

Grade Kindergarten- Science Lesson

Thursday June 4, 2020 - My Body Unit

Review and Culmination

Overview: During May and early June we studied the human body. We learned about The Five Senses, the Brain, and the Heart. Today we will culminate the Body Unit with an informative book titled, **Me and My Amazing Body.**

Things to Know:

1. Sit with mom, dad, grandparent or guardian, or your older brother or sister to enjoy the activities.
2. You will not need to submit any work for today's lesson.
3. Today's lesson for Science will be a review of **My Body** Unit.
4. Listen to story titled, Me and My Amazing Body. It is so informative. Watch the video and learn the Parts of the Body song, and have fun reviewing with the worksheets.

Explanation: We are going to review the body parts we have learned about in our Science unit, My body.

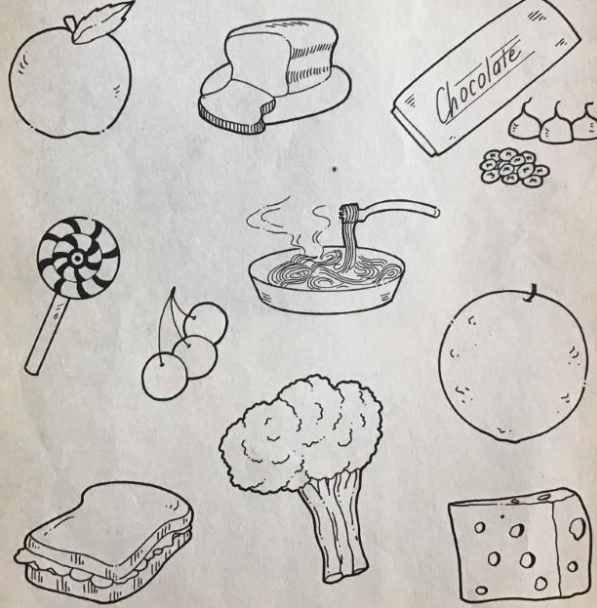
Tasks	Resources
<p>Lesson Introduction:</p> <p>Review of The Five Senses, the Brain, and the Heart</p>	<p>Do you remember what parts of our body we have learned about during this unit, My Body?? We have learned about The Five Senses, The Brain, and the Heart. Think back and remember all of our lessons. Can you whisper one thing you learned about each body part to the person helping you?</p> <p>Here are some amazing facts about Our Bodies that not everyone knows:</p> <ol style="list-style-type: none"> 1.Your Brain weighs only about three pounds, but it can store billions of bits of information! 2.Over half of your Body's bones are in your hands and feet. That's more than 100 bones! 3.Your heart beats around three billion times in an average person's life! 4.When you sneeze, air comes out of your lungs at over 100 miles per hour! 5.If you could line up all your blood vessels, they would wrap around the world four times!

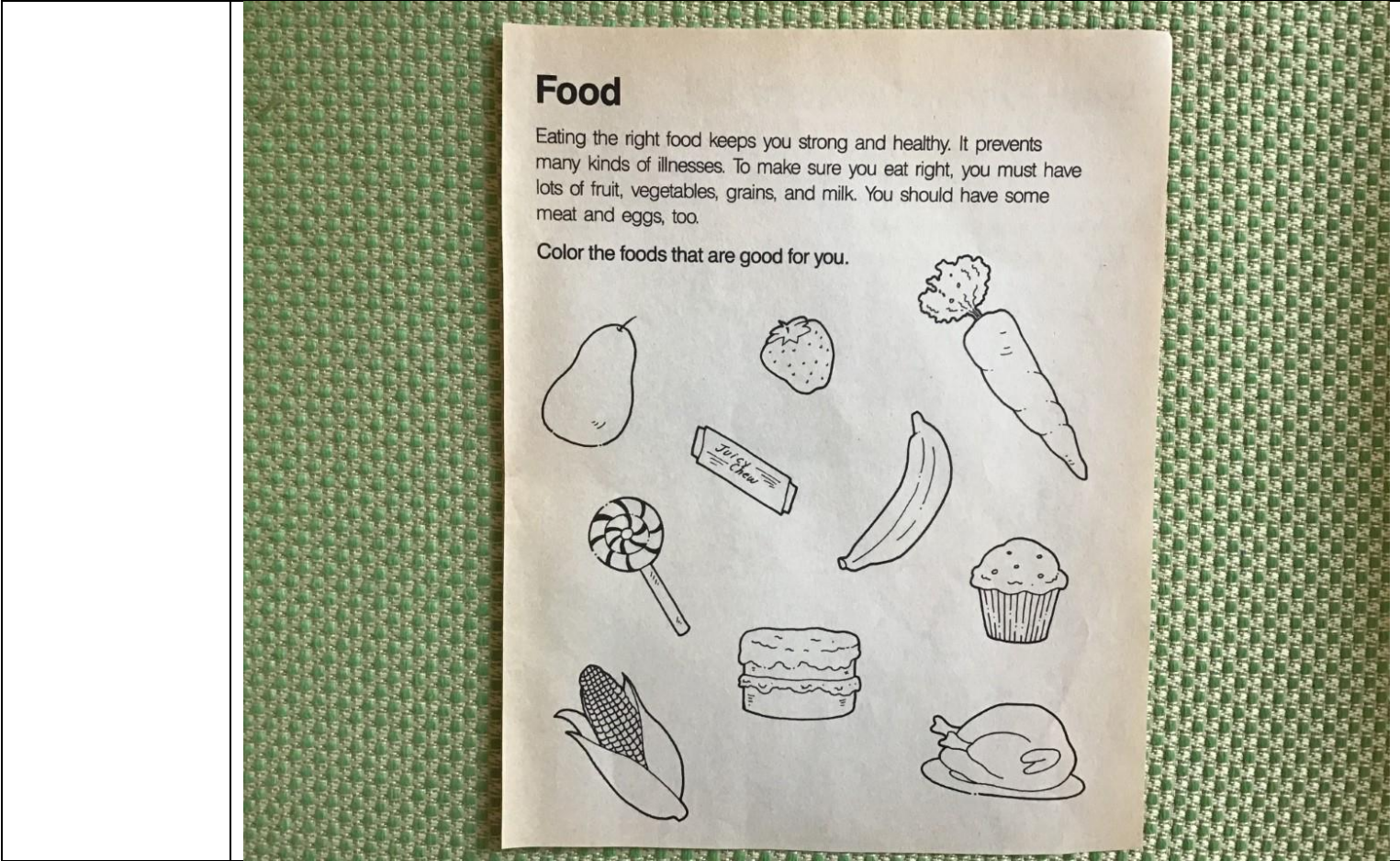
<p>1. Learn:</p> <p>Click on the link and listen/watch The video all about the human body.</p>	<p>Here is a fun video to learn more about your Body. You will listen to the book titled, Me and My Amazing Body. Enjoy it!!</p> <p>https://safeYouTube.net/w/IRxJ</p>
<p>2. Do:</p>	<p>After watching video titled Me and My Amazing Body enjoy the worksheets that were emailed to your parents this morning.</p> <p>They are: Staying Healthy, Sleep, Exercise, and The Brain</p> <p>You do not have to do all of them at the same time. Take a break, have a snack, and come back to them. Have fun!</p>
<p>3. Try:</p> <p>.</p>	<p>It is important to take care of our bodies so they it can take care of us! One way to take care of our bodies is to eat the right food to keep us strong and healthy. There are four basic food groups- meat and eggs, fruit and vegetables, bread and cereal, and milk and dairy products. You should eat foods from each of these four groups every day!</p> <p>Look at the pictures below and point to the foods that are good for you to grow and stay healthy!</p>

What Kinds of Food to Eat

There are four basic groups of food. Meat and eggs are the first group. Fruit and vegetables are the second group. They can be eaten raw or cooked. Bread and cereal are the third group. The fourth group is milk and milk products. You should eat something from each of these groups every day.

Color the foods that are good for you.





4. Extra Practice: Learn the Part of the Body Song:
<https://www.youtube.com/watch?v=BwHMMZQGFoM>

5. How is this assignment turned into the teacher? No assignments need to be turned in with the lesson today. Please talk with a family member about how important each part of your body is. What can we do to keep our body healthy every day? We can also “conference” about your work if you are having difficulty during my “office hours”. Thank you and have fun learning today! Hope you had a great time learning about our amazing bodies 😊