

### 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