

HEALTH AND THE PHYSICAL BODY

Grades 3-6

STUDENT JOURNAL

This journal belongs to:



THE GOOD AND THE BEAUTIFUL

INSTRUCTIONS

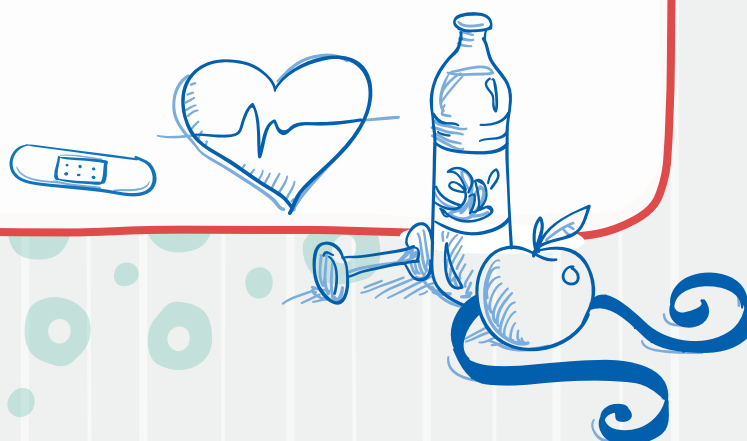
This Student Journal accompanies *The Good and the Beautiful Health and the Physical Body* science unit. It contains all the worksheets and journal pages that are needed to complete the unit. Each student will need his or her own copy of the science journal.

Have each student take his or her time to create high-quality work as the activities and worksheets are completed. Students may enjoy looking back on their past discoveries when they've finished.

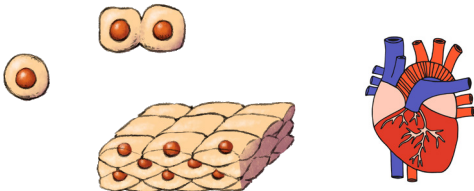
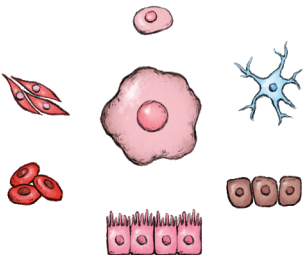
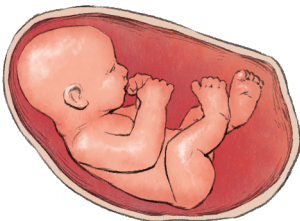
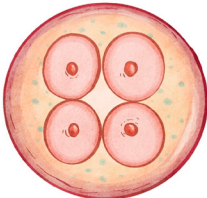
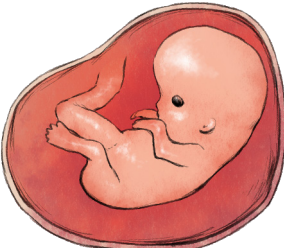


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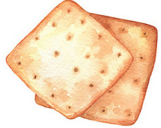
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Cell Division and Development of a Baby Cards

Tissues and Organs 	Baby 
Types of Cells 	Fetus 
Zygote 	Embryo 

FOOD CARDS

☐ Carb ☐ Fat ☐ Protein  Almonds	☐ Carb ☐ Fat ☐ Protein  Muffin	☐ Carb ☐ Fat ☐ Protein  Bagel	☐ Carb ☐ Fat ☐ Protein  Banana	☐ Carb ☐ Fat ☐ Protein  Beans
☐ Carb ☐ Fat ☐ Protein  Beef	☐ Carb ☐ Fat ☐ Protein  Orange	☐ Carb ☐ Fat ☐ Protein  Pancake	☐ Carb ☐ Fat ☐ Protein  Broccoli	☐ Carb ☐ Fat ☐ Protein  Brownie
☐ Carb ☐ Fat ☐ Protein  Pasta	☐ Carb ☐ Fat ☐ Protein  Carrots	☐ Carb ☐ Fat ☐ Protein  Peanuts	☐ Carb ☐ Fat ☐ Protein  Cheese	☐ Carb ☐ Fat ☐ Protein  Pineapple
☐ Carb ☐ Fat ☐ Protein  Chicken	☐ Carb ☐ Fat ☐ Protein  Potato	☐ Carb ☐ Fat ☐ Protein  Shrimp	☐ Carb ☐ Fat ☐ Protein  Sunflower Seeds	☐ Carb ☐ Fat ☐ Protein  Crackers
☐ Carb ☐ Fat ☐ Protein  Croissant	☐ Carb ☐ Fat ☐ Protein  Yogurt	☐ Carb ☐ Fat ☐ Protein  Waffle	☐ Carb ☐ Fat ☐ Protein  Eggs	☐ Carb ☐ Fat ☐ Protein  Fish
☐ Carb ☐ Fat ☐ Protein  Fries	☐ Carb ☐ Fat ☐ Protein  Bread	☐ Carb ☐ Fat ☐ Protein  Ham	☐ Carb ☐ Fat ☐ Protein  Ice Cream	☐ Carb ☐ Fat ☐ Protein  Milk

KIDNEY FILTRATION ACTIVITY



Draw lines to match the supplies we used in this activity to the parts of the body they represent.

red liquid



waste

sand or pebbles



nephrons

coffee filter



blood



Draw what the coffee filter looked like after it filtered out the sand or pebbles.



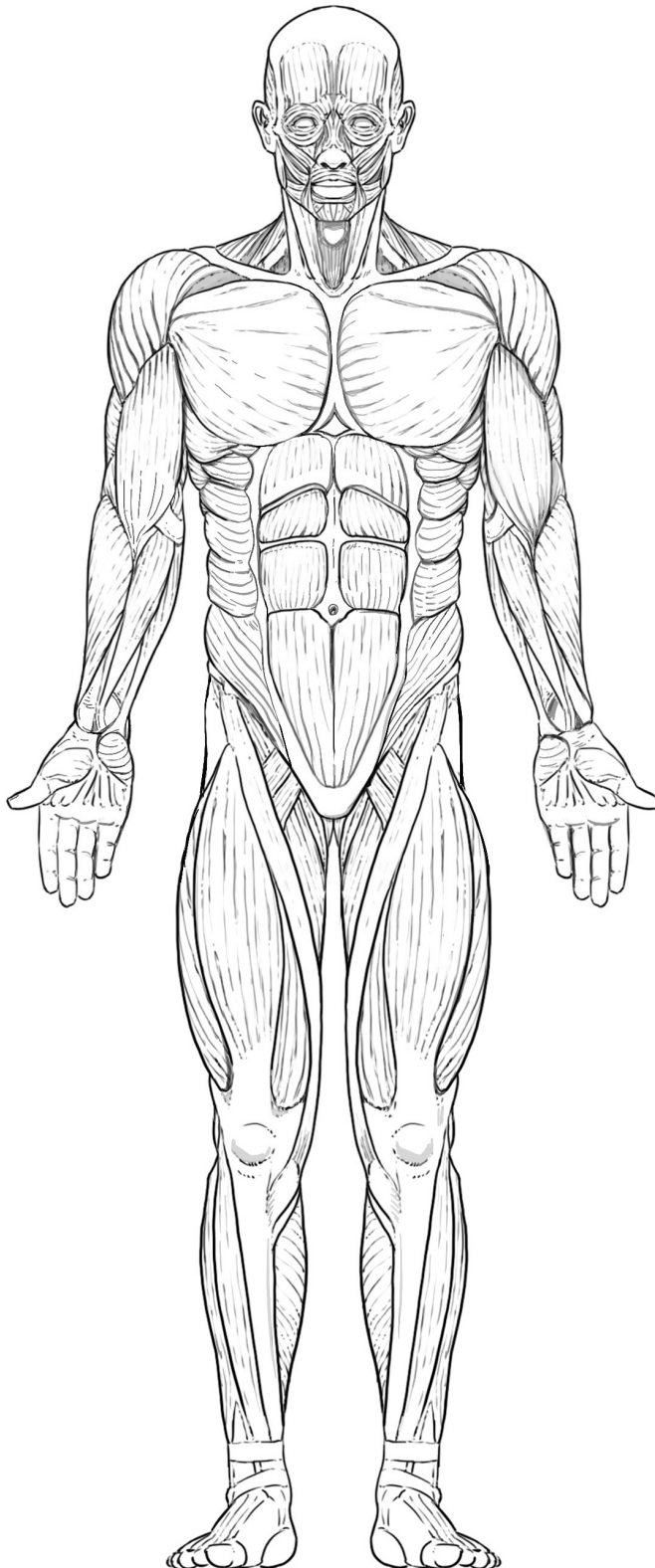
Question:

What do you think would happen in our bodies if our kidneys didn't filter out the waste?



kidney

MAJOR MUSCLE GROUPS



Muscle Group
Key: Front

Deltoids

Pectorals

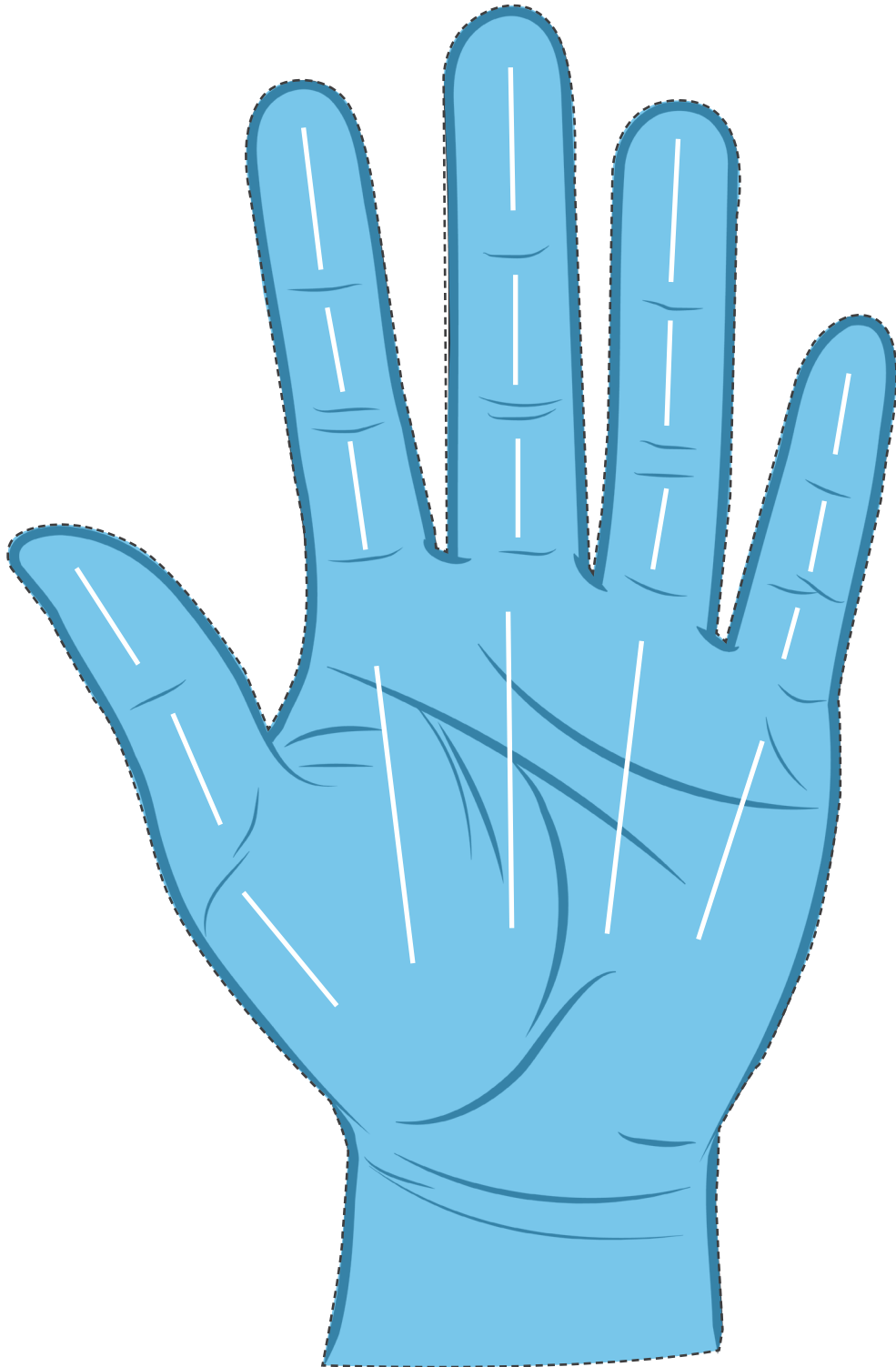
Biceps

Abdominal Muscles

Quadriceps

Obliques

Hand Model



Healthy Lifestyle Seek & Find

Find and circle all the ways that these children are practicing healthy lifestyle choices.
Cross out the unhealthy choices.

