



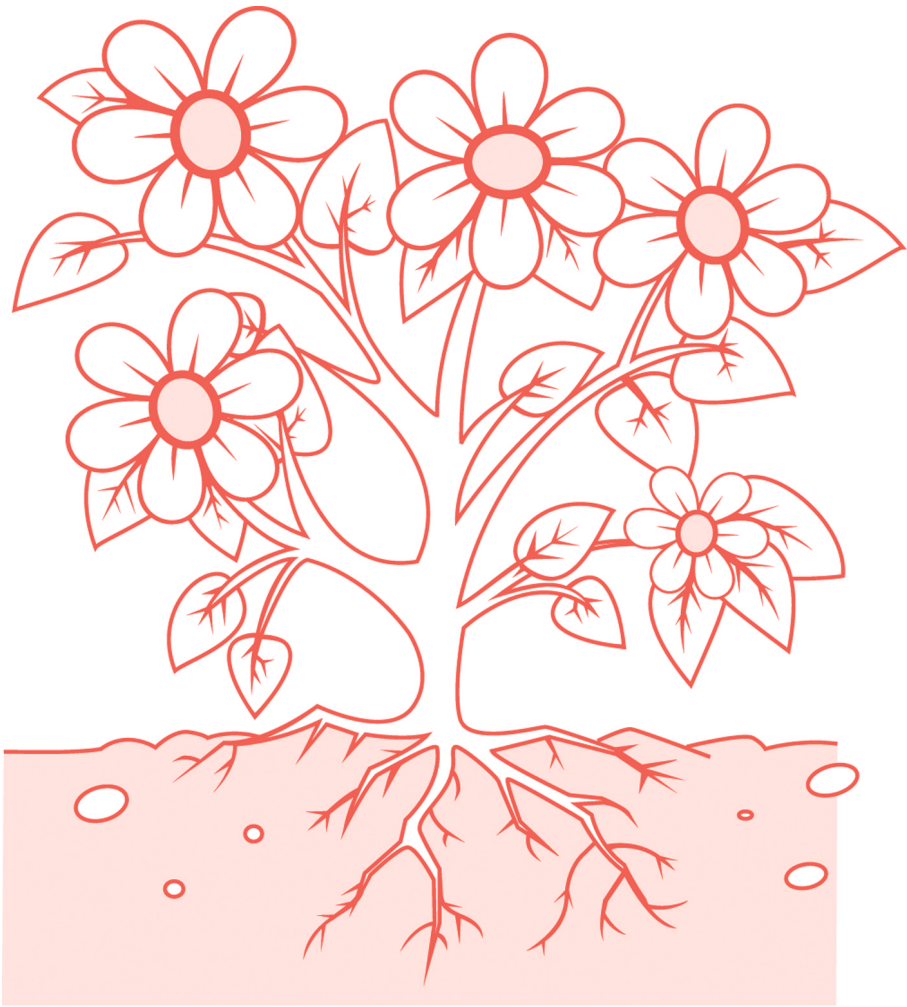
Looking after plants

Exercise 1.1 Plants and their parts

This exercise checks that you can name the parts of a plant.

Label this plant using these words.

roots stem leaves flowers



Exercise 1.2 Plants need water

In this exercise, you will practise drawing bar charts.

Subhan had two plants that were the same. He gave water to one plant. He did not give water to the other. He measured the height of the plants every day.

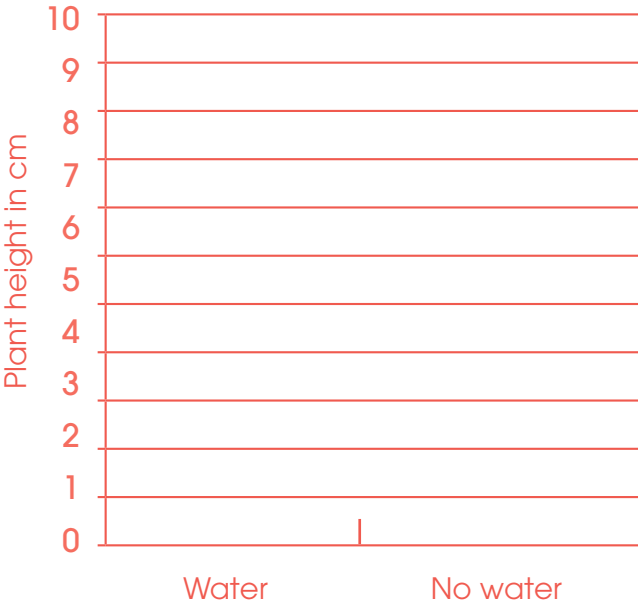
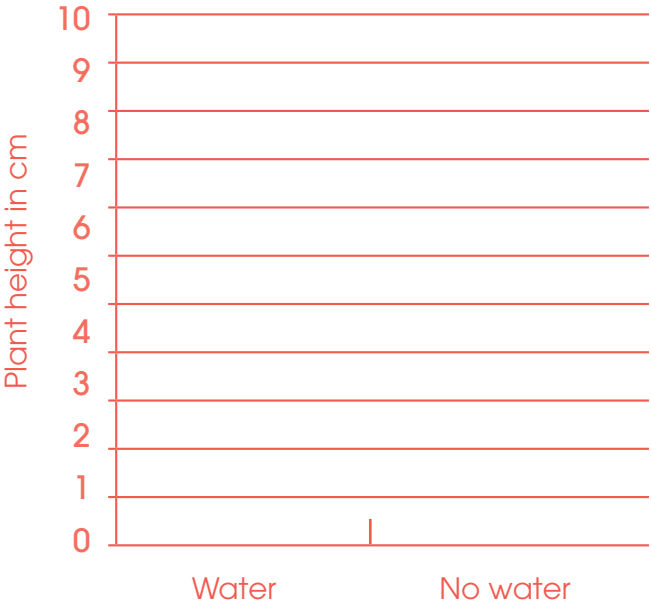
Here are the results on day 1 and day 10. Draw the bar charts for each day.

	With water in cm	No water in cm
Day 1	4	4

	With water in cm	No water in cm
Day 10	8	3

Day 1

Day 10



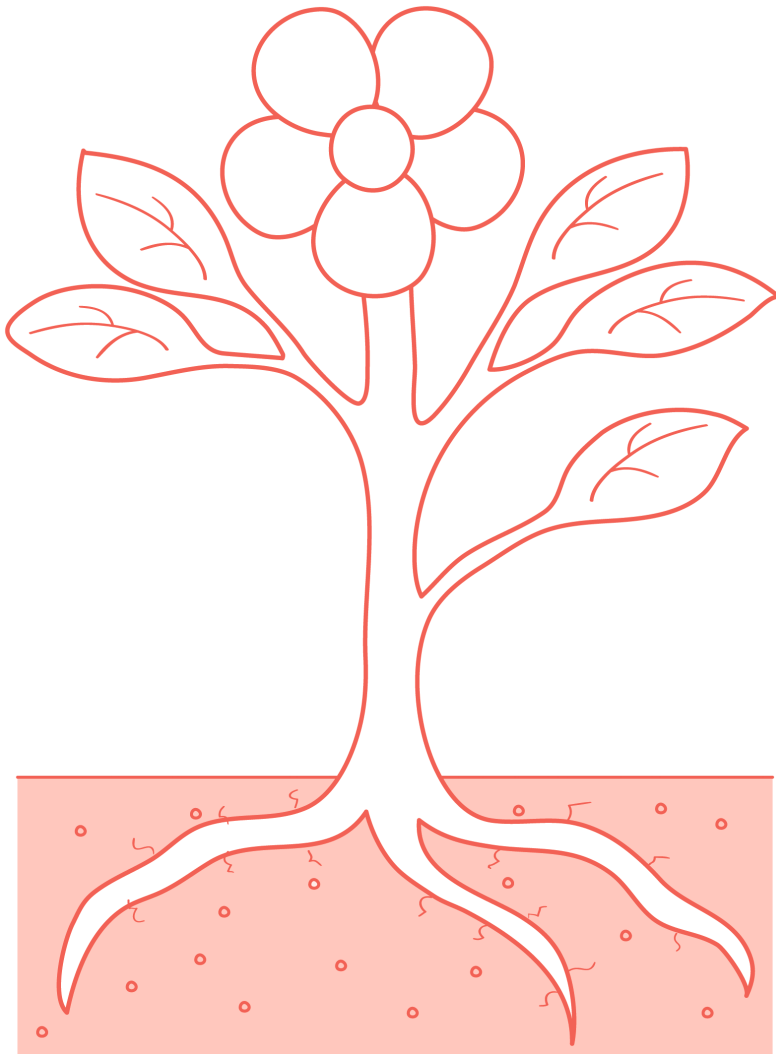
Which plant grew the best? Why?

Exercise 1.3 Transporting water

This exercise helps you to understand how water is transported inside a plant.

1 Label this plant using these words.

roots stem leaves







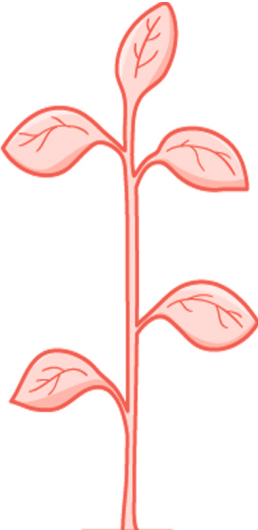

The plant absorbs water from the soil. It transports the water to the leaves.

2 Draw arrows on the picture to show where the water goes.

Exercise 1.4 **Plant growth and temperature**

In this exercise, you will practise measuring the height of plants and record the results in a table.

These young plants are growing. Measure the height of the plants using a ruler. Write your results in the table.

	Cold place	Warm place	Hot place
Day 1	<div> Height is _____</div>	<div> Height is _____</div>	<div> Height is _____</div>
Day 14	<div> Height is _____</div>	<div> Height is _____</div>	<div> Height is _____</div>

Explain the difference in height.

Language review

This exercise checks that you understand the scientific words used in this unit.

1 Use these words in sentences. The first one has been done for you.

water: Plants need *water* to grow.

roots: _____

stem: _____

leaves: _____

flower: _____

2 Put these words in the right place.

transports healthy unhealthy

A _____ plant has enough water and light and is kept warm.

A plant with _____ roots, stem or leaves will not grow well.

The stem _____ water around the plant.



Looking after ourselves

Exercise 2.1


Food groups

This exercise checks that you understand food groups.

Draw and label these foods in the right food group below.



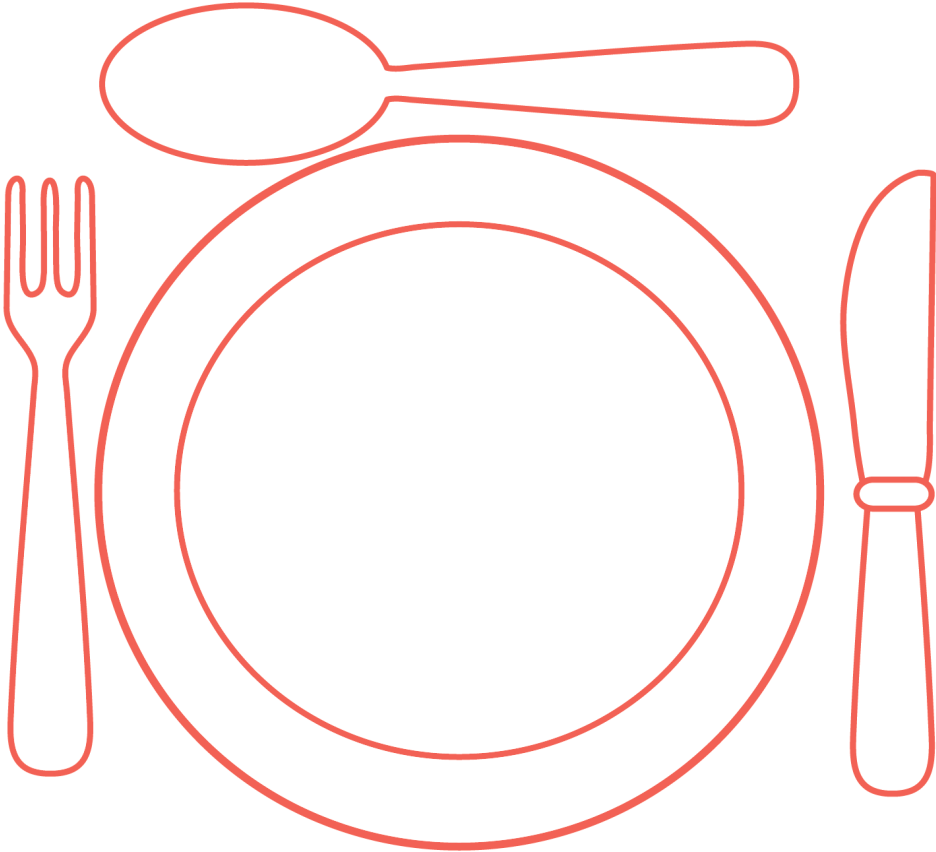
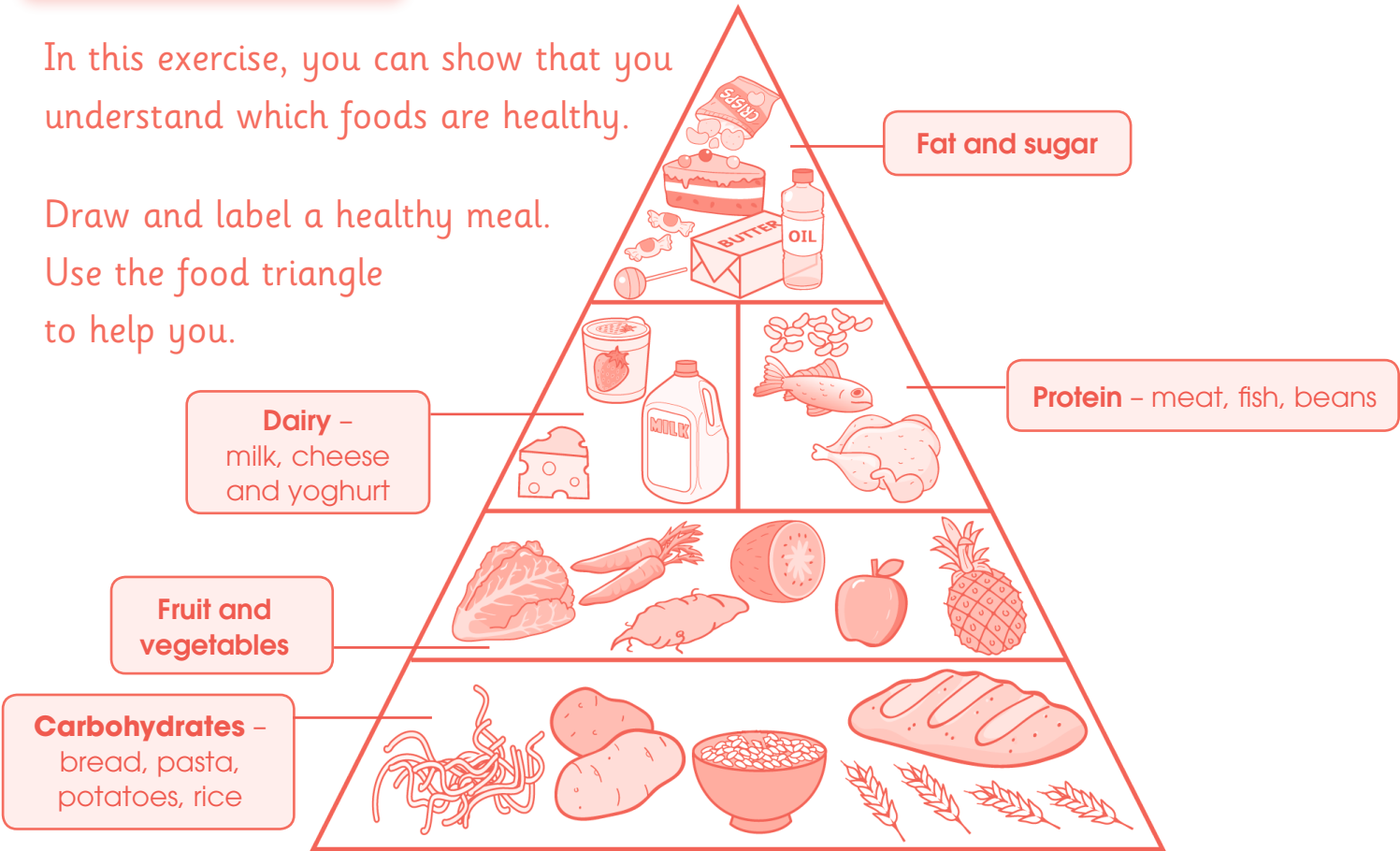
The first one has been done for you.

Carbohydrate	Fruit and vegetables	Protein	Dairy	Fat and sugar
			<div> cheese</div>	

Exercise 2.2 A healthy meal

In this exercise, you can show that you understand which foods are healthy.

Draw and label a healthy meal.
Use the food triangle to help you.

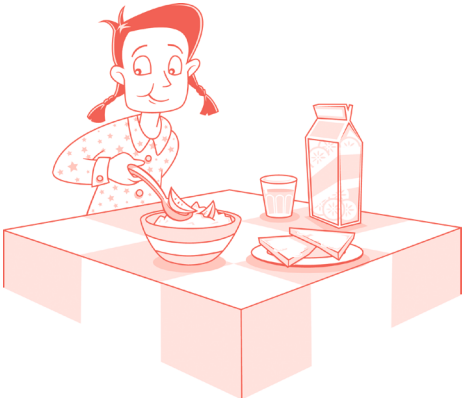



Exercise 2.3 Keeping teeth healthy

In this exercise, you can show that you know how to look after your teeth.

Sunita looks after her teeth, Dinesh does not.

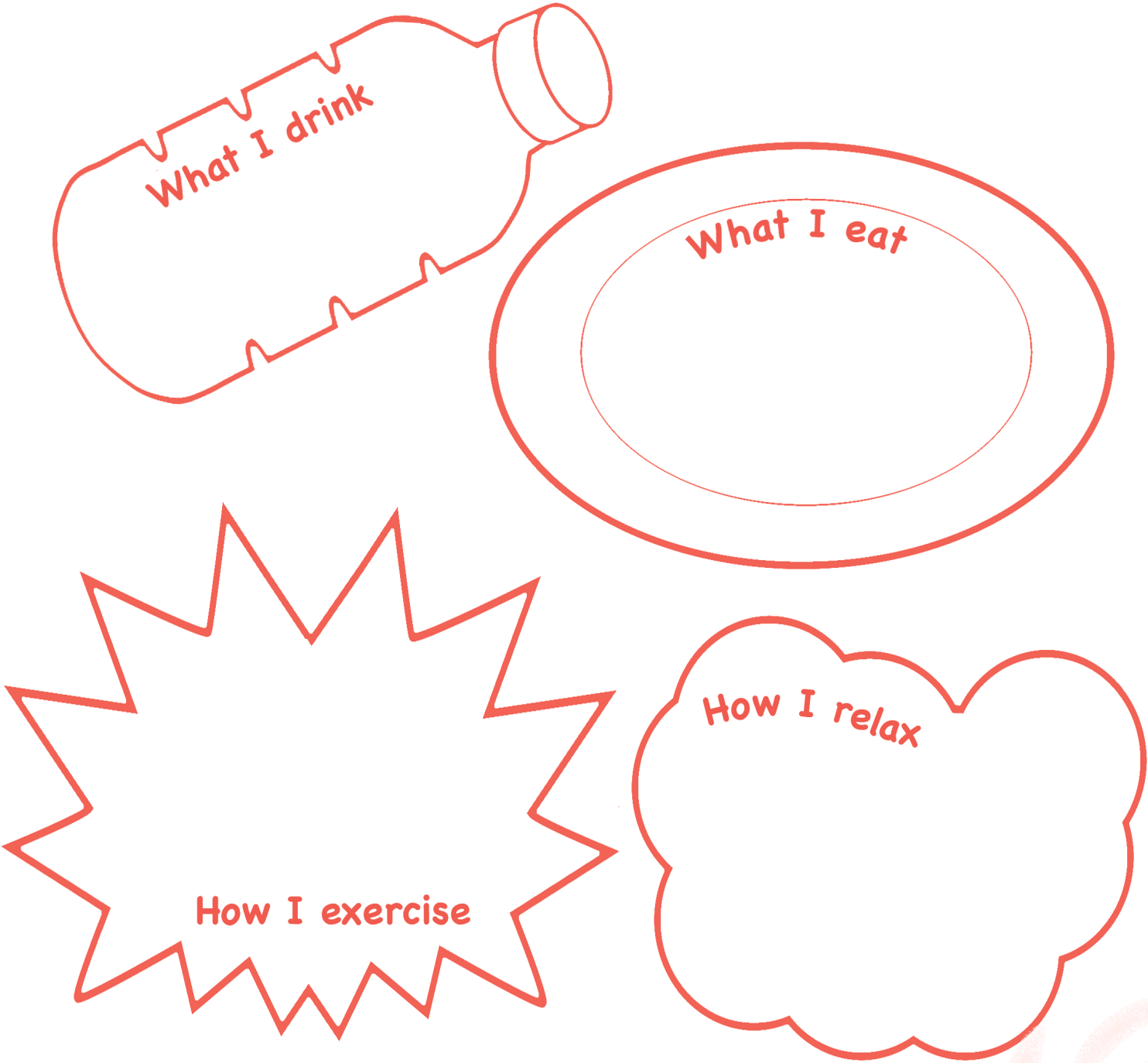
Draw what you think they do after breakfast and what they eat as snacks.

	Sunita	Dinesh
Breakfast		
After breakfast		
Having a snack		

Exercise 2.4 **How I keep healthy**

In this exercise, you can show everything you do to keep healthy.

Draw and label how you keep healthy in these different ways.

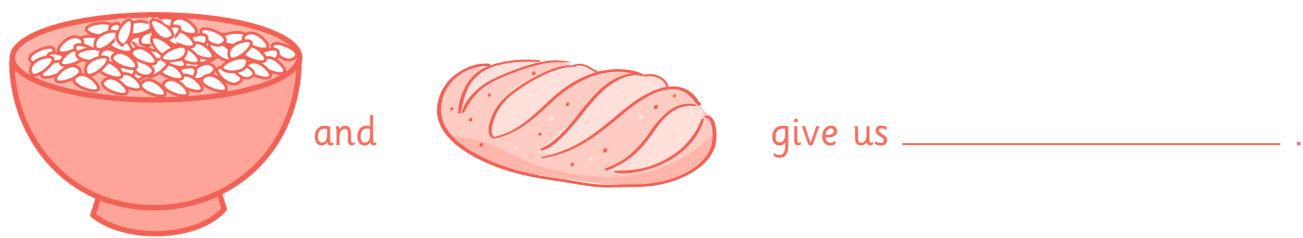


Language review

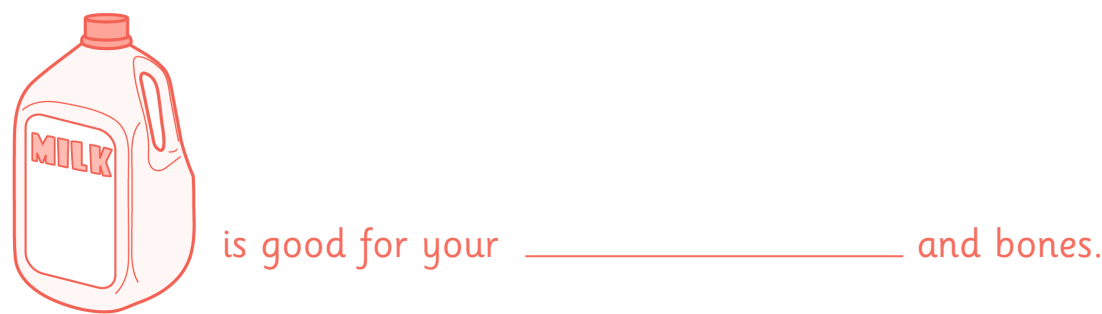
This exercise checks that you understand the scientific words used in this unit.

Write the missing words in these sentences using these words.

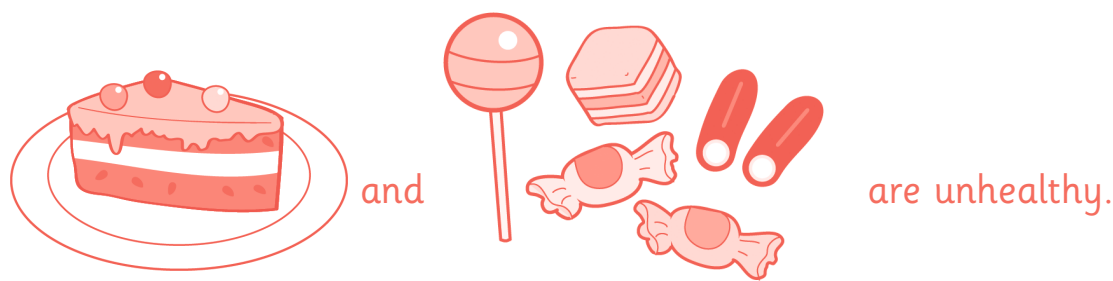
protein fat carbohydrate sugar teeth energy



They are in the _____ food group.



The foods that help us grow have lots of _____.



They have too much _____ and _____.