

# **HEALTH ACTIVITY BOOK**

**Grade 1**

**Harcourt School Publishers**

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# Cleveland Metropolitan School District

## 1<sup>st</sup> Grade Blizzard Science



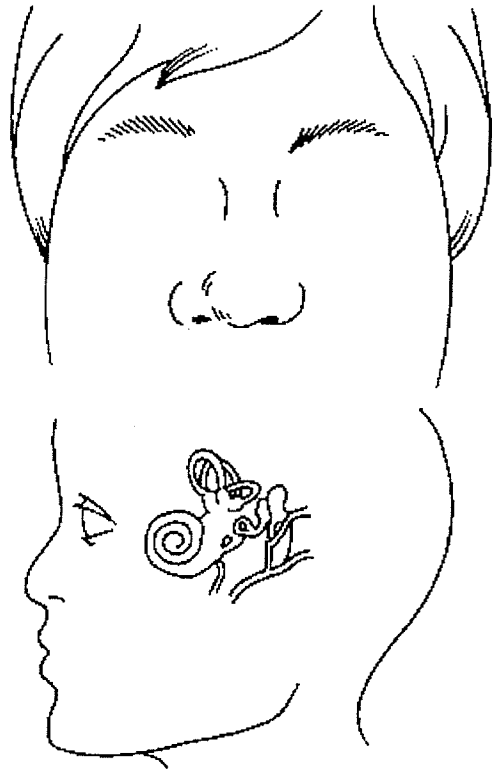
DAY/PAGE NO.	DAY/PAGE NO.	DAY/PAGE NO.
<b>DAY 1</b> HB 1 HB 63; HB 64 AND HB 65	<b>DAY 6</b> HB 6 HB 66	<b>DAY 11</b> HB 12 HB 70
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Name \_\_\_\_\_

# Your Eyes and Ears

Finish the drawings.

1. Draw your own eyes on the face. Color them the same color as your eyes.
2. Color the eardrum red. Then draw the outside of the ear. Add hair that looks like yours.



Answer the questions.

3. What is the colored part of your eye called?

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4. What part of your body do you use for hearing?

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Name \_\_\_\_\_



# Eyes and Ears Scramble

Unscramble the words to fill in the blanks.

Use the words in the box to help.

eardrum

ears

iris

outer

pupil

1. siri \_\_\_\_\_ The colored part of the eye.
2. raes \_\_\_\_\_ You hear with these.
3. mrraedu \_\_\_\_\_ This is inside your ear.
4. iuppl \_\_\_\_\_ The dark center of the eye.
5. rtoue \_\_\_\_\_ The three parts of the ear are the inner, middle, and ? ear.

Name \_\_\_\_\_



# Eyes and Ears Matching

Match the letter of the correct meaning next to each word.

Words	Meanings
_____ 1. pupil	a. part of ear inside head
_____ 2. iris	b. two used for hearing
_____ 3. eardrum	c. dark center of eye
_____ 4. ears	d. two used for seeing
_____ 5. eyes	e. colored part of eye

Choose one of the words from the list.

Use it in a sentence.

6.

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

Name \_\_\_\_\_



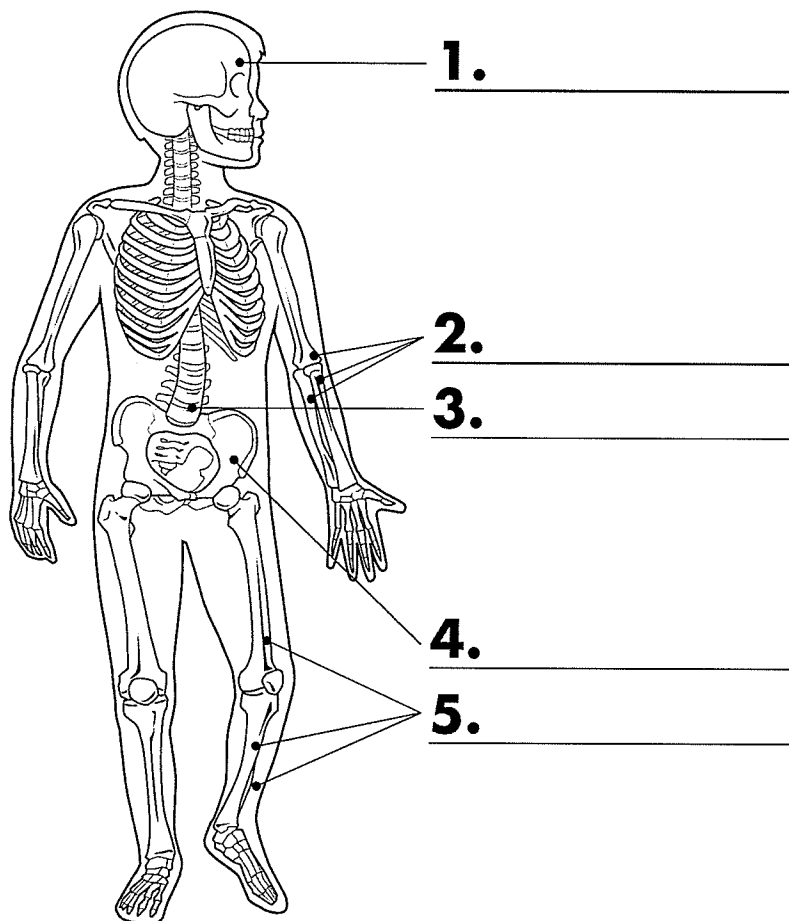
# Skeletal System Diagram

Label the skeletal parts using the words below.

arm bones  
skull

hip bones  
spine

leg bones



Name \_\_\_\_\_



# Puzzle Fun

Fill in the blanks to solve the puzzle.  
Use the words in the box to help.

bike

bones

helmet

skeleton

skull

spine

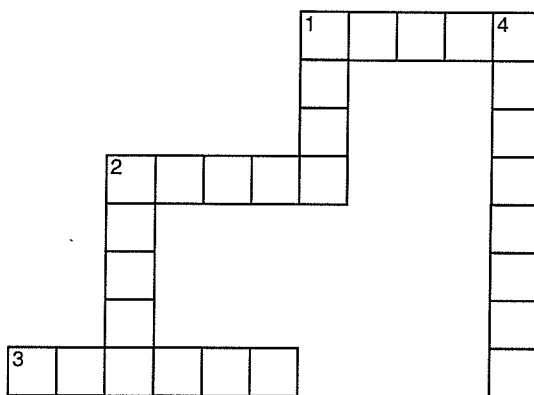
## Clues

### Across

1. your backbone has many of these
2. backbone
3. what you wear on your head

### Down

1. you ride this two wheeler
2. bones in your head
4. bones of your body

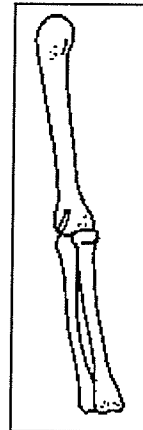
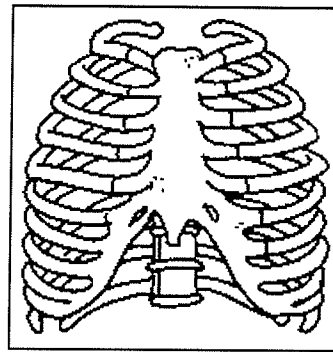
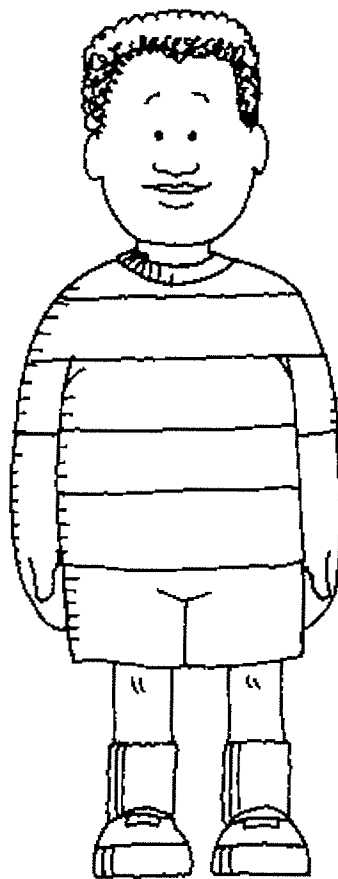
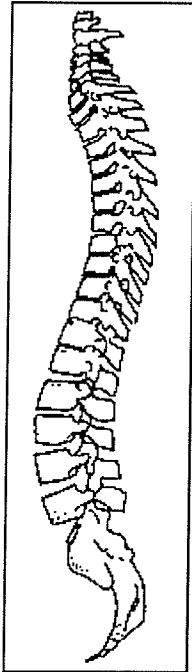


Name \_\_\_\_\_



# Connect the Bones

Match the bones to the places where they are found. Draw lines to connect the pictures of bones to the parts of the boy's body.



The boy is going to ride his bike. Draw something on him that will help keep his head safe.

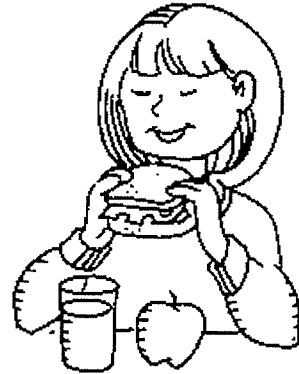


Name \_\_\_\_\_



# A Tasty Lunch

Use the words in the box to finish the story. Write the correct word on each blank line.



back	chew	front
tongue	swallow	

Joy is eating lunch. Joy's \_\_\_\_\_ helps  
her taste her sandwich. She uses her teeth to  
\_\_\_\_\_ each mouthful. Drinking milk  
helps Joy \_\_\_\_\_ her food. Joy uses her  
sharp \_\_\_\_\_ teeth to bite her apple.  
She uses her wide \_\_\_\_\_ teeth to chew  
the apple. "Mmmm!" Joy says.

Name \_\_\_\_\_



# Digestive System Words

Write the vowels to complete the words.

1. b r \_\_\_\_\_ s h

o u

2. b \_\_\_\_\_ d y

u

3. f \_\_\_\_\_ d

o

4. \_\_\_\_\_ a t

o o

5. t \_\_\_\_\_ s t e

a

6. m \_\_\_\_\_ t h

e

Choose one of the words from the list above and use it in a sentence.

7.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

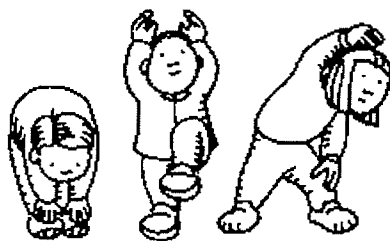


# Your Circulatory System

Circle the **T** if the sentence is true.

Circle the **F** if the sentence is false.

1. T F You should exercise every day to keep your heart strong.
2. T F Your heart pumps water.
3. T F The circulatory system moves blood through your body.
4. T F Never touch someone else's blood.
5. T F Your heartbeat sounds like a drum.
6. T F Wash cuts with soap and milk.
7. T F Blood vessels are tubes that carry blood through your body.
8. T F Your heart is about the size of a foot.



Name \_\_\_\_\_



# Word Search

Find these words hidden in the puzzle below.  
The words are written ↓ or →.

blood	circulatory	exercise	fist
germs	heart	heartbeat	system
tubes	vessels		

c	i	r	c	u	l	a	t	o	r	y
j	a	k	m	t	r	y	u	z	x	v
l	b	h	e	a	r	t	b	e	a	t
n	g	q	u	v	w	a	e	s	w	u
x	e	x	e	r	c	i	s	e	s	o
p	r	r	b	c	t	x	d	u	r	n
p	m	o	g	f	h	e	z	v	t	h
q	s	y	s	t	e	m	g	c	d	e
b	h	c	d	i	n	m	p	y	w	a
l	k	f	j	o	i	j	s	x	a	r
o	k	i	l	e	c	d	f	b	g	t
o	b	s	h	e	f	g	z	q	m	l
d	a	t	i	v	e	s	s	e	l	s



# Respiratory Words

Circle the letter of the correct answer.

1. Your nose, mouth, and lungs are part of the \_\_\_\_.
  - a. respiratory system
  - b. circulatory system
  - c. skeletal system
2. Exercise makes you breathe \_\_\_\_\_.
  - a. easier
  - b. harder
  - c. with no change
3. Your lungs fill with air when you \_\_\_\_\_.
  - a. breathe out
  - b. breathe in
  - c. stop breathing
4. You have \_\_\_\_\_ lungs.
  - a. three
  - b. four
  - c. two

Name \_\_\_\_\_



# Respiratory Facts

Draw lines to make the statements true.

**1.** Exercise makes you

**a.** are parts of the  
respiratory system.

**2.** You should never  
put anything

**b.** in your nose.

**3.** Air can go in and  
out of your body

**c.** air leaves  
your lungs.

**4.** When you breathe in

**d.** through your nose  
and mouth.

**5.** When you breathe out

**e.** your lungs fill  
with air.

**6.** Your mouth, nose,  
and lungs

**f.** breathe harder.

Name \_\_\_\_\_



# Using Muscles

Use the words in the box to finish the story.

arm	face	leg
muscles	neck	



Ben uses many \_\_\_\_\_ when he plays  
the piano. Ben uses his \_\_\_\_\_ muscles  
when he lifts his hands to the keys. He uses his  
\_\_\_\_\_ muscles when he taps his feet.  
When he looks up to the music and down to the  
keys he is using his \_\_\_\_\_ muscles. Ben  
uses his \_\_\_\_\_ muscles to smile.

Name \_\_\_\_\_

# A Hidden Message

Use the letters below to complete the words.

c	e	l	m	s	s	u
---	---	---	---	---	---	---

1. a r      s

2. w a r m-      p

3.      t o m a c h

4. f a      e

5. p      a y

6. n      c k

7. l e g     



Read the letters in the circles from top to bottom. What word do they spell?

8. \_\_\_\_\_



Name \_\_\_\_\_

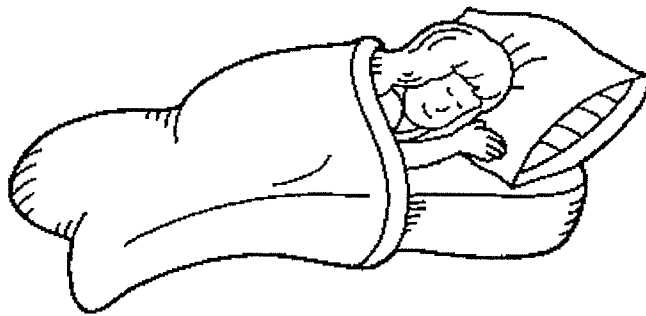


# Your Nervous System

Circle the **T** if the sentence is true.

Circle the **F** if the sentence is false.

- T   F   **1.** Your nervous system keeps your body working.
- T   F   **2.** Your nervous system tells you about things around you.
- T   F   **3.** Your brain is part of the muscular system.
- T   F   **4.** Your brain and nerves are parts of your nervous system.
- T   F   **5.** Sleeping lets your brain rest.
- T   F   **6.** You do not need much sleep.



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Name \_\_\_\_\_



# Muscles and Nerves

Answer by writing **muscles** or **nerves**.

1. We need to stretch gently before exercise.

\_\_\_\_\_

What are we? \_\_\_\_\_

2. We help you feel things. What are we?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. We carry messages to the brain. What are we?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. The heart is one of us. What are we?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. We help you move your body. What are we?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Getting Exercise

# Warm-Up and Cool-Down Stretches



**W**arm up your muscles before you exercise. Spend at least five minutes stretching. You can use any of the stretches shown here. Hold each stretch while you count to 15. Repeat each stretch three times. Remember to start exercising slowly.

Slow down at the end of exercise. Then repeat some of these stretches for about two minutes. Stretching after exercise helps your muscles cool down.

### ▲ Leg Stretch

Extend one leg behind you. Keep the toes of that foot pointed up.



### ◀ Sit-and-Reach Stretch

Bend forward at the waist. Keep your eyes on your toes.

### ▼ Upper-Back and Shoulder Stretch

Try to stretch your hand down so that it rests flat against your back.

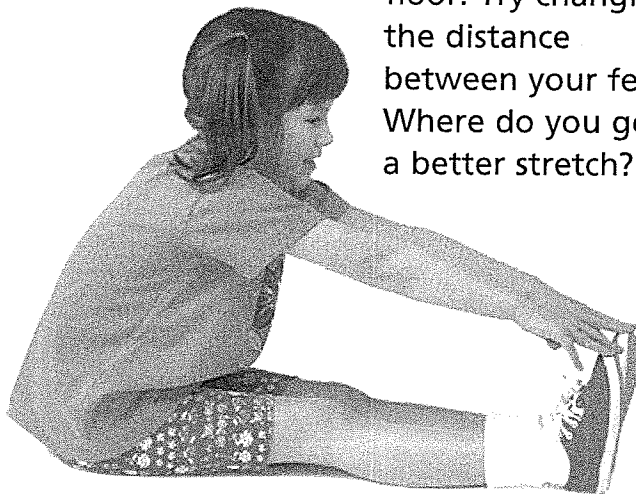


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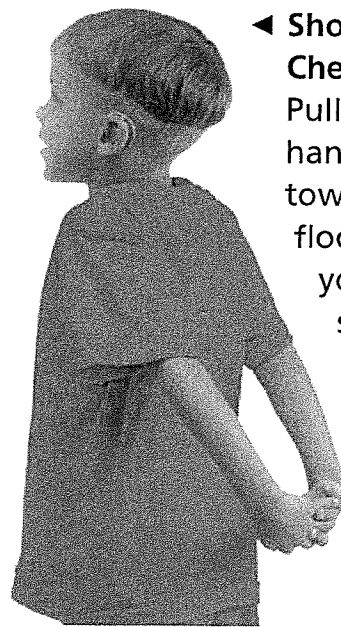
- **Thigh Stretch** Keep both hands flat on the ground. Lean as far forward as you can.



- ▼ **Calf Stretch** Keep both feet on the floor. Try changing the distance between your feet. Where do you get a better stretch?



- ◄ **Shoulder and Chest Stretch** Pull your hands slowly toward the floor. Keep your elbows straight, but don't lock them.



## Tips for Stretching

- Never bounce. Stretch gently.
- Breathe normally to get the air you need.
- Never stretch until it hurts. You should feel only a slight pull.

## Getting Exercise

# Build Your Heart and Lungs

**E**xercise helps your heart and lungs grow strong. The best exercise activities make you breathe deeply. They make your heart beat fast. You should try to exercise for at least twenty minutes at a time. Remember to warm up first and cool down at the end.

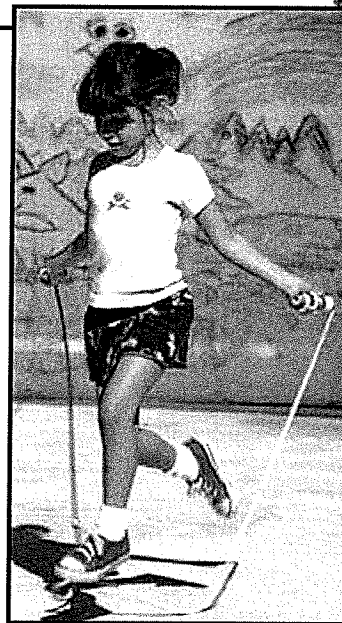
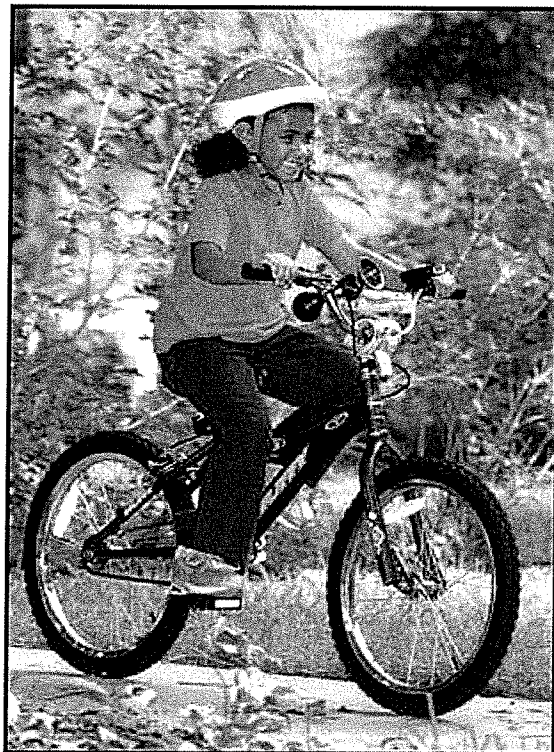
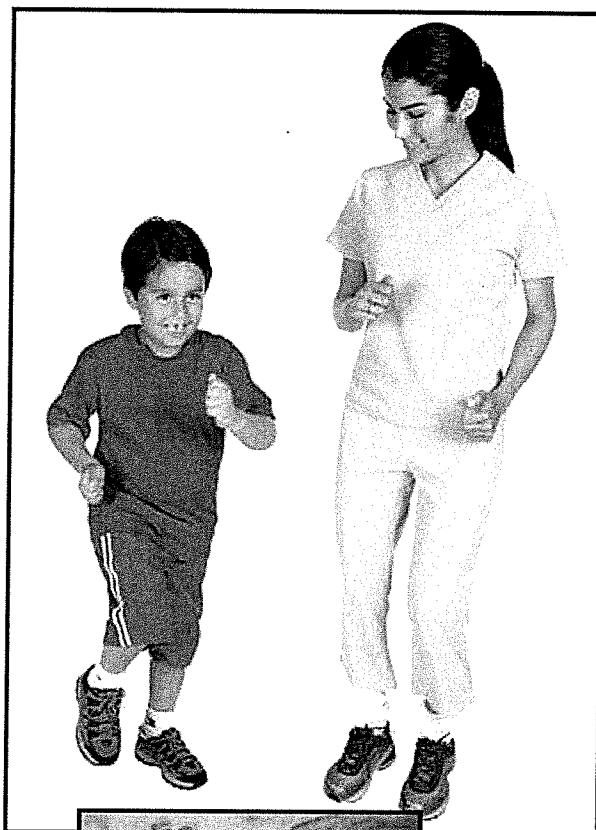
▼ **Swimming** If you are not a strong swimmer, use a kickboard to get a good workout. Remember to swim only when a lifeguard is present.

▲ **Skating** Always wear a helmet, elbow and knee pads, and wrist guards. Learn to skate, stop, and fall correctly.



► **Walking** A fast walk can help build your heart and lungs. Wear shoes that support your feet. Walk with a friend for extra fun!

▼ **Riding a Bike** When you ride your bike, your exercise really gets you somewhere! Follow bike safety rules, and always wear your helmet. See pages 118–119 for information on safety rules and bike helmets.



▲ **Jumping Rope** Jumping rope is good for your heart and your lungs. Always jump on a flat surface. Wear shoes that support your feet.

## Getting Exercise

# The President's Challenge

The President's Challenge is a physical fitness program for children ages six to seventeen. There are five activities in the President's Challenge. Each activity tests the fitness of a different part of your body. Your teacher can tell you more about how to take the President's Challenge.



- ① **Curl-Ups or Sit-Ups** This exercise measures strength in the muscles below your stomach.

- ② **Shuttle Run** This exercise measures the strength of your legs. It also tests your heart and lungs.

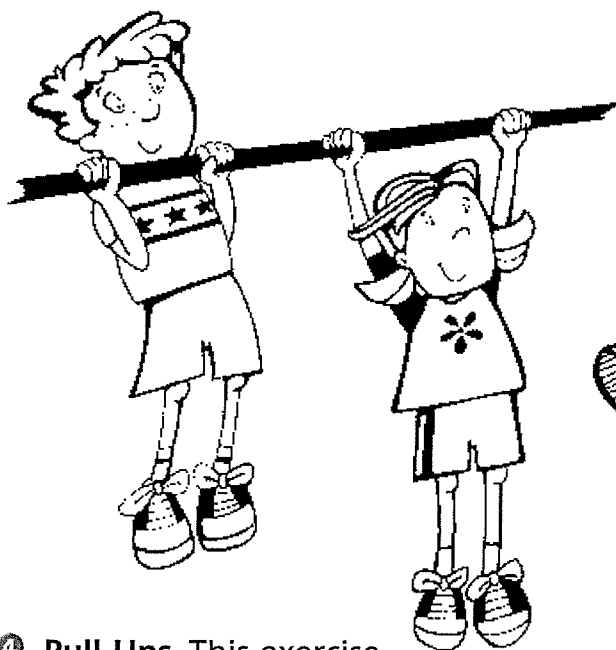


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- ③ **One-Mile Run or Walk** This exercise measures the strength of your legs. It tests how long you can exercise without getting too tired.



- ④ **Pull-Ups** This exercise measures strength in the muscles of your arms and shoulders.



- ⑤ **V-Sit Reach** This exercise measures how easily the muscles of your legs and back can stretch.



# Your Senses

You have five senses that tell you about the world. Your five senses are sight, hearing, smell, taste, and touch.

## Your Eyes

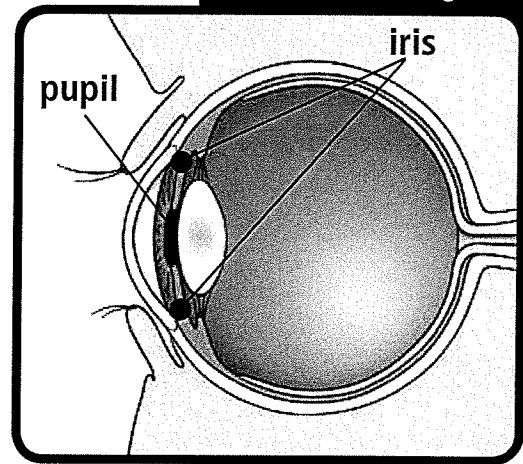
If you look at your eyes in a mirror, you will see an outer white part, a colored part called the iris, and a dark hole in the middle. This hole is called the pupil.

### Caring for Your Eyes

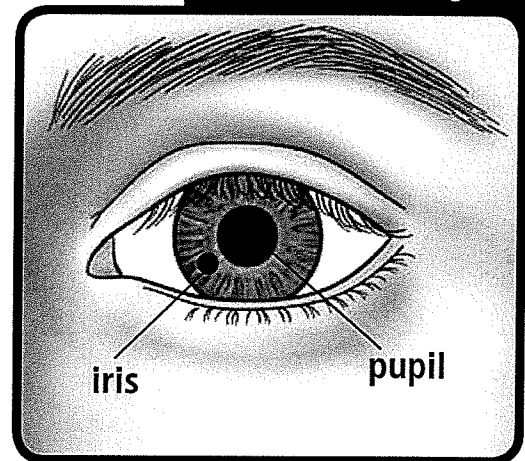
- Have a doctor check your eyes to find out if they are healthy.
- Never look directly at the sun or at very bright lights.
- Wear sunglasses outdoors in bright sunlight and on snow and water.
- Don't touch or rub your eyes.
- Protect your eyes when you play sports.

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**Inside of Eye**



**Outside of Eye**



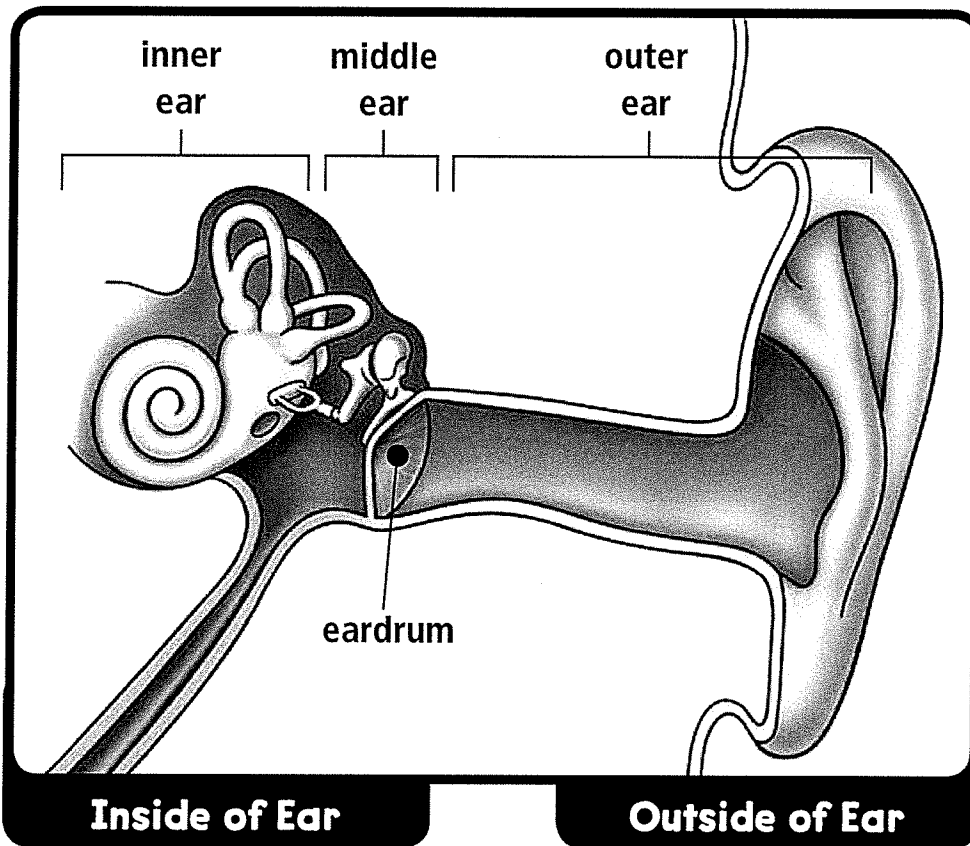
# Your Senses

## Your Ears

Your ears let you hear the things around you. You can see only a small part of the ear on the outside of your head. The parts of your ear inside your head are the parts that let you hear.

### Caring for Your Ears

- Have a doctor check your ears.
- Avoid very loud noises.
- Never put anything in your ears.
- Protect your ears when you play sports.



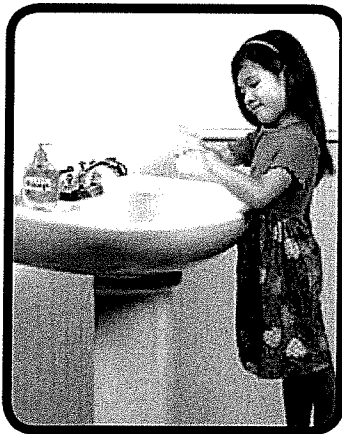


## Your Senses of Smell and Taste

Your nose cleans the air you breathe and lets you smell things. Your nose and tongue help you taste things you eat and drink.

## Your Skin

Your skin protects your body from germs. Your skin also gives you your sense of touch.



## Caring for Your Skin

- Always wash your hands after coughing or blowing your nose, touching an animal, playing outside, or using the restroom.
- Protect your skin from sunburn. Wear a hat and clothes to cover your skin outdoors.
- Use sunscreen to protect your skin from the sun.
- Wear proper safety pads and a helmet when you play sports, ride a bike, or skate.



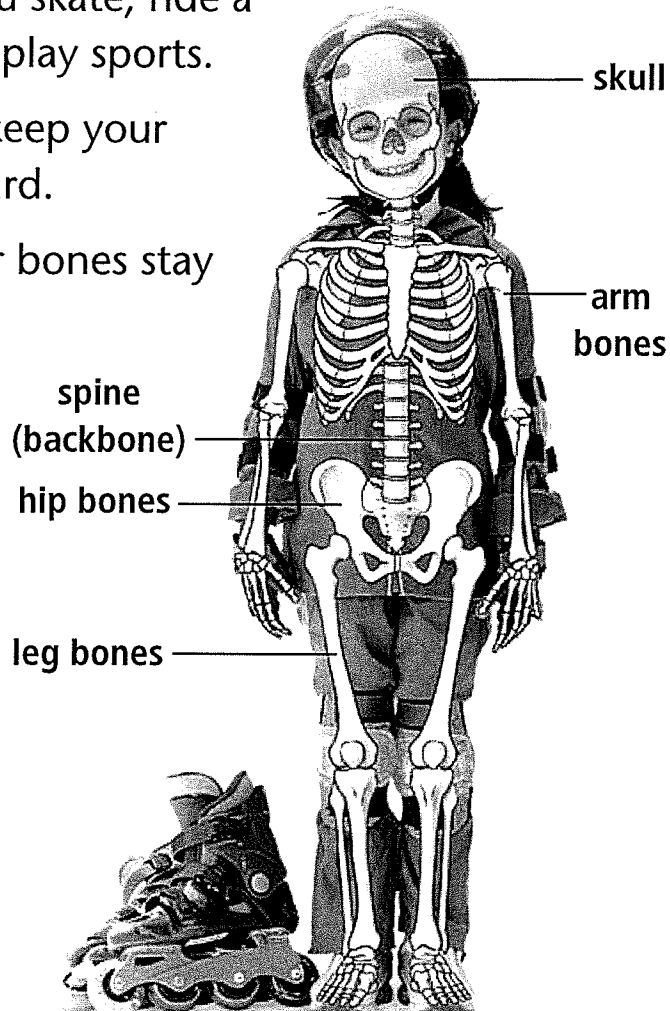
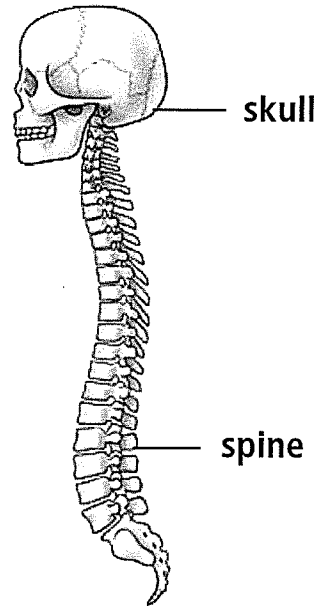
# Your Skeletal System

Inside your body are many hard, strong bones. They form your skeletal system. The bones in your body protect parts inside your body.

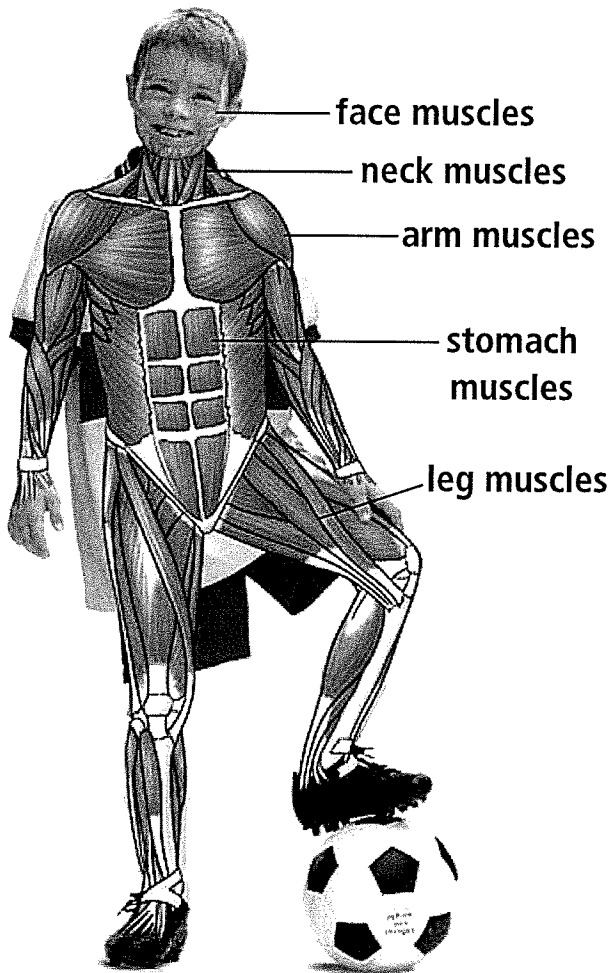
Your skeletal system works with your muscular system to hold your body up and to give it shape.

## Caring for Your Skeletal System

- Always wear a helmet and other safety gear when you skate, ride a bike or a scooter, or play sports.
- Eat foods that help keep your bones strong and hard.
- Exercise to help your bones stay strong and healthy.
- Get plenty of rest to help your bones grow.



# Your Muscular System



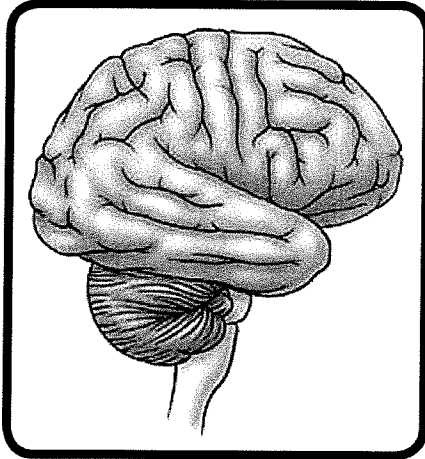
Your muscular system is made up of the muscles in your body. Muscles are body parts that help you move.

## Caring for Your Muscular System

- Exercise to keep your muscles strong.
- Eat foods that will help your muscles grow.
- Drink plenty of water when you play sports or exercise.
- Rest your muscles after you exercise or play sports.



# Your Nervous System



Your brain and your nerves are parts of your nervous system. Your brain keeps your body working. It tells you about the world around you. Your brain also lets you think, remember, and have feelings.

## Caring for Your Nervous System

- Get plenty of sleep. Sleeping lets your brain rest.
- Always wear a helmet to protect your head and your brain when you ride a bike or play sports.





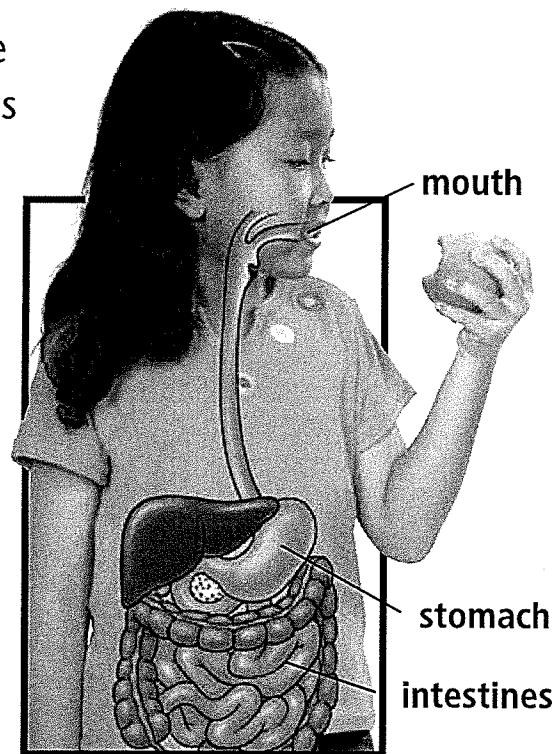
# Your Digestive System

Your digestive system helps your body get energy from the foods you eat. Your body needs energy to do things.

When your body digests food, it breaks the food down. Your digestive system keeps the things your body needs. It also gets rid of the things your body does not need to keep.

## Caring for Your Digestive System

- Brush and floss your teeth every day.
- Wash your hands before you eat.
- Eat slowly and chew your food well before you swallow.
- Eat vegetables and fruits. They help move foods through your digestive system.

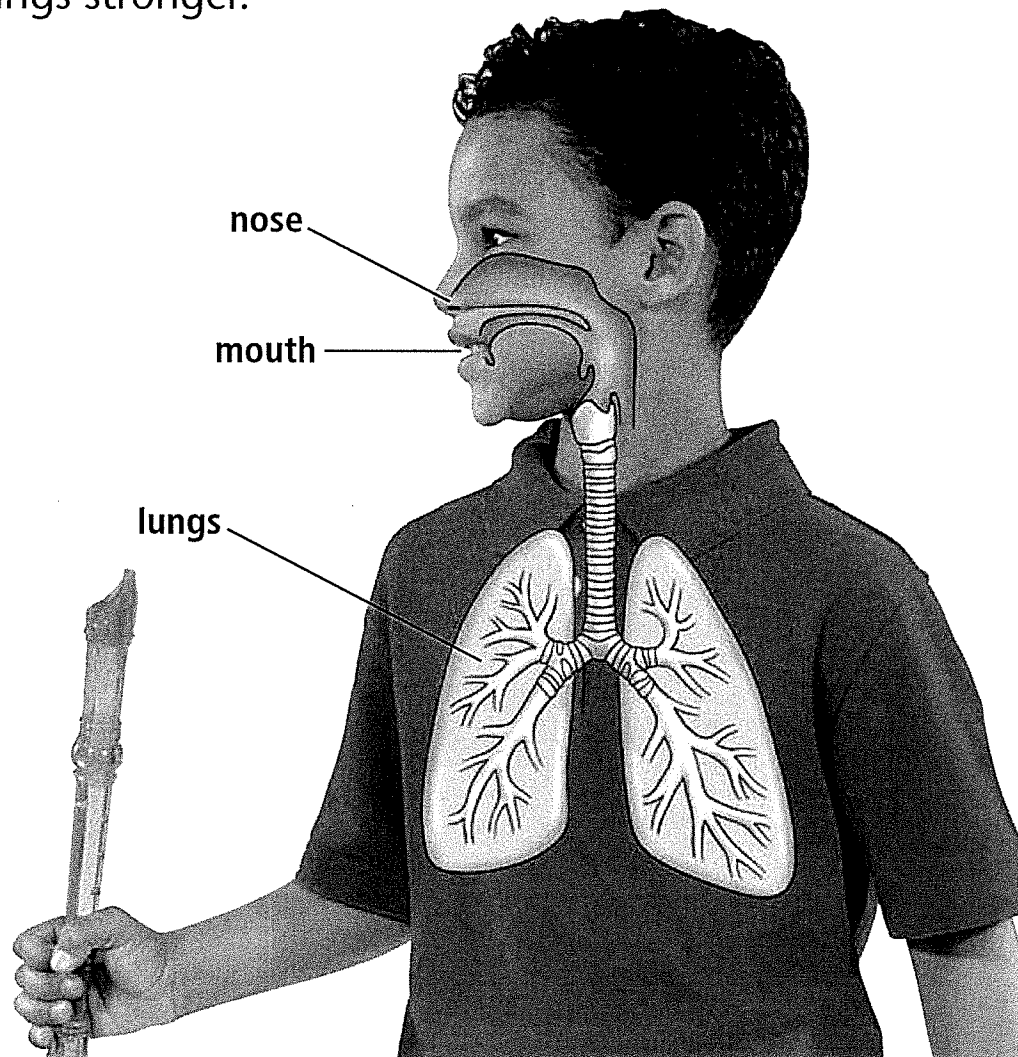
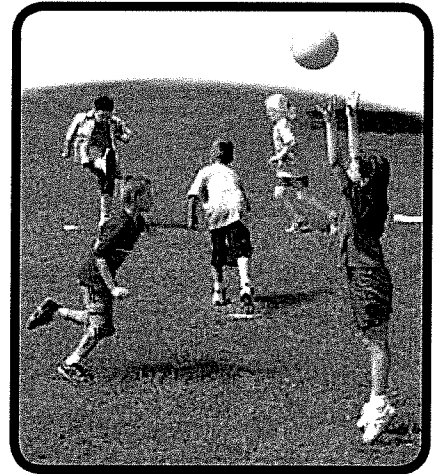


# Your Respiratory System

You breathe using your respiratory system. Your mouth, nose, and lungs are all parts of your respiratory system.

## Caring for Your Respiratory System

- Never put anything in your nose.
- Never smoke.
- Exercise enough to make you breathe harder. Breathing harder makes your lungs stronger.

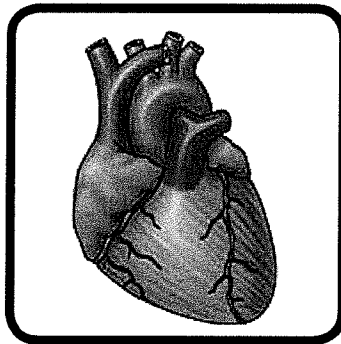




# Your Circulatory System

Your circulatory system is made up of your heart and your blood vessels. Your blood carries food energy and oxygen to help your body work. Blood vessels are small tubes. They carry blood from your heart to every part of your body.

Your heart is a muscle. It is beating all the time. As your heart beats, it pumps blood through your blood vessels.



## Caring for Your Circulatory System

- Exercise every day to keep your heart strong.
- Eat meats and green leafy vegetables. They help your blood carry oxygen.
- Never touch anyone else's blood.

