

301
Respect for God’s Creation

Designed by God
 Learning about manners
 Good manners with friends
 Taking care of God’s gifts

Many Parts Working Together

Five Amazing Senses
 Your Body: From Cells to Systems
 Your Nervous System
 Your Brain: Learning and Remembering

Your Skeleton System

Your Skeleton
 What Your Bones Do
 Keeping Your Bones Healthy
 Bone Fractures and Diseases

302
Muscle System

Muscles and Tendons
 Types of Muscles and What They Do
 Keeping Muscles Healthy
 Discovery Lesson

Digestive System

Your Mouth, Esophagus, and Stomach
 Your Small and Large Intestines
 Your Liver and Pancreas
 Keeping the Digestive System Healthy

Nutrition—Food Your Body Needs

Five Food Groups
 Nutrients for Your Body
 The ABCs of Vitamins
 Minerals and Nutrition Facts

303
Circulation System

Your Heart, Arteries, and Veins
 How Your Circulation and Kidneys Work
 Your Blood and Blood Cells
 Wounds and Heart Disease

Breathing System

Your Nose and Windpipe
 Your Lungs and Diaphragm
 How Breathing Works
 Problems of the Breathing System

Exercise, Sleep, and Clean Air and Water

Discovery Lesson
 Exercise at Work and Play
 Sleep: A Good Night’s Rest
 Clean Air and Water

304
Your Skin, Hair, Nails, and Teeth

Your Skin
 Your Hair and Nails
 Your Teeth
 Things That Hurt Your Skin and Teeth

Keeping Your Body Clean

Taking Care of Your Skin
 Taking Care of Your Hair
 Taking Care of Your Nails and Teeth
 Discovery Lesson

Diseases and Germs

How Germs Cause Disease
 Germs: Viruses and Bacteria
 Diseases Caused by Bacteria
 Diseases Caused by Viruses

305
Basic Safety, First Aid, Fire Safety

Basic Safety
 First Aid for Small Injuries
 Fire Safety
 First Aid for Burns and Choking

Out and About: Hiking, Weather, and Water Safety

Hiking Safety; Knowing Poisonous Plants
 First Aid for Bites and Stings
 Water Safety
 Safety in Weather and Storms

On the Move: Playground, Biking, and Road Safety; More First Aid

Playground and Bike Safety
 Safety on the Road
 First Aid for More Serious Injuries
 Discovery Lesson