



LIFE·PAC®

Science



Alpha Omega Publications®

SCIENCE 301

YOU GROW AND CHANGE

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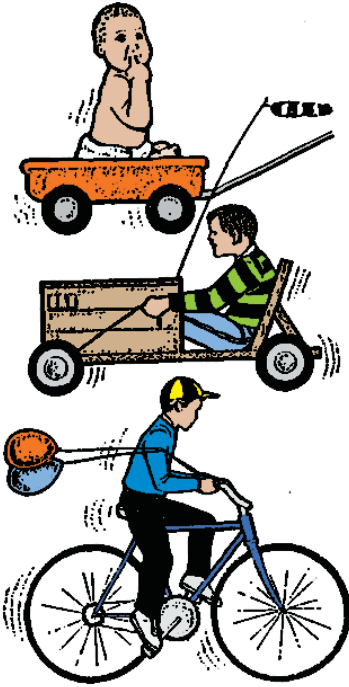
Alpha Omega Publications®

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YOU GROW AND CHANGE



Hello! In this LIFE PAC[®] you are going to learn about your body. God shows His love by giving you a body that lives and grows in a wonderful way. You will learn how your body **digests** food. You will find out how you **breathe**. You will read about exercise and rest. You will learn how you are the same as an animal and how you are different. You will learn how to measure your growth.

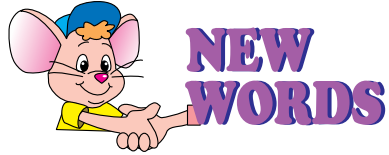


Objectives

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

1. You will be able to tell how your body breathes air.
2. You will be able to tell how your body digests food.
3. You will be able to tell why exercise is important to your body.
4. You will be able to tell why rest is important to your body.
5. You will be able to tell how you are different from an animal.

My name is



backbone (băk' bōn). The main bone along the middle of the back of humans and most animals.

blood (blūd). The red liquid inside the body.

brain (brān). The organ inside the head used for learning, thinking, and remembering.

breathe (brēTH). To force air in and out of the lungs.

carbon dioxide (kär' bən dī ōk' sīd). The gas exhaled from the lungs.

cocoa (kō' kō). A powder that tastes like chocolate.

conscience (kōn' shəns). Sense of right and wrong.

create (krē āt'). To make for the first time.

creative (krē ā' tīv). To be able to make something new.

diaphragm (dī' ə frām'). A muscle between the chest and stomach used for breathing.

digest (dī jēst'). To change food so the body can use it.

digestion (dī jēs' chən). The body changing food for its use.

dissolve (dī zōlv'). To make a solid into a liquid.

exhale (ēks hāl'). To breathe out.

funnel (fūn' l). A tool for pouring into a small opening.

gland (glānd). An organ in the body that makes and gives out some liquid.

heart (härt). The organ in the body that pumps the blood.

inhale (īn hāl'). To breathe in.

instinct (īn' stīnkt). A way of acting that is born in a human or animal instead of being learned.

joint (joint). The place where two things are joined together.

large intestine (lärj īn tēs' tən). An organ in the body where digestion is finished.

lungs (lŭngz). The organ in the body that takes in air while breathing.

mixture (mĭks' chər). Two or more things together.

muscle (mŭs' əl). Tissues in the body that help the body move.

nitrogen (nĭ' trə jən). A gas that is part of the air you breathe.

nostrils (nŏs' trəlz). The openings in the nose.

oxygen (ŏk' sĭ jən). A gas that is part of the air you breathe.

pulse (pŭls). The beating caused by the heart pumping blood.

rib (rĭb). One of the curved bones that goes from the backbone to the front of the body.

saliva (sə lĭ' və). The liquid that glands make to keep the mouth wet.

salivary glands (səl' ə vĕr' ē glāndz). The glands that make saliva.

scientist (sĭ əŋ tĭst). A person who studies science.

skeleton (skĕl' ĭ tn). The bones of the body fitted together.

skull (skŭl). The bones in the head.

small intestine (smŏl' ĭn tĕs' tĭn). An organ in the body where digestion takes place.

spinal cord (spĭ' nəl kŏrd). The cord of nerve tissue in the backbone.

stir (stŭr). To mix.

stomach (stŭm' ək). The organ in the body that first receives food for digestion.

system (sĭs' təm). A way to do something.

towel (tou' əl). A piece of cloth or paper for drying.

trachea (trā' kĕ ə). The windpipe where air is carried from the throat to the lungs.

tube (toob). A pipe-shaped object.

These words will appear in **boldface** (darker print) the first time they are used.

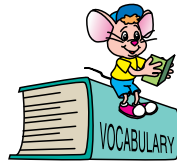
ē ā ə ō ă ū ù î è ä ü ô ã ´

Pronunciation Key: hat, **ā**ge, c**ā**re, f**ā**r; let, **ē**qual, t**ē**rm; it, **ī**ce; hot, **ō**pen, **ō**rder; **oil**; **out**; cup, **ū**t, r**ū**le; **ch**ild; **l**ong; **th**in; /TH/ for **th**en; /zh/ for measure; /ə/ represents /a/ in **about**, /e/ in taken, /i/ in pencil, /o/ in lemon, and /u/ in circus.

I. YOUR BODY BREATHES AIR

Did you know that you are living on the bottom of an ocean of air? Air is made up of gases. Air is mostly **oxygen** and **nitrogen**.

Air was **created** by God on the second day. God spoke and caused the air to surround the world. God knew that all the living things that He was going to create would need air. God made it possible for each living thing to be able to breathe air.



blood	(blŭd)	The red liquid inside the body.
breathe	(brēTH)	To force air in and out of the lungs.
carbon dioxide	(kär' bən dī ōk' sīd)	The gas exhaled from the lungs.
create	(krē āt')	To make for the first time.
digest	(dī jĕst')	To change food so the body can use it.

exhale	(ĕks hā'l')	To breathe out.
inhale	(ĭn hā'l')	To breathe in.
lungs	(lŭngz)	The organ in the body that takes in air while breathing.
nitrogen	(nī' trə jən)	A gas that is part of the air you breathe.
nostrils	(nŏs' trəlz)	The openings in the nose.
oxygen	(ŏk' sĭ jən)	A gas that is part of the air you breathe.
scientist	(sī ən tĭst)	A person who studies science.
tube	(tōob)	A pipe-shaped object.
trachea	(trā' kē ə)	The windpipe where air is carried from the throat to the lungs.

Special Words

Joseph Priestley



Ask your teacher to say these words with you.
Teacher check _____

Initial

Date

THE AIR COMES INTO YOUR BODY

How do you breathe air? Close your mouth and take in air through your **nostrils**.

When you take in air, you **inhale**.