

Table of Contents

Descriptions and Instructions for Each Page in Journal	6	Lesson 6 The Respiratory System	82
Daily Schedule/ Reading Guide	8	Fascinating Facts About the Respiratory System	82
Journal Owner Cover Page	13	What Do You Remember?	84
Personal Person Project	15	Notebooking Activity: Smoking Speech	85
 		Vocabulary Crossword	86
Lesson 1 Introduction to Anatomy and Physiology	16	Scripture Copywork	88
Fascinating Facts about Anatomy and Physiology	16	Minibook Paste Page	90
Cell Anatomy	18	More to Explore	91
What Do You Remember?	19	Project Page	92
Notebooking Activity: History of Anatomy	20	 	
Vocabulary Crossword	22	Lesson 7 Life in the Blood	93
Scripture Copywork	24	Fascinating Facts About Blood	93
Minibook Paste Page	26	What Do You Remember?	95
More to Explore	27	Notebooking Activity: Blood Components	96
Project Page	28	Notebooking Activity: Apologia of Faith	97
 		Vocabulary Crossword	98
Lesson 2 The Skeletal System	29	Scripture Copywork	100
Fascinating Facts about the Skeletal System	29	Minibook Paste Page.....	102
What Do You Remember?	30	More to Explore	103
Notebooking Activity: Label a Skeleton	31	Project Page	104
Vocabulary Crossword	32	 	
Scripture Copywork	34	Lesson 8 The Cardiovascular System	105
Minibook Paste Page.....	36	Fascinating Facts About the Cardiovascular System	105
More to Explore	37	How Blood Flows Through the Heart	107
Project Page	38	What Do You Remember?	108
Scientific Speculation Sheet	39	Notebooking Activity: Advertisement	109
 		Scripture Copywork	110
Lesson 3 The Muscular System	40	Vocabulary Crossword	112
Fascinating Facts About the Muscular System	40	Minibook Paste Page	114
What Do You Remember?	42	More to Explore	115
Notebooking Activity: Muscle Times	43	Project Page	116
Vocabulary Crossword	44	 	
Scripture Copywork	46	Lesson 9 The Nervous and Endocrine Systems	117
Minibook Paste Page	48	Fascinating Facts About the Nervous System	117
More to Explore	49	What Do Your Remember?	119
Project Page	50	Notebooking Activity: Label a Brain and Neuron	120
Scientific Speculation Sheet	51	Notebooking Activity: Venn Diagram	121
 		Scripture Copywork	122
Lesson 4 The Digestive and Renal Systems	52	Vocabulary Crossword	124
Fascinating Facts About the Digestive System	52	More to Explore	127
What Do You Remember?	54	Project Page	128
Notebooking Activity: Comic Strip	55	Paste Page	129
Vocabulary Crossword	56	 	
Scripture Copywork	60	Lesson 10 The Nervous System Extended	130
Minibook Paste Page.....	62	Fascinating Facts About the Nervous System	130
More to Explore	63	What Do You Remember?	131
Project Page	64	Notebooking Activity: Brain and Spinal Cord	132
 		Notebooking Activity: Cerebral Lobes	134
Lesson 5 Health and Nutrition	65	Vocabulary Crossword	135
Fascinating Facts About Nutrition	65	Scripture Copywork	136
What Do You Remember?	66	Minibook Paste Page	138
Try This! Page	67	More to Explore	139
Notebooking Project: Food Pyramid	68	Project Page	140
Notebooking Activity: Dinner Menu	69	 	
Vocabulary Crossword	72		
Scripture Copywork	76		
Minibook Paste Page	78		
More to Explore	79		
Project Page	80		
Scientific Speculation Sheet	81		

Table of Contents

Lesson 11 Your Senses	141	Final Review Questions	195
Fascinating Facts About Your Senses	141	Vocabulary Crossword Solutions	197
What Do You Remember?	142	Final Review Solutions	200
Notebooking Activity: Diagram of Eye	143	Field Trip Sheets	201
Vocabulary Crossword	144	Minibooks	Appendix
Scripture Copywork	148	Personal Person Templates	Appendix
Minibook Paste Page	150		
More to Explore	151		
Project Page	152		
Lesson 12 The Integumentary System	153		
Fascinating Facts About the Integumentary System	153		
What Do You Remember?	155		
Notebooking Activity: Diagram of Skin	156		
Notebooking Activity: Fingerprints	157		
Try This! Page	158		
Braille Alphabet Activity	159		
Try This! Page	161		
Scripture Copywork	162		
Vocabulary Crossword	164		
Minibook Paste Page	166		
More to Explore	167		
Project Page	168		
Scientific Speculation Sheet	169		
Lesson 13 The Lymphatic and Immune Systems	170		
Fascinating Facts About the Immune System	170		
What Do You Remember?	171		
Notebooking Activity: Pathogens and Defense Pages	172		
Scripture Copywork	174		
Vocabulary Crossword	176		
Minibook Paste Page	180		
More to Explore	181		
Project Page	182		
Scientific Speculation Sheet	183		
Lesson 14 Growth and Development	184		
Fascinating Facts About Growth and Development	184		
What Do You Remember?	185		
Notebooking Activity: Stages of Development	186		
Possible Purpose Page	187		
Scripture Copywork	188		
Vocabulary Crossword	190		
Minibook Paste Page	192		
More to Explore	193		
Project Page	194		

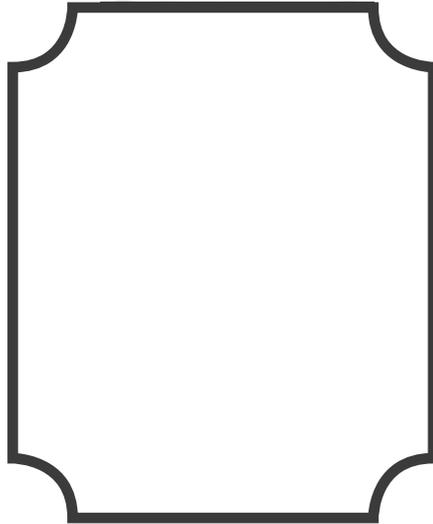
Fascinating Facts



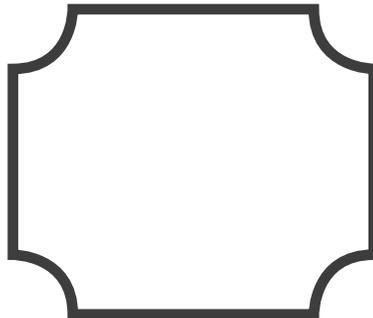
about

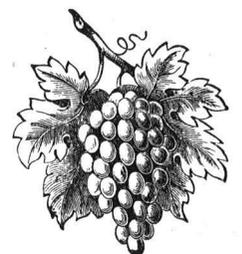
NUTRITION

ASSON 5









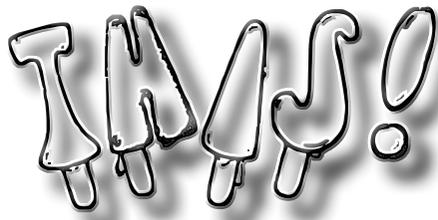
NAME _____

DATE _____

WHAT DO YOU REMEMBER?

LESSON 5

1. How do you know if you are dehydrated?
2. Why do simple carbohydrates give you quick bursts of energy, while complex carbohydrates don't necessarily do that?
3. What do carbohydrates change into inside the body?
4. Proteins are made of what kind of molecules strung together?
5. What is a complete protein?
6. Which foods provide your body with omega 3 fatty acids?
7. Name three vitamins that are important to get, and tell why they are important.
8. Where are minerals found?
9. Name two minerals, and tell why they are important for your body.

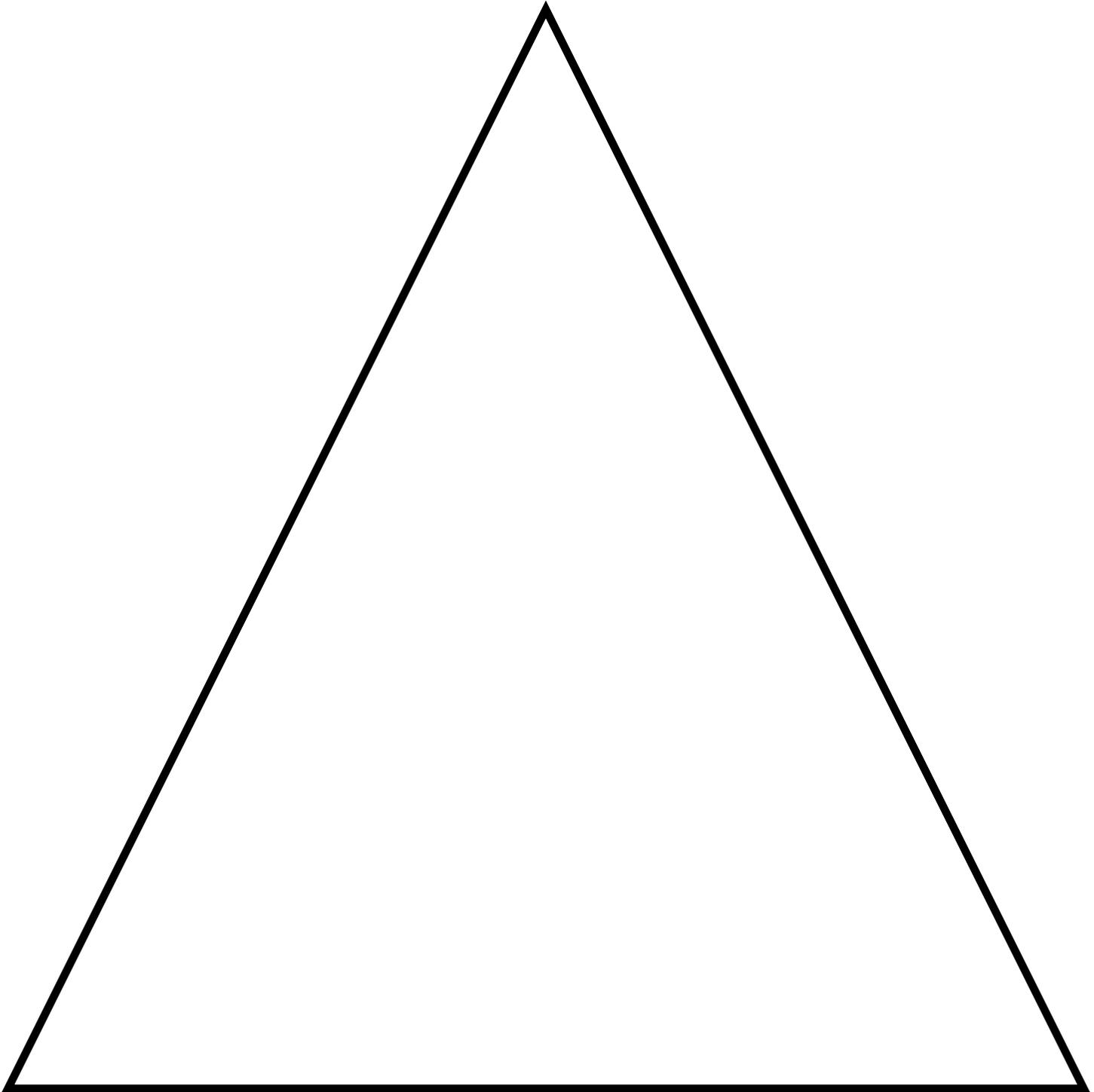
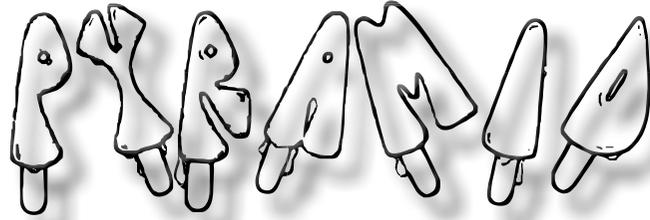
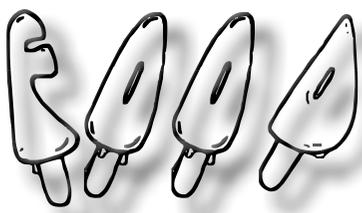


What I did:

What I did:

What I learned:

What I learned:





MEMORU



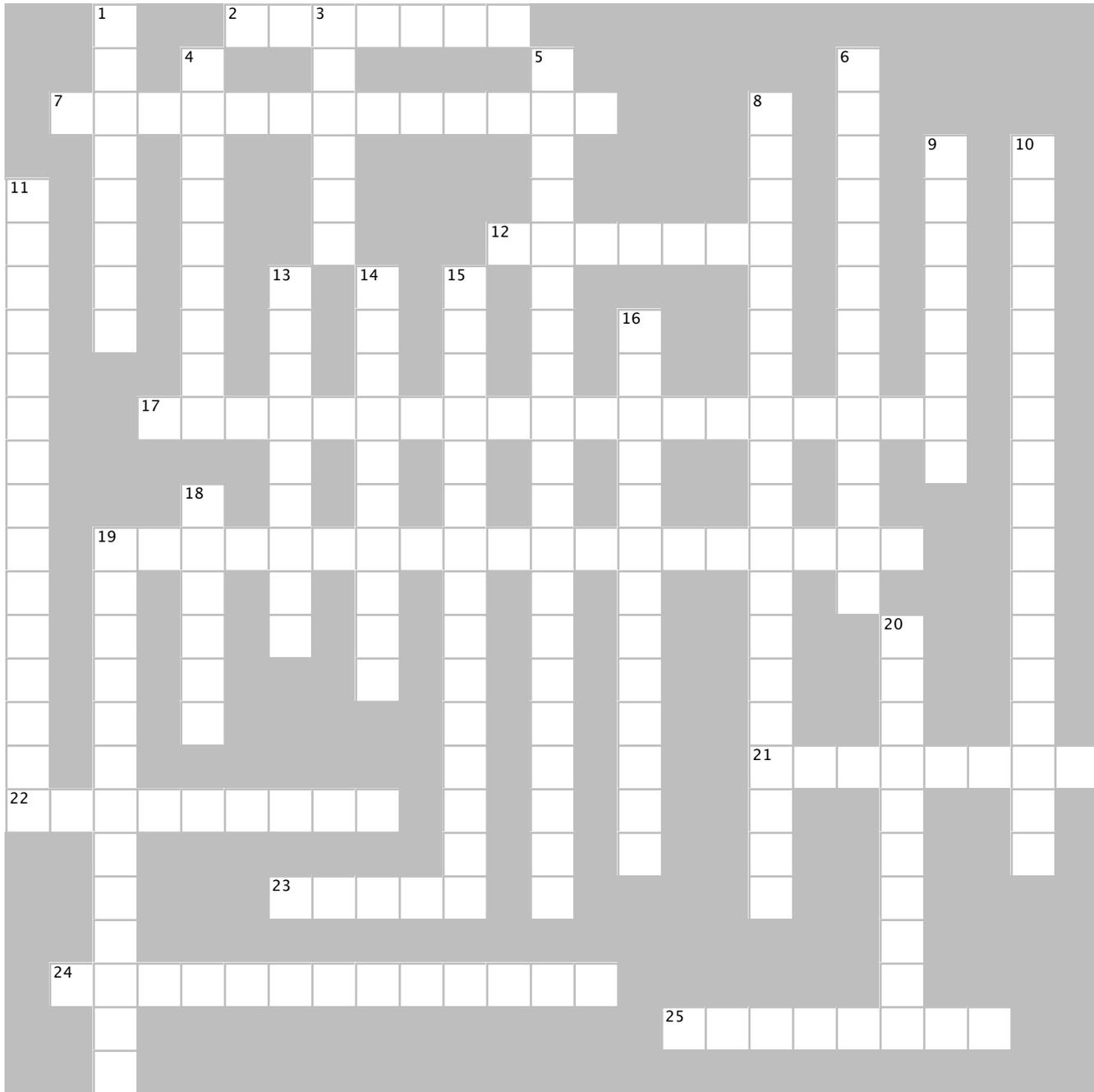
My Menus

Here you will make a pocket in which to keep all your menus. Cut a sheet of construction paper in half and glue it over this text along the bottom and side edges of the rectangle. Do not glue down the top edge! Make copies of the menu template on the previous page, or go to the book extras page I told you about at the beginning of this book to download a copy you can print from your printer. You can also create your own menu templates. Be sure to save all your menus in this pocket. You'll want to refer to them for future meals!



VOCABULARY CROSSWORD

HEALTH AND NUTRITION



NUTRIENTS
MOLECULES
FRUCTOSE
GLUCOSE
GLYCOGEN
FATTY ACIDS
OMEGA 6
TRANS FATS
GLYCEROL

ATOMS
CARBOHYDRATES
GLYCEMIC INDEX
BLOOD SUGAR
PROTEIN
OMEGA 3
HYDROGENATION
CALORIES

SIMPLE CARBOHYDRATES
COMPLEX CARBOHYDRATES
ESSENTIAL AMINO ACIDS
ESSENTIAL FATTY ACIDS
UNSATURATED FATS
INCOMPLETE PROTEIN
COMPLETE PROTEIN
SATURATED FATS
TRIGLYCERIDES





VOCABULARY CROSSWORD

HEALTH AND NUTRITION



Across

2. A strand of amino acids; a substance made and used in every cell in your body.
7. A process whereby unsaturated fats are chemically converted into saturated fats.
12. Your body turns most carbohydrates into this one simple carbohydrate.
17. The nine amino acids that your body cannot make, but that are essential (required) for your cells to make the proteins they need. THREE WORDS
19. Small carbohydrate molecules (sugars) that digest easily and provide “quick energy” for your body. TWO WORDS
21. Units we use to measure energy.
22. Substances found in food and drink that your body needs to be healthy.
23. The smallest units of an element that retain the properties of the element.
24. Carbon, hydrogen and oxygen atoms linked together in specific forms that can be broken down to give your body the energy it needs.
25. Three fatty acid molecules are linked together with this molecule to form a fat.

Down

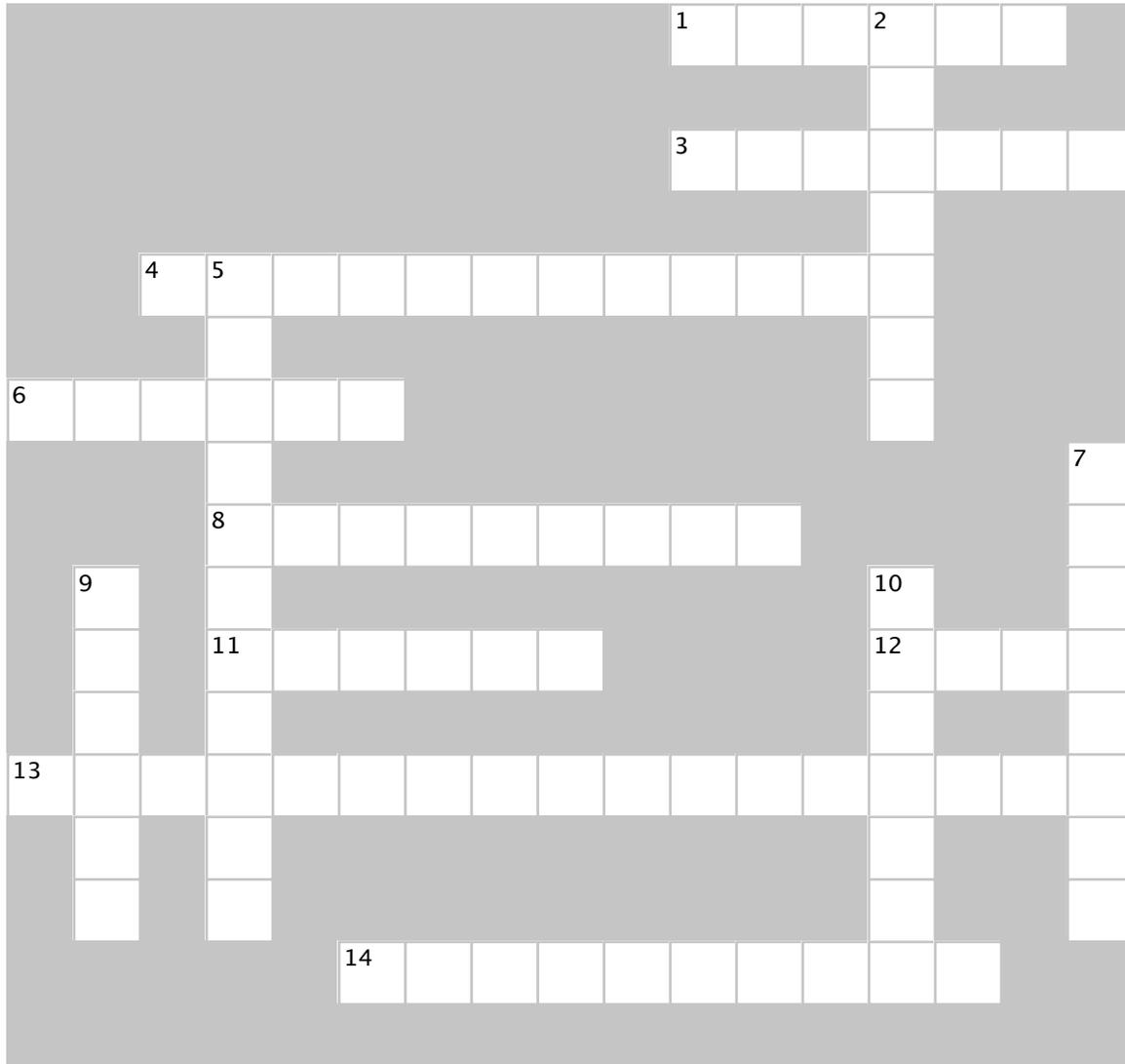
1. The liver changes glucose into this complex carbohydrate. It becomes stored energy for later use.
3. The type of essential fatty acid of which your body needs the greatest amount. It is found in most cooking oils. TWO WORDS
4. Unhealthy fats that have been industrially altered through hydrogenation. TWO WORDS
5. Large carbohydrate molecules (unrefined starches) that take a long time to digest. They release energy into your bloodstream slowly. TWO WORDS
6. The measure for how quickly food releases energy (in the form of glucose) into your bloodstream. TWO WORDS
8. The fatty acids your body can't make but must have in order to continue making the special fats it needs to survive. THREE WORDS
9. The very sweet sugar found in most fruits.
10. A protein (like those found in vegetables) that contains only some of the essential amino acids. TWO WORDS
11. A protein, such as those from meat or eggs, that contains all nine essential amino acids. TWO WORDS
13. These are formed when two or more different kinds of atoms are linked together.
14. Fats are made up of three _____ attached to a glycerol. TWO WORDS
15. Fats that are usually liquid at room temperature, such as those that come from olives or nuts. TWO WORDS
16. Another name for fats, based on the three fatty acid chains linked to a glycerol to make a fat.
18. One of the two types of essential fatty acids your body needs. Among other foods, it can be found in tuna, dark leafy green vegetables and flax seeds. TWO WORDS
19. Fats that are usually solid at room temperature, such as butter. TWO WORDS
20. What we call the glucose in your bloodstream. TWO WORDS





VOCABULARY CROSSWORD

VITAMINS



VITAMIN DEFICIENCY
IODINE
GOITER
FAT SOLUBLE
IRON
SCURVY
OXIDATION

WATER SOLUBLE
SODIUM
ANTIOXIDANT
CALCIUM
RICKETS
MINERAL
COENZYME





VOCABULARY CROSSWORD



VITAMINS

Across

1. A disease caused by a vitamin C deficiency.
3. A mineral your body needs to have strong bones.
4. A vitamin that dissolves easily in water and is not stored in your body is said to be _____. TWO WORDS
6. A swelling of the thyroid gland that can result from a lack of iodine.
8. What occurs when fruits are exposed to air, and the oxygen stimulates cellular enzymes to begin to break down the cell walls, turning the fruit brown.
11. A mineral found in seawater and iodized salt.
12. An important mineral for your body that is plentiful in beef.
13. A condition that occurs when your body doesn't get the proper amount of a vitamin it needs. TWO WORDS
14. A vitamin that dissolves easily in fat and is stored in your body is said to be _____. TWO WORDS

Down

2. A disease caused by a vitamin D deficiency, affecting how bones grow and remodel.
5. Something that helps to stop the oxidation process.
7. An enzyme's helper. Some vitamins play this helper role in your body.
9. One of the minerals that your body needs most. It is found in table salt.
10. A nutrient originally obtained from non-living sources. These nutrients are usually found in the earth, rivers, lakes, streams and oceans, and many are required by your body.





Copywork

Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.

Proverbs 3:7-8



Copywork

Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.

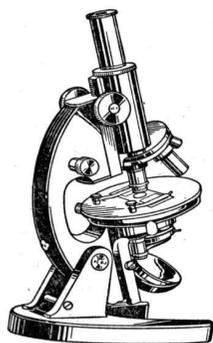
Proverbs 3:7 -8

NUTRITION MATCHBOOK

LESSON 5

Paste your Nutrition
Matchbook onto this
page.





MORE TO EXPLORE



LESSON 5

The Bible and Food

What does the Bible say about foods that are good for you? Read the story of Daniel and learn about the food he ate when he was taken into captivity. You can also study the different foods mentioned in the Bible. Which foods are considered healthy and which are considered unhealthy? Why did God deem some clean and some unclean? Organize your findings into a report and present it to your family.

People in the Bible grew their own food. Did it taste better than the store bought food we eat today? You can find out by growing some fruits and vegetables in your back yard. Do a taste test by comparing your homegrown food with the same food items from a grocery store. Which do your taste buds prefer: store bought or homegrown?

Vitamin C and Cold Prevention

Vitamin C is said to be effective against colds. Conduct an experiment to see whether taking vitamin C can prevent or lessen the symptoms associated with the common cold. Gather a large group of people. Instruct half of the group to take vitamin C every day for 30 days, and the other half not to take any vitamin C. Contact the people regularly during the 30 day period to see if they have experienced any cold symptoms. Note the severity of the symptoms. At the end of the 30 days, compare the two groups. Write a summary of your findings about the effectiveness of vitamin C for cold prevention. If done correctly, this could be a great science fair project.

Plants and Vitamins

The nutrients we feed plants are like vitamins for the plants. You can conduct an experiment to identify which brand of food is best for plants. You can also experiment to find out which types of nutrients are best for plants. You will need three identical plants in identical soil and containers, placed in the same spot and watered the exact same amount. You will also need two kinds of plant food. One of the three plants will be your control plant, receiving no food at all. The other two should be tested with one kind of plant food each. After a time, measure the plants' growth and color (inductive and deductive data) and record which plant fared best.

Cookbooks for Kids

The Gastrokid Cookbook by Hugh Garvey and Matthew Yeomans. This cookbook is for the kid who's willing to boldly explore new culinary tastes and experiences!

New Junior Cookbook: Better Homes and Gardens. The adult version of this "red and white checked" cookbook was the staple of my parents' kitchen and is a staple in mine as well.

Southern Living Kids Cookbook by Southern Living. This cookbook contains 124 recipes that kids will love to cook and eat!

"C" is for Cooking: Recipes from the Street by Susan McQuillan. Every recipe in this cookbook highlights at least one task that a young child can perform.

My Nutrition Projects

Lesson 5

What I did:

What I did:

What I learned:

What I learned:



SCIENTIFIC SPECULATION SHEET

Testing for Vitamin C

Lesson 5

Name _____

Date _____

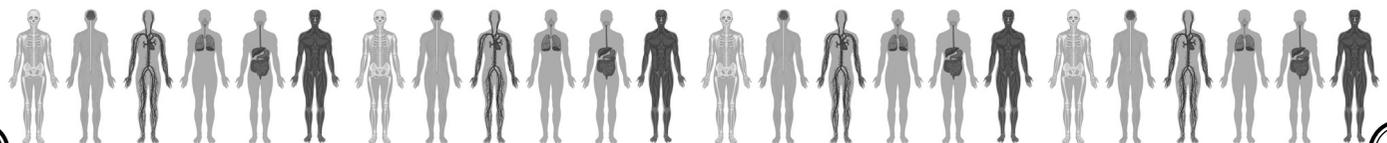
Materials Used:

Procedure:

Hypothesis:

Results:

Conclusion:







Vitamin A





B Vitamins



Minerals