

Grade 4				
Ch. 4 Lesson 2				
Human Body				
Page #	Question	Answer(s)	Links/Sources	Student Resources
136	What foods can give you energy? What exercises can help your circulatory system to work properly?	Foods such as oatmeal, bananas, yogurt, sesame seeds, beans, lentils, potatoes, eggs avocado, dates, hummus, cashews. Exercises - jogging, swimming, cycling, rowing, team sports, aerobic or cardio classes, or brisk walking. Sleep increases muscle mass and performance.		
136	How are food advertisements helpful? How are they deceptive?	Most advertisements make food look appealing and do not provide content about nutrition. Sometimes show healthy people eating unhealthy foods. A healthy lifestyle honors God's laws of health and respects the body He has created.		
138	How are vitamins and proteins alike?	Both are nutrients that the human body needs in varying amounts to perform different tasks.		
138	How are carbohydrates and fats alike and different?	Both are needed by the body and supply energy. Carbohydrates are easier to digest.		
139	What happens if you eat too much or too little from any one food group?	Your body needs a balance of nutrients. If you eat too much of one food group and not enough of another you will not be as healthy as you should be. In the extremes it can make you very sick.		
140	What body systems are these friends using as they play soccer?	Skeletal and muscular systems to run, jump and pass. Respiratory and circulatory systems to get oxygen and get the oxygen to the muscles. The excretory systems remove waste products. The digestive system provides nutrients and energy. The nervous system controls it all.		
140	Name a vigorous exercise you enjoy. Explain how your body benefits from the exercise you chose.	For example, ride a bike which benefits my heart, lungs, muscles, bones, and other systems.		
142	What changes in your body did you notice at the end of the 5-day period?	Sample: I felt stronger, more energetic, and more confident. No change, I'm already active so I didn't feel any different.		
143	What changes in your body did you notice at the end of the 5-day period?	Sample answer: I know the meals are balanced because each meal has some food from each of the food groups. I know they're nutritious because I chose foods that are more natural and less processed.		
144	What reasons other than a handicap might require someone to adjust some of his or her activities?	Sample answer: age (too old or too young); illness (such as a heart condition or asthma); skill or coordination level.		

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