

SCIENCE

Student Book

▶ **2nd Grade** | Unit 4

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YOU

SCIENCE 204

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LIFEPAC Test |Pull-out

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YOU



You are one of billions 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 what you will 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 MyPlate.
8. You will be able to list how many helpings from each level of the MyPlate you need each day.
9. You will be able to list good health habits.

New Words

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

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.

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.

MyPlate (my plate). A chart listing what kinds of foods are healthy.

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.

1. YOU ARE LIKE OTHER PEOPLE

People are made by God. The first person was Adam. Look over the whole earth and you will not find one person who was not made by God. 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.

heart. The organ that sends blood through your body.

joint. The place where bones are joined together.

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.

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**.



| Bones



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!



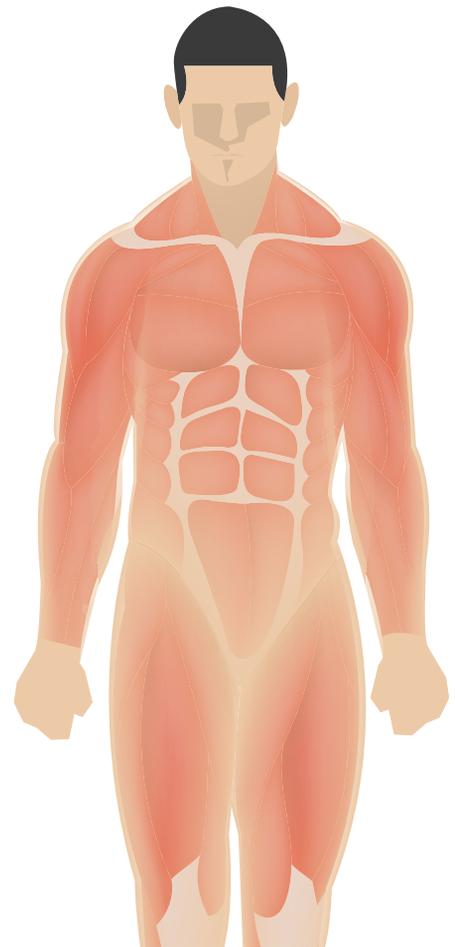
Sit in a chair. Put your legs out straight. Slowly put them down.

- 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.



| Muscles

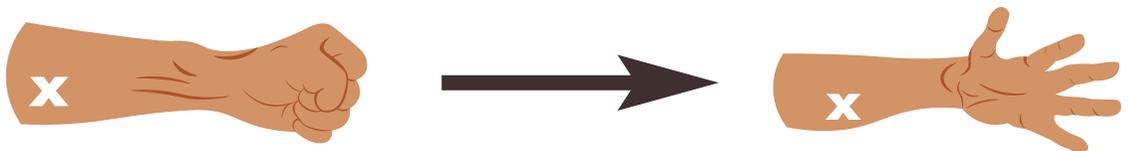


Do this activity.

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.

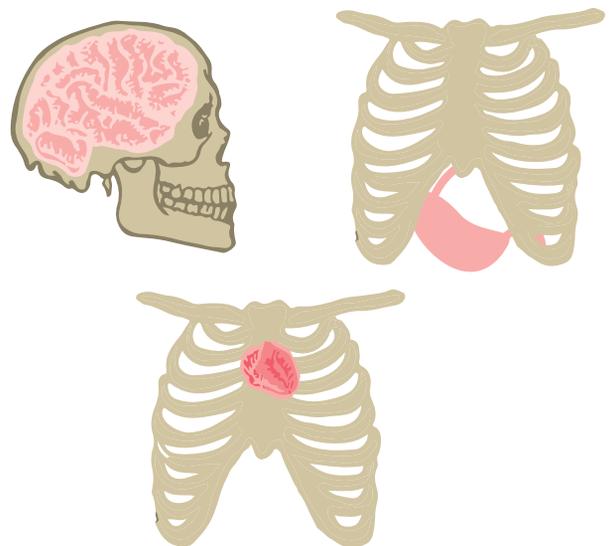


| Muscles move bones.



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.



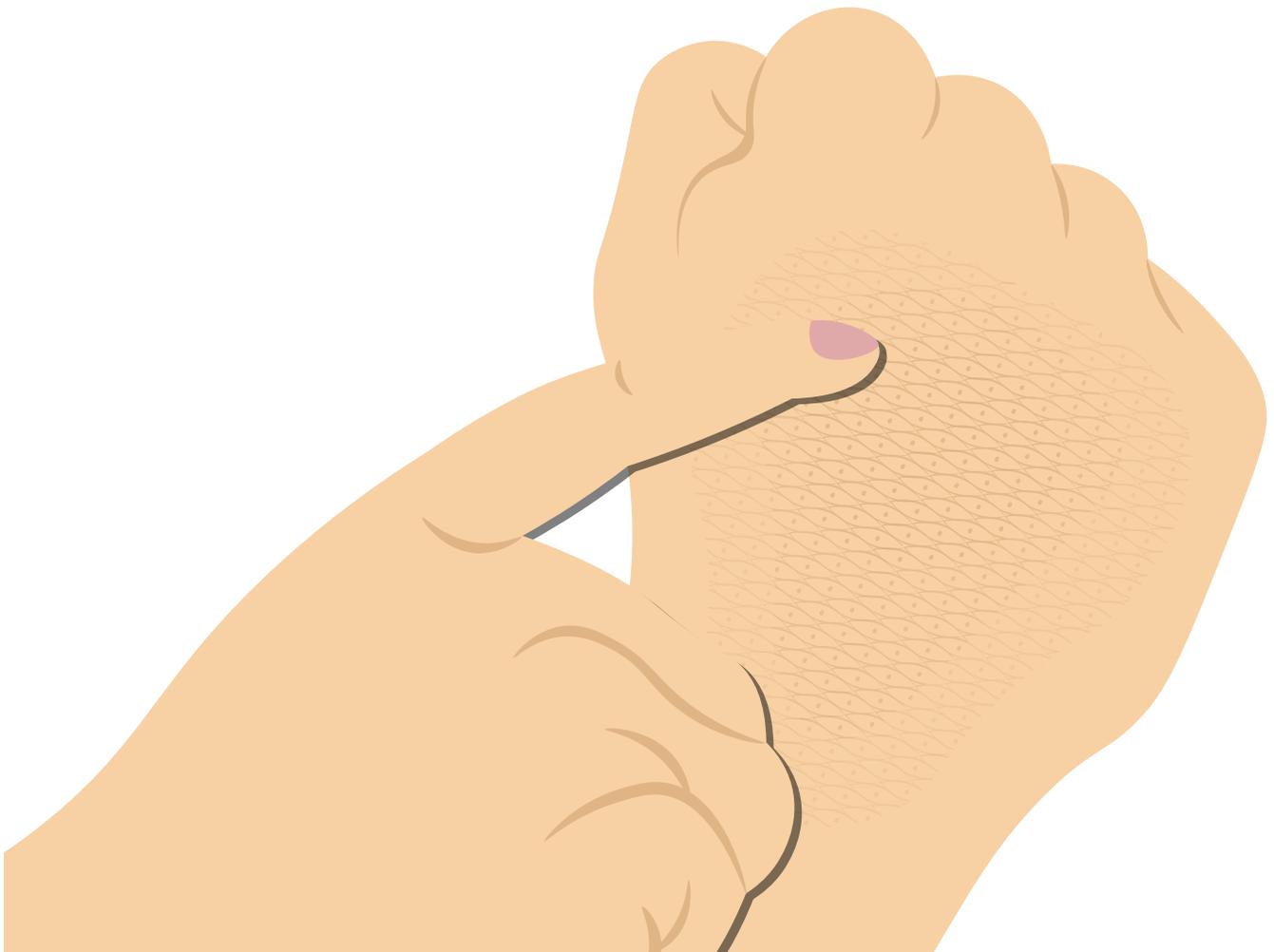
| Bones protect organs.

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.



| Pores are little holes in your skin.



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 _____ .
_____ .



Before you take the Self Test, study what you have read and done. The Self Test will check what you remember.

SELF TEST 1

Each answer = 1 point

Draw a line to match the word and its meaning.

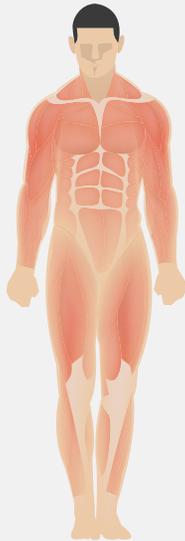
- | | | | |
|-------------|-----------|---|--|
| 1.01 | bone ▶ | ◀ | take care of |
| 1.02 | muscle ▶ | ◀ | organ used for thinking |
| 1.03 | organ ▶ | ◀ | hard part inside your body |
| 1.04 | protect ▶ | ◀ | organ that sends blood through your body |
| 1.05 | brain ▶ | ◀ | part inside your body that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

Print the right word under the picture or pictures.

muscles organs bones skin



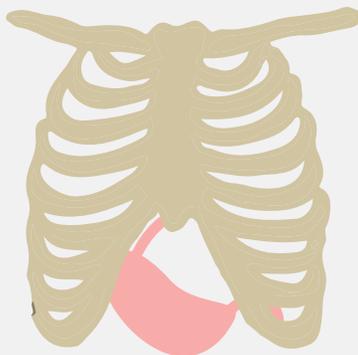
1.07 _____



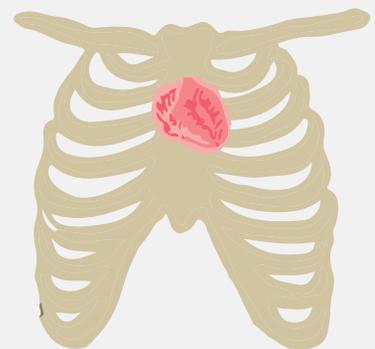
1.08 _____



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 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



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