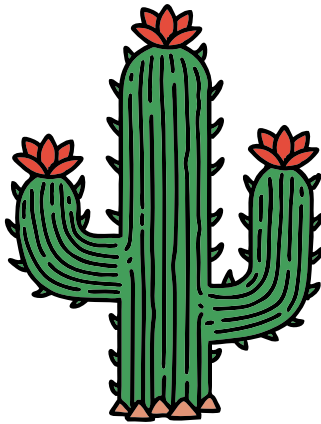
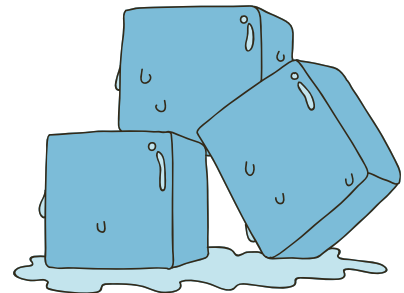
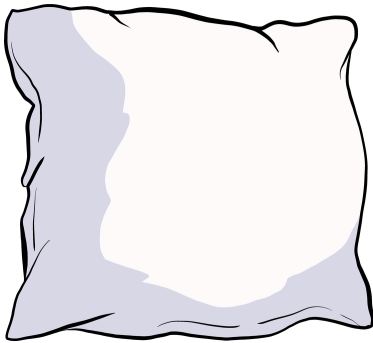
7: My Skin Lets Me Feel and Touch

My Skin Sensors Keep Me Safe

Your skin has sensors that send messages to your brain. This helps you enjoy things like soft blankets and warm sunshine. It also keeps you safe by warning you if something is sharp, hot, or hurts.

Identifying: Pleasure or Pain

Circle the pictures that show something that would feel good if you touched it. Draw an X through the pictures that show something that would feel painful if you touched it.



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8: I Can Take Good Care of My Body

Good Choices Keep My Body Healthy

You are the steward (caretaker) of your body. Your body needs you to make healthy choices and stay away from things that can cause harm. What you eat, how you rest, if you exercise, and how you stay safe all affect your health.

Drawing & Tracing: Being a Good Body Steward

Trace the sentence below. Then, draw and color a picture of something you can do to take good care of your body.

I can take good care
of my body.

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