

SCIENCE

Student Book

► **1st Grade** | Unit 6

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GROWING UP HEALTHY

SCIENCE 106

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LIFEPAC Test |Pull-out



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GROWING UP HEALTHY

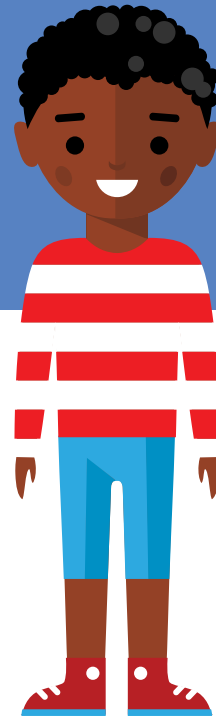


Meet Dan.

Dan will go with you
through this LIFEPAK®.

Dan will help you see
how things grow.

Dan will help you learn
how to grow up healthy.



Objectives

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

1. I can name three things that grow.
2. I can tell two ways that I am growing.
3. I can name five foods that are good for me.
4. I can show two exercises that are good for me.
5. I can tell how much sleep I need.

1. GROWING

All living things grow.

Plants grow.

Animals grow.

People grow.



Plants and Animals Grow

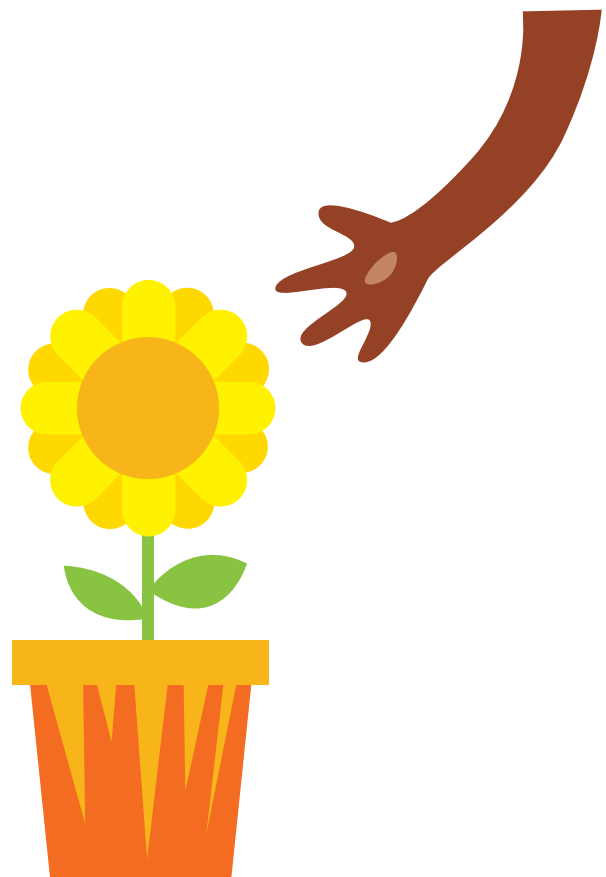
Look at the seed.

Dan put the seed in the garden.

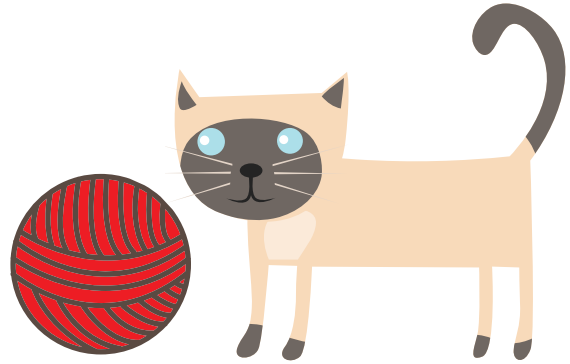
Dan watered the seed.

The seed grew.

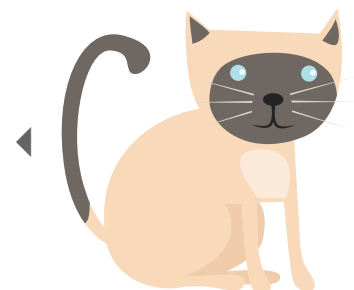
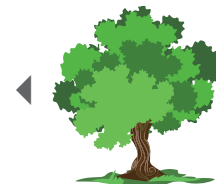
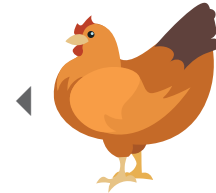
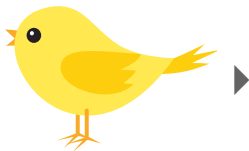
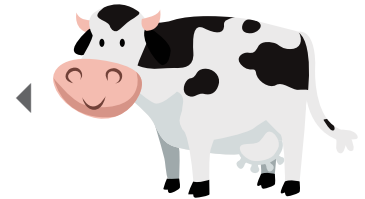
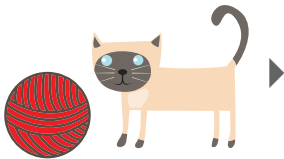
The seed grew into a plant.



Look at Tat.
 Tat is Dan's kitten.
 Tat is growing.
 As Tat grows,
 she gets bigger.
 Soon Tat will be a cat.



Match the small plant or animal to what it will be when it grows bigger.

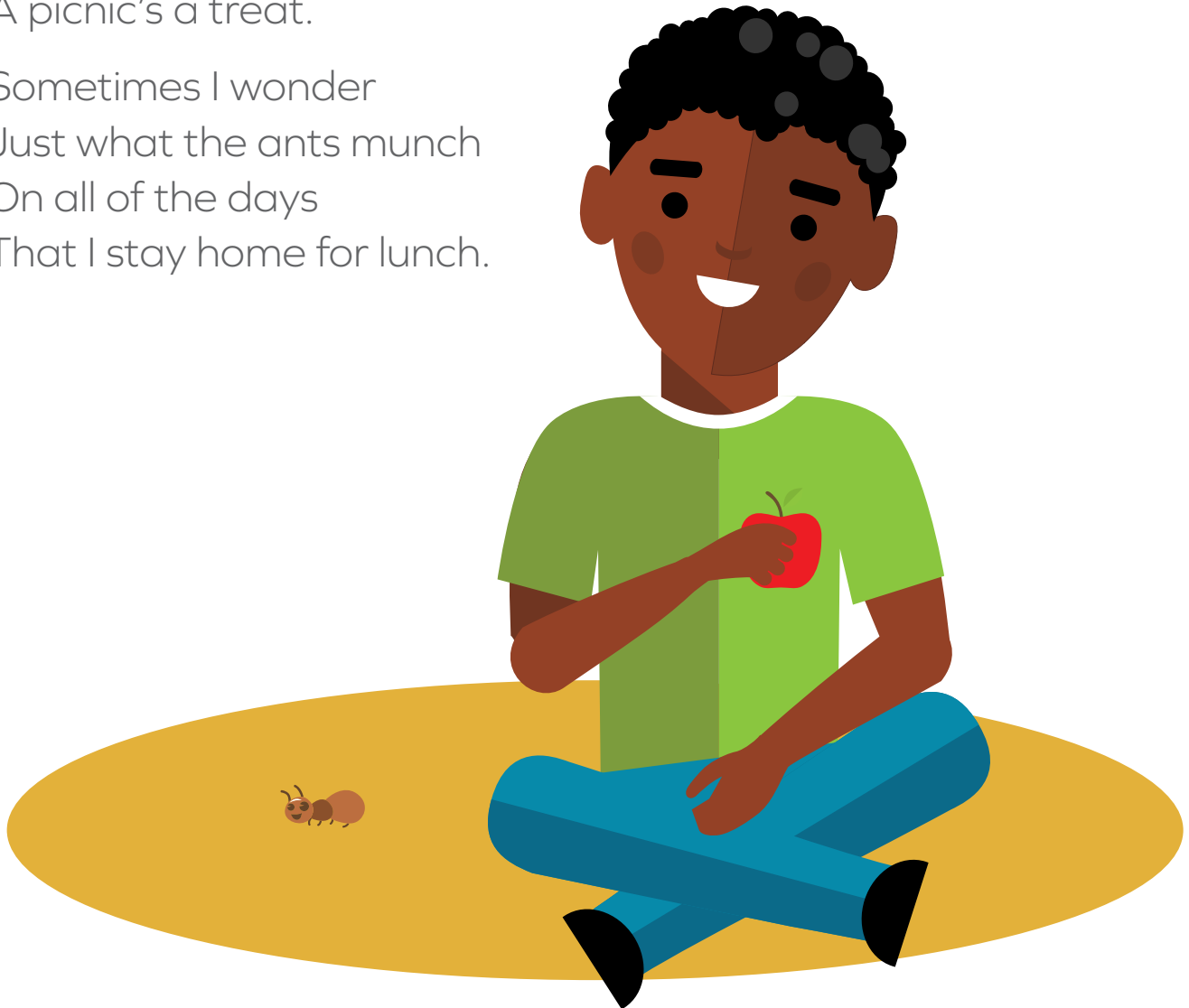


What's for Lunch?

Sunshine and rain
Will help grow a plant.
But the rain and the sun
Cannot grow an ant.

Like all other animals
Ants need to eat.
For children and ants
A picnic's a treat.

Sometimes I wonder
Just what the ants munch
On all of the days
That I stay home for lunch.





Circle yes or no.

An ant is a plant.

yes

no

Plants like picnics.

yes

no

Rain helps plants grow.

yes

no

Children need to eat.

yes

no



Your Body Grows

You are growing.
You are taller now than you were four years ago.

Dan is growing.
Dan will grow to be a man.
As Dan grows, he gets bigger.
As you grow, you get bigger.





Draw yourself.

My Baby Picture

My Picture Now

My Picture When I Grow Up

You Grow

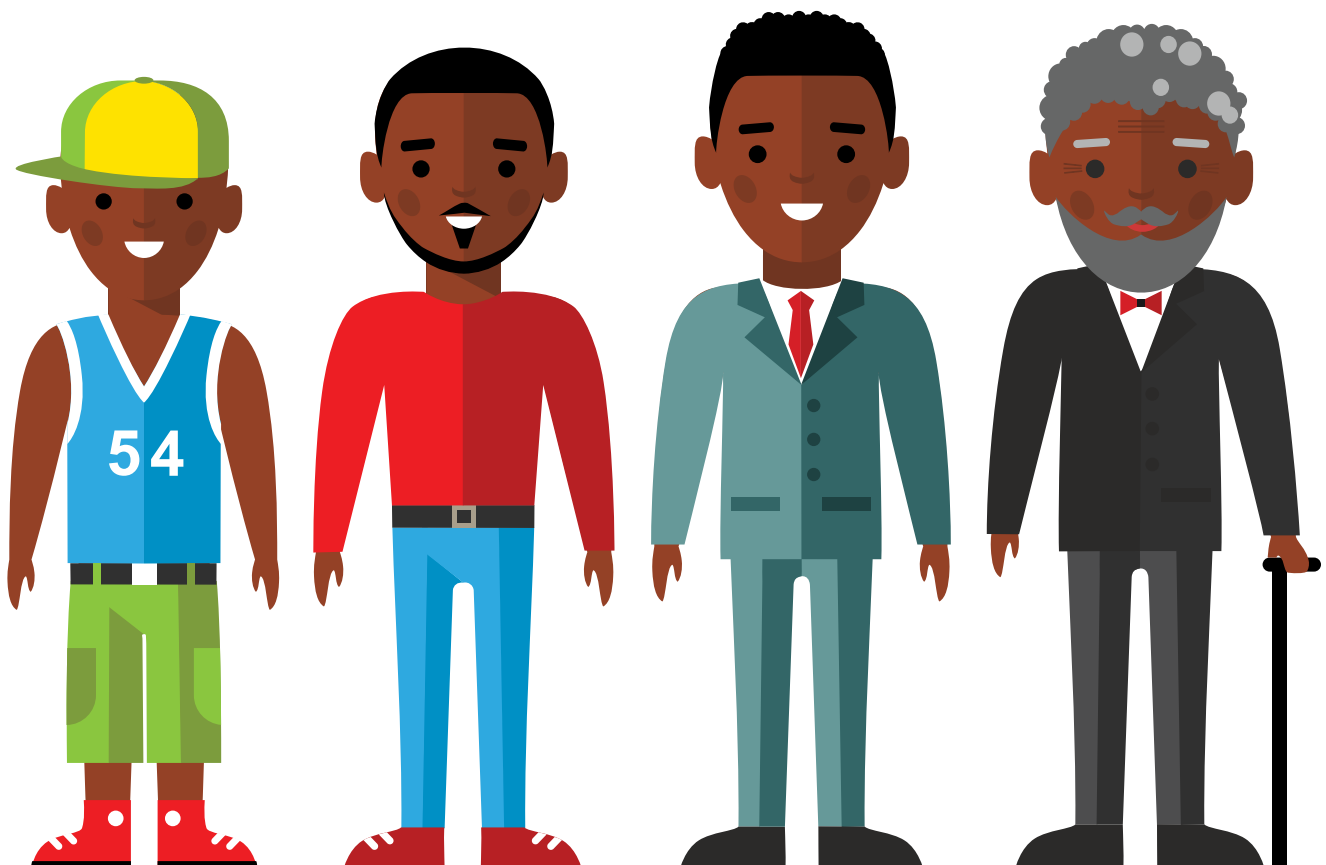
As you grow up, your body grows taller.

You grow up in other ways, too.

You learn to share.

You learn to help others.

You change the way you act.





Finish the faces 😊 or ☹️ .

When you help someone, he is ☹️ .

When you fight, you are ☹️ .

When you share, you make someone ☹️ .

When you hurt someone, you make him ☹️ .

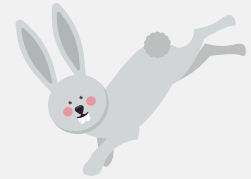
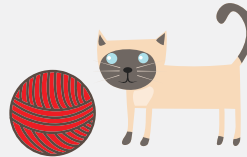
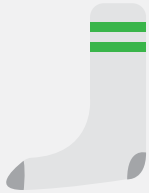
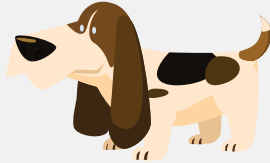
When you help your mother and father, they are ☹️ .



SELF TEST 1

Each answer = 1 point

Circle the things that can grow.



Write the answer.

plant

man

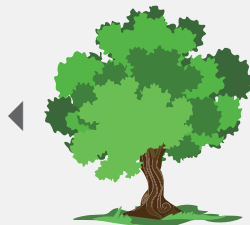
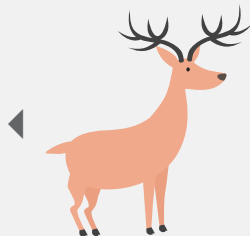
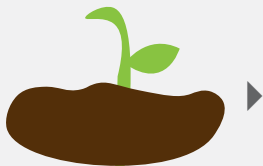
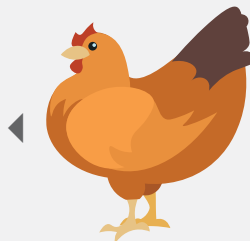
ant

Dan will grow to be a _____.

A seed will grow to be a _____.

An _____ likes picnics.

Match the small plant or animal to what it will be when it grows up.



Draw  or  .

Dan helps his kitten.



Dan hurts you.



You help mother.



Teacher Check

Initial Date



My Score



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