



Amplify.

TEXAS

ELEMENTARY LITERACY PROGRAM

Grade 1

KNOWLEDGE 2

The Human Body

ACTIVITY BOOK

Grade 1

Knowledge 2

Activity Book

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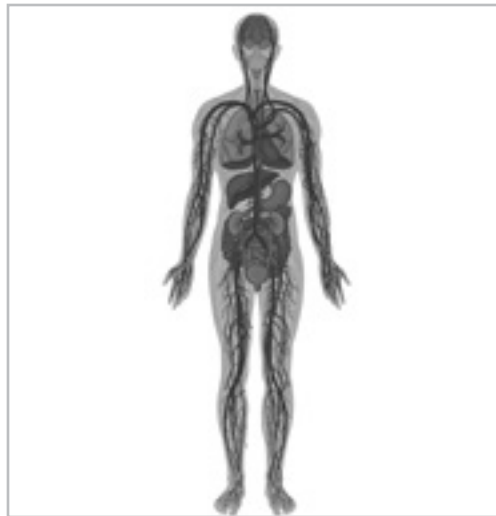
Knowledge 2

The Human Body

NAME: _____

DATE: _____

Directions: Type yes in the text box against the image that represents a network of systems.



NAME: _____

DATE: _____

Dear Family Member,

During the next several days, your child will be learning about the human body. S/he will learn about five important body systems: skeletal, muscular, digestive, circulatory, and nervous. Below are some suggestions of activities to do at home to reinforce what your child is learning about how our bodies work to keep us alive.

1. What's Inside My Body?

Ask your child to describe a body organ that s/he learns about each day. Have her/him tell you why the organ is important and the name of the body system to which it belongs.

2. Systems at Work

Ask your child which body systems are at work as you walk, talk, eat, and read together. Encourage the use of vocabulary being learned at school by asking your child to explain how the systems are working together.

3. Draw and Write

Have your child draw and/or write about what has been learned about each of the body systems and then share the drawing and/or writing with you. Ask questions to keep your child using the vocabulary learned at school.

4. Words to Use

Below are several of the words that your child will be learning about and using. Try to use these words as they come up in everyday speech with your child.

- *systems*—Human body systems include the digestive system and the circulatory system.
- *support*—The beams of the house support the roof.
- *voluntary*—His participation in the race was voluntary.
- *digestion*—The digestion of food takes the body several days to complete.
- *heart*—The heart is an involuntary muscle.
- *nerves*—The tips of your fingers are full of nerves that allow you to feel.

5. Read Aloud Each Day

It is very important to read with your child each day. Please refer to the list sent home with this family letter of recommended trade books related to the human body that may be found at the library, as well as informative websites.

Be sure to praise your child whenever s/he shares what has been learned at school.

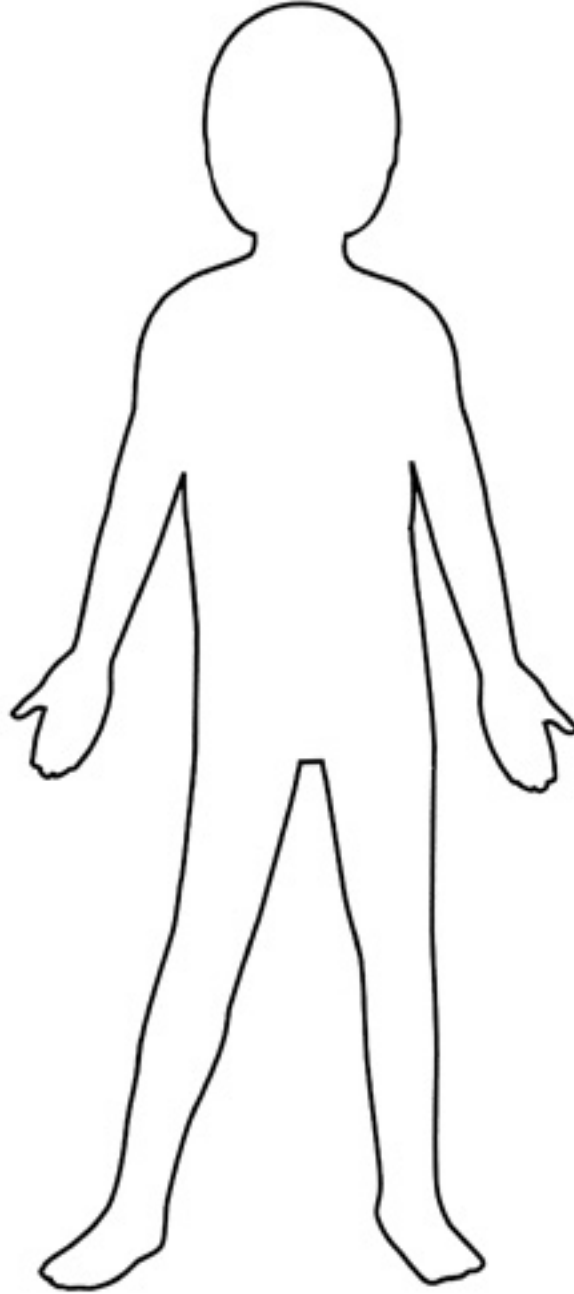
NAME: _____

DATE: _____

2.1

My _____ System

Directions: Complete the title line with the name of the system being reviewed. Next, draw the organs included in that system within the body form. Use the lines at the bottom of the page to type a sentence about the system.



NAME: _____

DATE: _____

Dear Family Member,

I hope your child has enjoyed learning about her/his body and how its systems work together to keep us alive. Over the next several days, s/he will learn about health, nutrition, and ways to keep her/his body at its best. Below are some suggestions for activities that you may do at home to reinforce the healthy habits s/he is learning about at school.

1. Healthy Eating

Visit the USDA website to learn more about a healthy diet.

2. Menu Planning, Shopping, and Cooking

Have your child help you plan a well-balanced meal for the family’s dinner using foods from a variety of food groups. Then, go to the grocery store together to buy the ingredients. Have him/her help in the preparation of the food.

3. Words to Use

Below are several of the words that your child will be learning about and using. Try to use these words as they come up in everyday speech with your child.

- *diseases*—Scientists work hard to cure diseases that make people sick.
- *nutritious*—Every day, Luke ate a nutritious lunch with fruits and vegetables.
- *complicated*—The recipe was extremely complicated and had many steps to follow.

4. Read Aloud Each Day

It is important to read to your child each day. Please refer to the list sent home with the previous family letter of recommended trade books related to the human body that may be found at the library. That list also contains informative websites.

5. Sayings and Phrases: An Apple a Day Keeps the Doctor Away

Your child will learn the saying, “an apple a day keeps the doctor away.” Talk with your child about its meaning. Discuss the importance of going to the doctor for regular checkups and vaccinations.

Be sure to praise your child whenever s/he shares what has been learned at school.

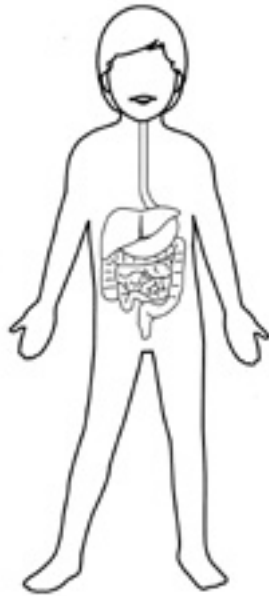
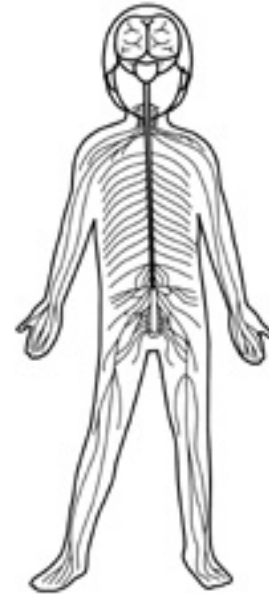
NAME: _____

PP.1

Assessment

DATE: _____

Body Systems



1. Nervous system

2. Digestive system

3. Circulatory system

4. Muscular system

Directions: Identify pictures of the nervous, digestive, circulatory, and muscular systems. Type the number on the line next to its corresponding picture.

NAME: _____

DATE: _____

7.1

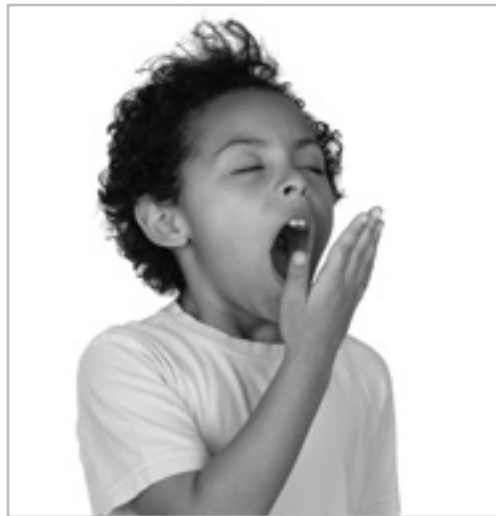
Directions: Think about what you heard in the read-aloud, and then fill in the chart using words or sentences.

Somebody	
Wanted	
But	
So	
Then	

NAME: _____

DATE: _____

Directions: Type yes in the text box against the image that shows how you can help prevent disease.



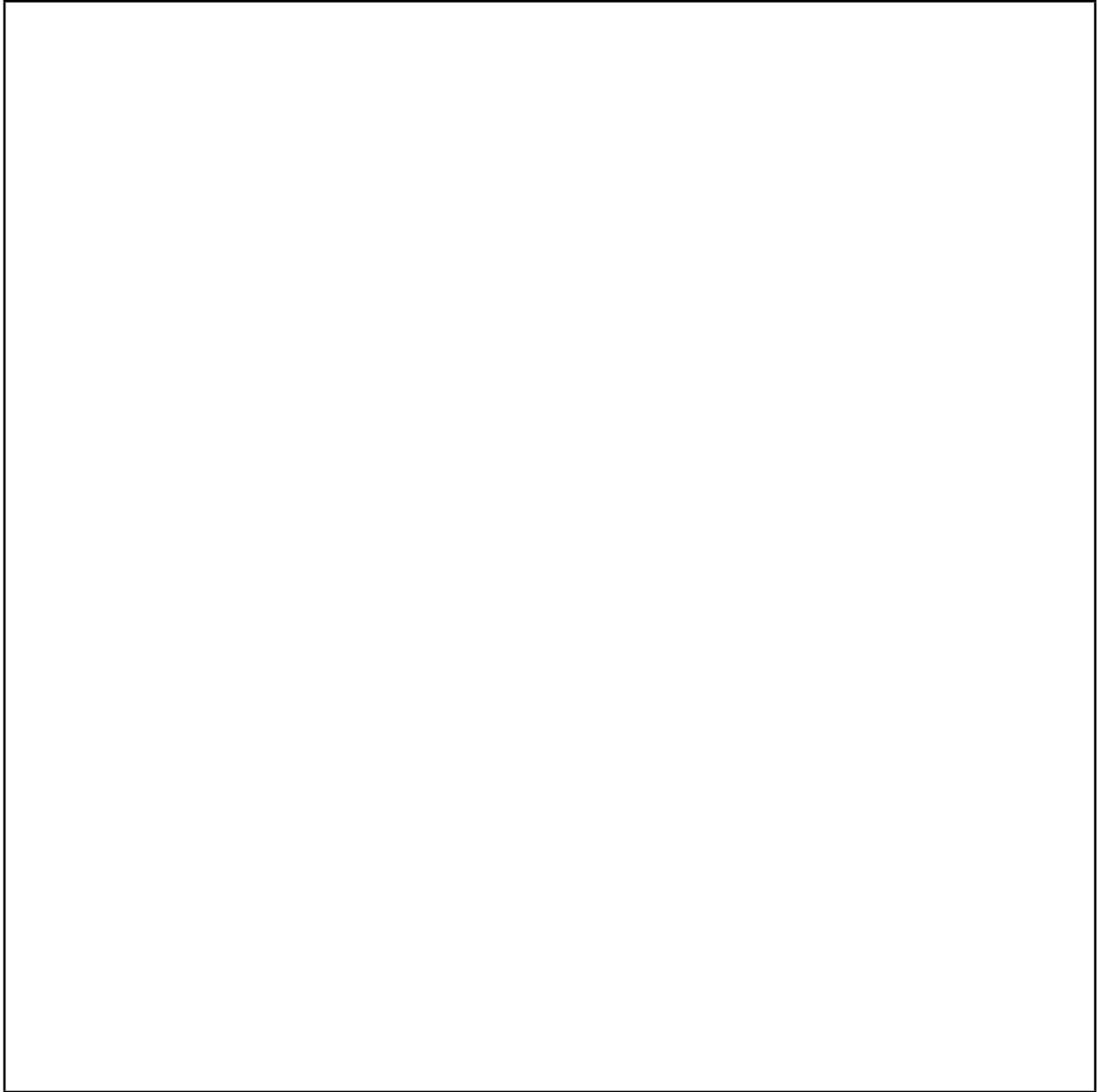
NAME: _____

DATE: _____

8.1

Activity Page

Directions: Draw a picture about one of Dr. Welbody's five keys to health. Use the lines at the bottom to type a sentence about the key to health you drew.

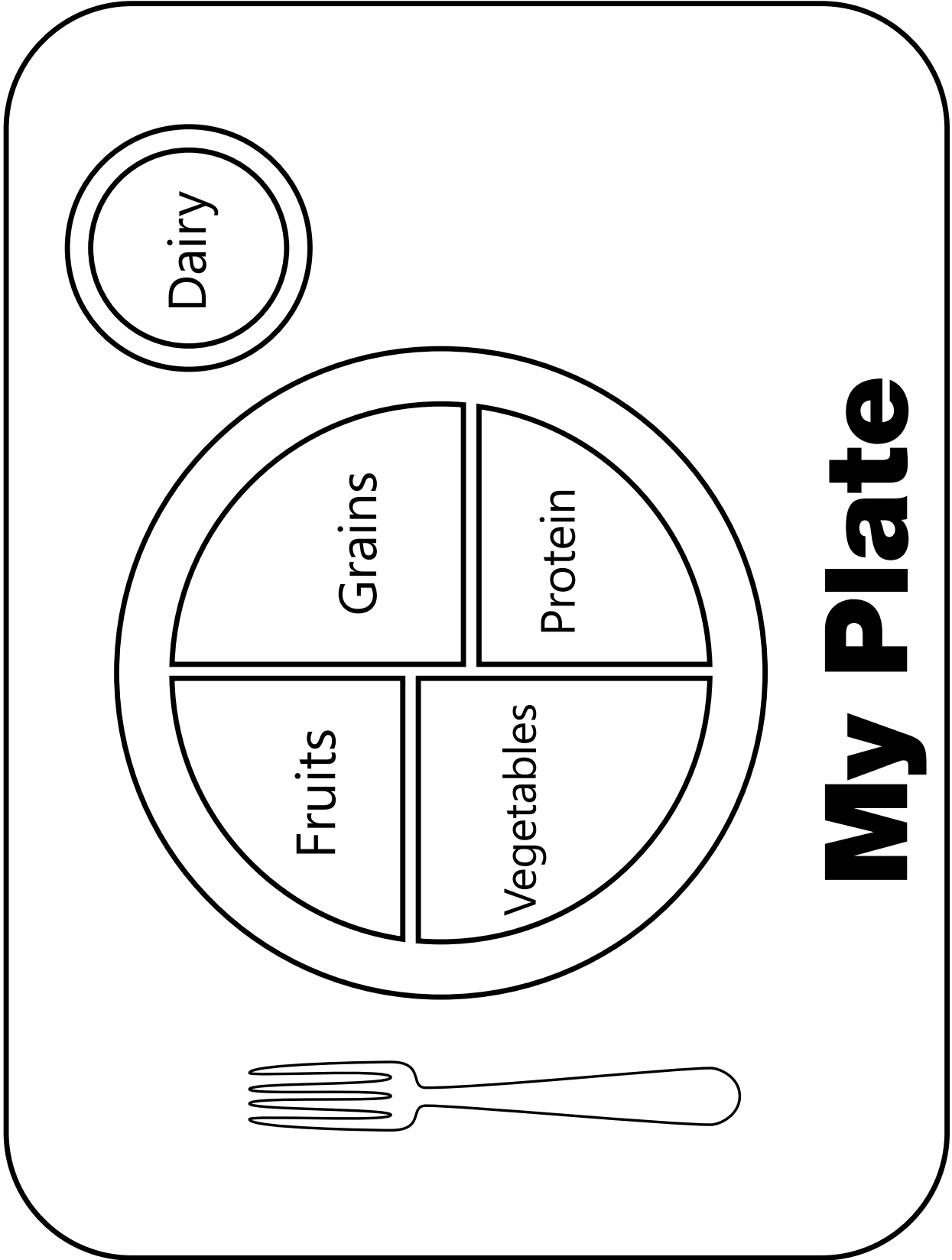


NAME: _____

DATE: _____

9.1

Directions: Color the "vegetable" section green; the "fruit" section red; the "grains" section orange; the "protein" section purple; and the "dairy" section blue.

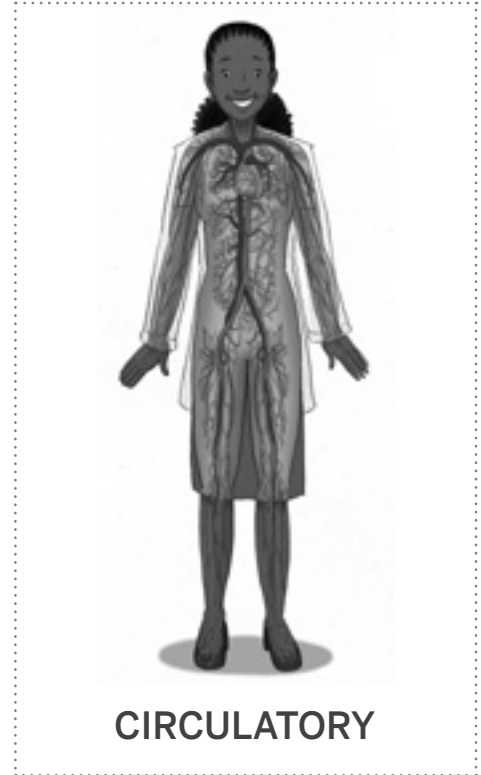
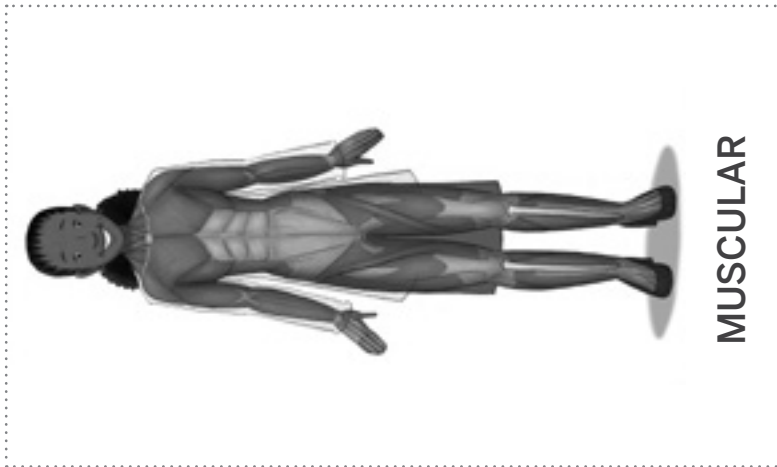
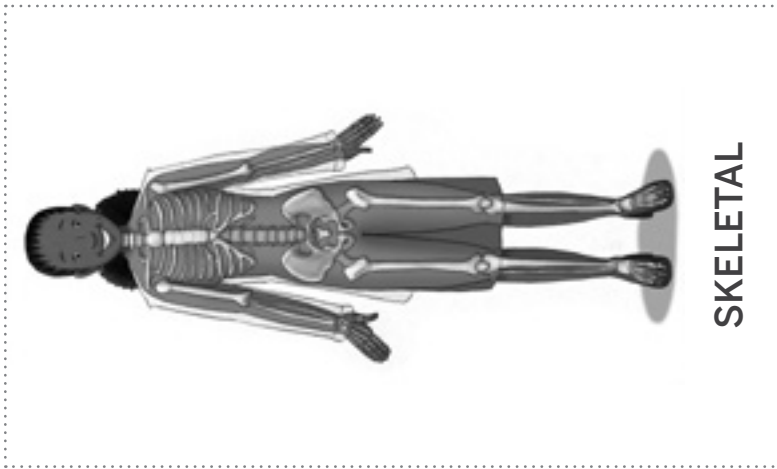
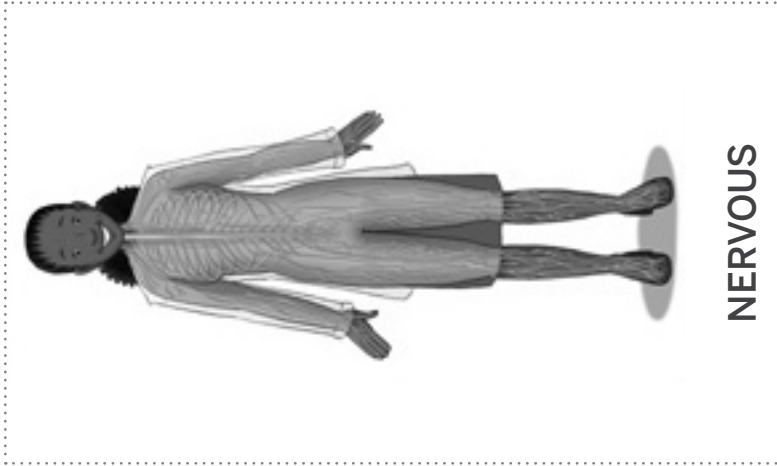


My Plate

NAME: _____

DATE: _____

Directions: Cut out the pictures. Follow the teacher's instructions.

































NAME: _____

DA.1

Assessment

DATE: _____

1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Directions: Listen to your teacher's instructions.

Knowledge 2

NAME: _____

DA.2

Assessment

DATE: _____

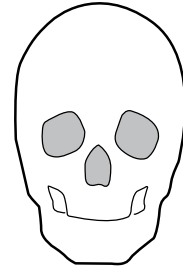
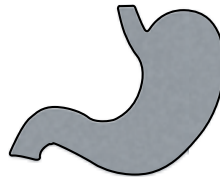
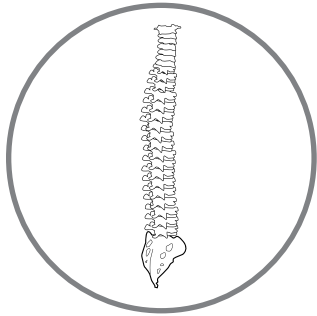
Directions: Listen to the teacher's instructions. Then, type the letter (s) of the correct picture(s) in the box given at the end of each row.

A

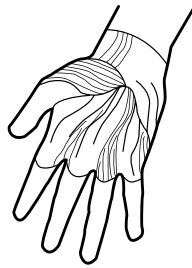
B

C

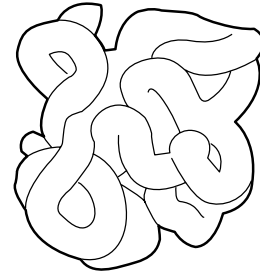
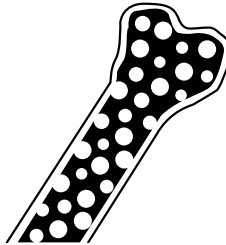
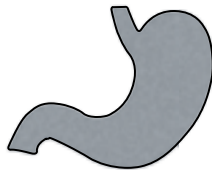
1.



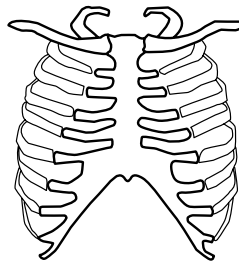
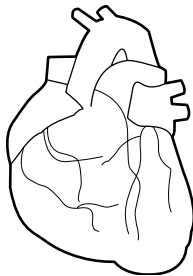
2.



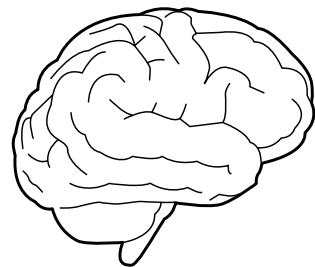
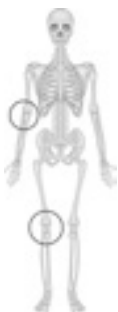
3.



4.



5.

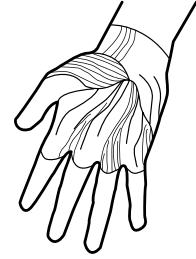
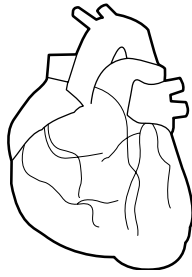


A

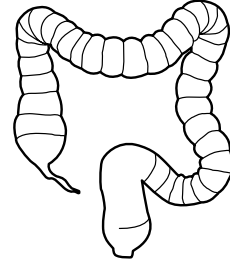
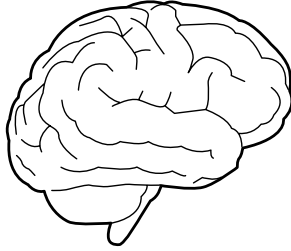
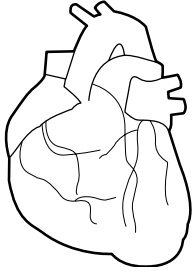
B

C

6.



7.



NAME: _____

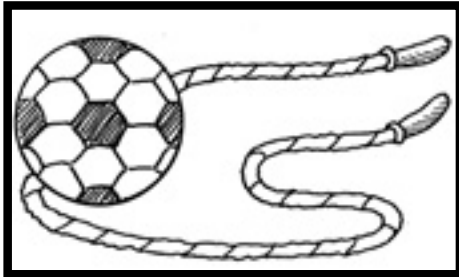
DA.3

Assessment

DATE: _____

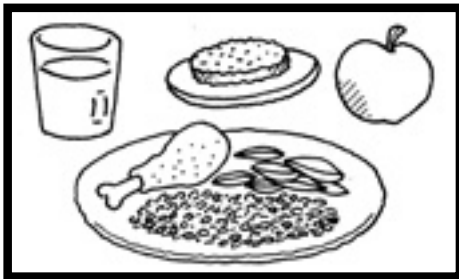
Five Keys to Keeping Healthy

1.



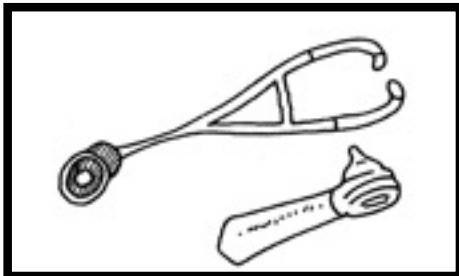
 **Rest**

2.



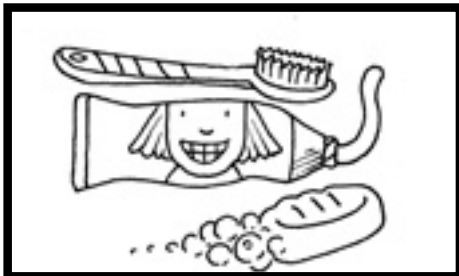
 **Keep Clean**

3.



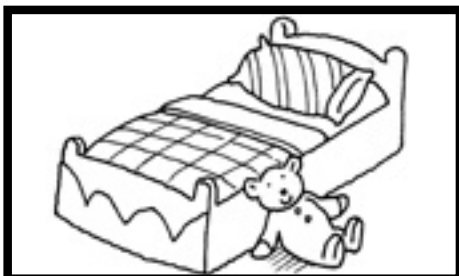
 **Have Checkups**

4.



 **Eat Well**

5.



 **Exercise**

Directions: Listen to your teacher's instructions.

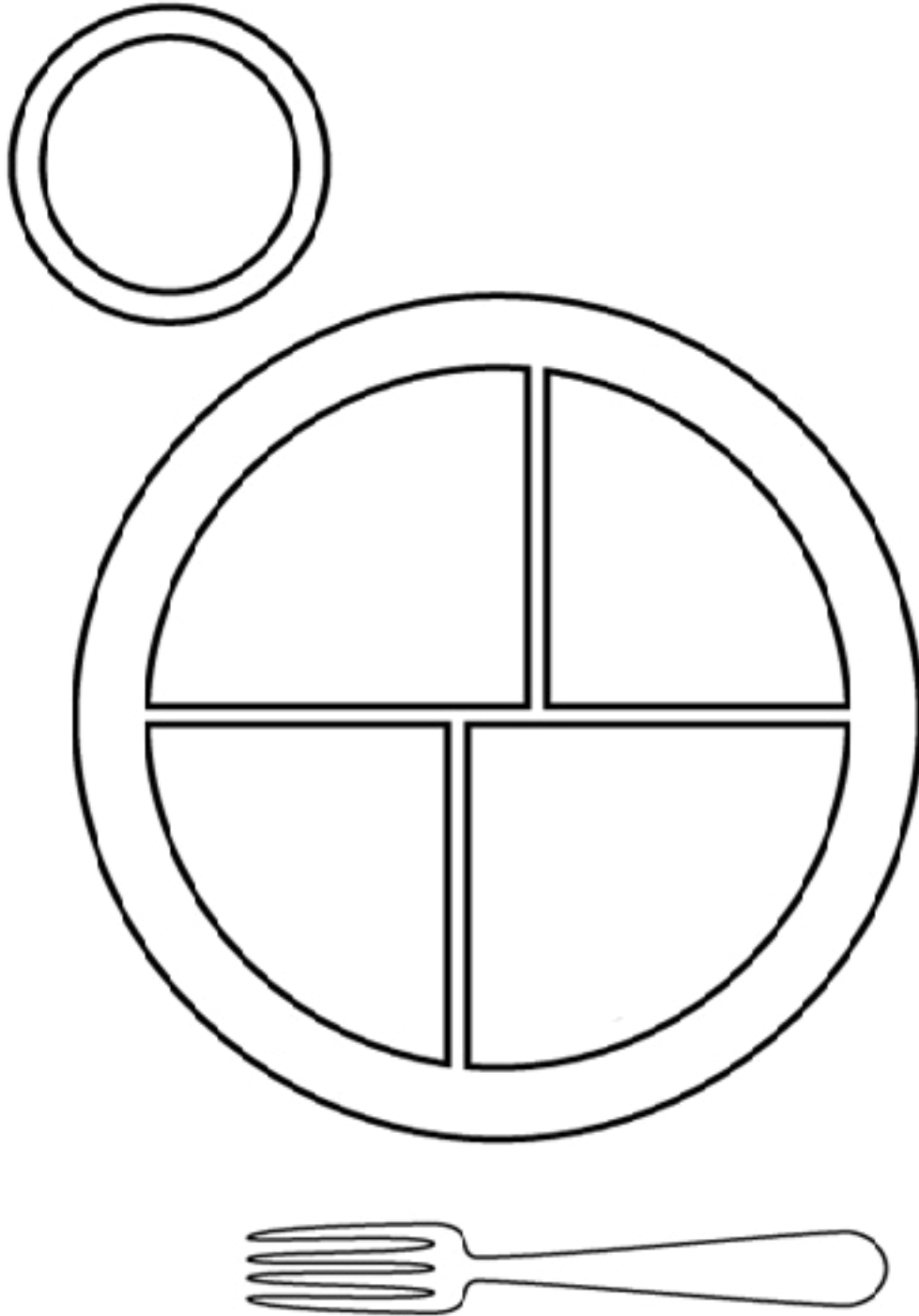
NAME: _____

CA.1

Activity Page

DATE: _____

A Well-Balanced Meal (Grains, Fruits, Vegetables, Meat and Beans, Milk)



Directions: Create a healthy meal to fill the empty plate. Include foods from all food groups.

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Knowledge 2

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