

EI MASSRIA INTEGRATED SCHOOL
DISCOVER DEPARTMENT



DISCOVER BOOKLET

Primary three

First term

Name /.....

Class /.....

School /.....








Making a stronger me

Chapter 1

Life skills :

Life skills are the positive behaviors that ease the challenges of our life

Strategies I can use

Collaboration 	Sharing and working with others
Communication 	talking clearly and understanding each other
Critical thinking 	Practice thinking and watch out for key ideas
Decision-making 	Making the right choices
Empathy 	Respecting their feelings
Problem-solving 	Developing solutions
Self-management 	Setting goals and working on goals

Revision

1-life skills are the (negative – positive) behaviors that ease the challenges

2- (writing tool – self management) is a life skills

3-self –management includes (setting goals – game)

4-self – management includes (drawing – working on goals)

5- (Collaboration – drawing) is a life skills

6- (Talking – critical thinking) is a life skills

7- (Reading – communication) is a life skills

8- (Empathy _ don't share materials) is a life skills

9- (talking – decision-making) is a life skills

10- (drawing – problem-solving) is a life skills

Fill in the table with sentences to refer to cooperation only :

-Listen to teacher

-work individually

-work together

-share materials

-speak loudly

-share ideas

-don't share materials

.....
.....
.....
.....
.....

Match :

Practice thinking	problem-solving
Sharing and working with others	communication
Making the right choices	self-management
Developing solutions	critical thinking
Setting goals	decision making
Talking clearly	empathy
Respecting their feelings	collaboration

Complete :

Problem-solving – collaboration – communication – empathy – self-management – decision-making – critical thinking

- 1-.....setting goals and working on goals
- 2-.....talking clearly
- 3-.....practice thinking
- 4-..... Respecting their feeling
- 5-.....developing solutions
- 6-.....making the right choices
- 7-.....sharing and working with others

Put (T) or (F)

- 1-self-management is a life skills ()
- 2-writing tool is a life skills ()
- 3-drawing is a life skills ()
- 4-collaboration is a life skills ()
- 5-life skills are the negative behaviors ()
- 6-self-management includes working on goals ()
- 7-Empathy is a life skills ()
- 8-communication is a life skills ()
- 9-self-management includes setting goals ()
- 10-self-management includes drawing ()
- 11-problem-solving is a life skills ()
- 12-Reading is a life skills ()
- 13-Game is a life skills ()
- 14-Decision-making is a life skills ()

making a healthy body

chapter 2

Healthy and unhealthy

Healthy	Un healthy
Brushing teeth 	Shouting at each others 
Drinking milk 	Watching tv all day 
Sleeping early 	Eating junk food every day 
Exercising 	Drinking soda drinks 











Healthy habits :

- 1-get enough sleep
- 2-stay active
- 3-stay positive and calm
- 4-Eating healthy

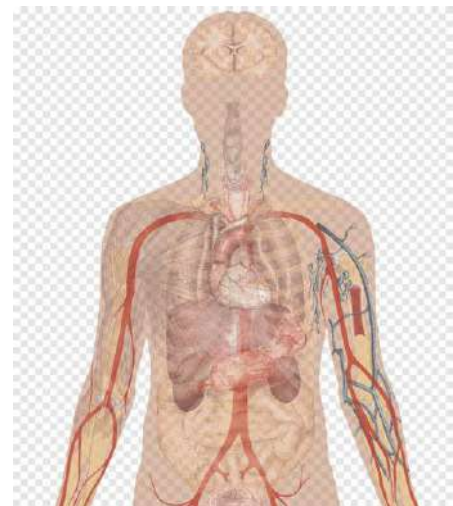


Map of the human body

Some body parts are seen and unseen

Seen	Unseen
Skin 	Bones 
Nose 	Muscles 
Hand 	Stomach 
Ears 	Veins 
Mouth 	Heart 

Diagrams :a special of picture with labels



I'm the skin

Organ : is a certain part human body that has a specific function

1-the skin color of your hands are **similar**



2-skin is the **largest** organ in the human body

3-skin keeps your body **fluids** inside



4-skin keeps your body **temperature**



5-skin protects you from harmful **germs**

6-using **sunscreen** protects your skin from harmful sunrays



Bones and muscles work together

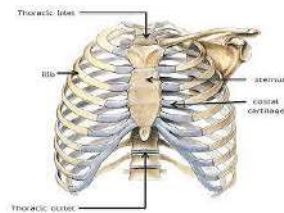


1-muscles and bones work together

2-Bones make up skelton



3-Ribcage protects the heart and lungs



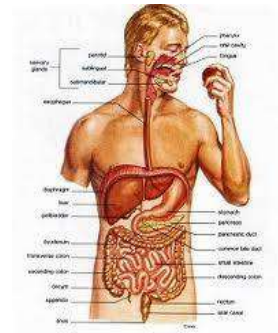
4-Skull protects eyes and the brain



5-When muscles move the skelton moves too

What happens to the food you eat ?

Digestion : it is the process that changes the food we eat into a simpler form



Steps of digestion :

1-our bodies give us signals when we need to eat

2-we **chew** the food in our mouths



3-we **swallow** the food



4-stomach contains **acidic juice** that mixes with the food

5-**Nutrients** go to the blood to give us **energy**



6-Stomach is a **large muscular organ**



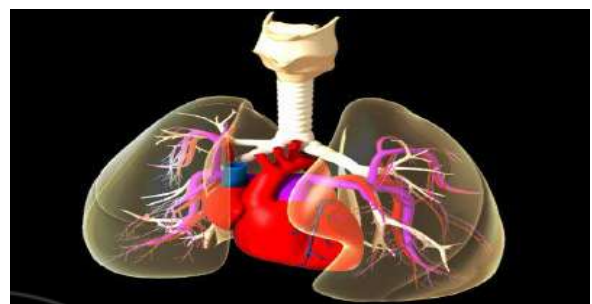
My heart :

1-The heart is a **strongest** organ

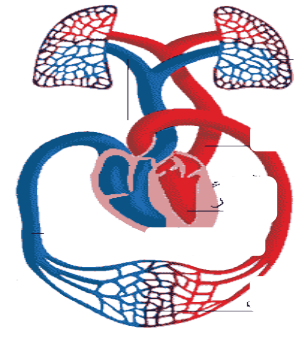
2-The heart is in the size of your **fist**



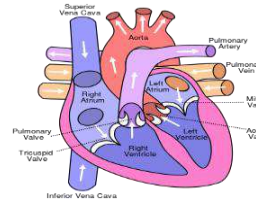
3-The heart lies between **2 lungs**



4-The heart **beat** and **push** blood through your body



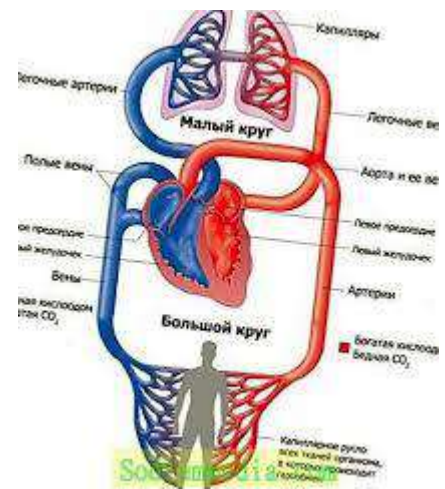
5-The heart is divided into **2 sides**



6-The heart automatically **contracts and expand** to beat

7-The heart **expands** when it's filled with blood

8-The heart **contracts** when pushing blood



9-Laughing is good for your heart

Revision

Fill in the table :

Drinking milk – eating junk food – drinking soda –
shouting to each other – brushing teeth – sleeping early –
Exercising – watching tv all day

Healthy	Unhealthy
.....
.....
.....
.....

Complete : (healthy – unhealthy)

- | | |
|--------------------------|---------|
| 1-Exercising | (.....) |
| 2-Drinking soda drinks | (.....) |
| 3-Eating junk food | (.....) |
| 4-Brushing teeth | (.....) |
| 5-Shouting to each other | (.....) |
| 6-Sleeping early | (.....) |
| 7-Drinking milk | (.....) |
| 8-Watching tv all day | (.....) |

Fill in the table :

Skin – bones – eyes – stomach – muscles – hair – leg –
mouth – veins – heart – nose

Seen body parts	Unseen body parts
.....
.....
.....
.....
.....
.....

Match :

Bones

Skin

Muscles

Nose

Mouth

Veins

Heart

Leg

Stomach

seen body parts

unseen body parts

Complete : (seen – unseen)

1-skin isbody part

2-bones and muscles arebody parts

3-Hair isbody part

4-Veins isbody part

5-Nose isbody part

6-Heart isbody part

Complete :

Largest – fluids – similar – germs – constant – sun screen

1-usingprotects your skin from harmful sun rays

2-Skin keeps your bodyinside

3-The skin color of your hands are

4-Skin protects you from harmful

5-Skin is theorgan in the human body

6-Skin keeps your body temperature

Choose :

- 1-Skin is the (smallest – largest) organ in the human body
- 2-The skin color of your hands are (similar _ difference)
- 3-Skin protects you from harmful (constant – germs)
- 4-Skin keeps your body (fluids – germs)inside
- 5-Skin keeps your body temperature (constant – variable)
- 6-Using (sun screen – sun glasses)protects your skin from harmful sun rays

Put (T) OR (F)

- 1-Skin is the largest organ in the human body ()
- 2-Skin keeps your body temperature variable ()
- 3-The skin color of your hands are similar ()
- 4-Skin keeps your body fluids in side ()
- 5-Using sunglasses protects your skin from harmful sun rays ()
- 6-The skin color of your hands are difference ()
- 7-Skin protects you from harmful germs ()
- 8-The skin color of your hands are similar ()

Put (T) or (F)

- 1-Bones make up ribcage ()
- 2-Muscles and bones work together ()
- 3-Skull protects hard organ ()
- 4-Bones make up skeleton ()
- 5-Ribcage protects the brain and lungs ()
- 6-Skull protects eyes and the brain ()
- 7-Ribcage protects the heart and the lungs ()
- 8-When muscles move , the skeleton moves too ()

Complete :

Bones – eyes and the brain – the heart and lungs – together – skeleton - ribcage – skull

- 1-.....protects the brain and eyes
- 2-Muscles and bones work
- 3-Skull protects
- 4-.....protects the heart and the lungs
- 5-.....make up skeleton
- 6-Ribcage protects
- 7-Bones make up

Choose :

- 1-Bones make up (skull – skeleton)
- 2-Skull protects (the heart and lungs – the brain and the eyes)
- 3-Ribcage protects (the heart and lungs – the brain and the eyes)
- 4-(ribcage – skeleton) protects the heart and lungs

Complete : the steps of digestion

We chew food in our mouths – we swallow the food – nutrients go to the blood to give us energy

- 1-our bodies give us signals when we need to eat
- 2-.....
- 3-.....
- 4-Stomach contains acidic juice that mixes with the food
- 5-.....

Re – arrange the steps of digestion

- We chew the food in our mouths
- Nutrients go to the blood to give us energy
- Our bodies give us signals when we need to eat
- We swallow the food
- Stomach contains acidic juice that mixes with the food

- 1-.....
- 2-.....
- 3-.....
- 4-.....
- 5-.....

Complete :

Fist – beat and push – strongest – 2 lungs – 2 sides – contracts and expand - it's filled with blood – pushing blood

- 1-The heart is a organ
- 2-The heart is in the size of your
- 3-The heart is divided into
- 4-The heart automaticallyand to beat
- 5-The heart expand when
- 6-The heart contracts when
- 7-The heart lies between
- 8-The heartandblood through your body

Choose :

- 1-The heart is a (largest – strongest) organ
- 2-Skin is the (strongest - largest) organ
- 3-The heart is in the size of your (fist – lungs)
- 4-The heart lies between (2 lungs – skull)

- 5-The heart is divided into (3pieces – 2 sides)
6-The heart automatically (contracts and expands – contracts) to beat
7-The heart contracts when (it's filled with blood – pushing blood)
8-The heart expands when (it's filled with blood – pushing blood)









Put (T) or (F)

- 1-The heart is a largest organ ()
2-Skin is the largest organ ()
3-The heart is in the size of your fist ()
4-The heart is a strongest organ ()
5-The heart expands when pushing blood ()
6-The heart automatically contracts to beat ()
7-The heart contracts when pushing blood ()
8-The heart is divided into 3 pieces ()
9-The heart lies between 2 lungs ()
10-The heart expand when it's filled with blood ()
11-The heart automatically contracts and expands to beat ()
12-The heart is divided into 2 sides ()

Get Fit With Healthy Eating

chapter 3

A canteen at school

Healthy	Unhealthy
Nuts 	Pop corn 
Yogurt 	Candies 
Milk 	Potato chips 
Fresh juice 	Soda 

My diet :

Diet : is the food we eat regularly

Nutrients : are the elements found inside food



Nutrients :

Proteins	Carbohydrates	Fats
Make our muscles stronger As in :	Give us energy As in :	Give us energy As in :
Meat	Bread	Milk
Fish	Cereal	Yogurt
Egg	Rice	Cheese
Nuts	Pasta	Butter
Dry beans		Oil

Vitamins and minerals :



Vitamins	Minerals
Are important nutrients that our bodies need in small amount	Are substances that our bodies need to stay healthy
Ex : Vitamin (A) : carrots Vitamin (C) : orange and guava Vitamin (D) : nuts	Ex : Calcium in milk and yogurt

Eating rainbow:





Red	Orange	Yellow	Green	Indigo	Blue	Violet
Strawberry	Carrot	Banana	Avocado	Eggplant	Blueberries	Cabbage

How much sugar :

- 1-Causes tooth decay
- 2-Feeling anxious
- 3-Adds stress to our hearts



Fresh – processed

Fresh	Processed
	
It has natural sugar	Extra sugaris added
The peel has a lot of nutrients	The peel is taken off , so some nutrients are lost

Why water matters :

1-Water occupies most of our body

2-We lose water by sweating

3-(Hydration) is when we drink enough amount of water , that keeps our bodies healthy



4-If we lose water without replacing it , we will be (dehydration)



5-Drink 2 liters (8) cups of water every day

What are the benefits of water?	What happens when we lose too much water ?
Keeps our bodies temperature constant	Feel thirsty
Helps joints move property	Feel tired , dizzy and weak
Protects bones	Have a headache
Gets rid of toxins and wastes	Become dehydrates

Keeping food cold

In the past	Now days
Zeer pot	Refrigerator

Revision

Fill in the table :

Nuts – orange – soda – milk – fresh juice – candies – pop
corn – yogurt – potato chips

Healthy	Unhealthy
.....
.....
.....
.....
.....

Complete :

Diet – nutrients – energy – proteins – fats – carbohydrates

- 1-.....are the elements found inside food
- 2-.....give us energy as in milk
- 3-.....give us energy as in bread
- 4-.....make our muscles as in meat
- 5-.....is the food we eat regularly
- 6-Nutrients give us

Choose :

- 1-(diet – nutrients) is the food we eat regularly
- 2-(fats – carbohydrates) give us energy as in milk
- 3-(proteins – carbohydrates) give us energy as in bread
- 4-(diet – nutrients) are the elements found inside food
- 5-Nutrients give us (protein – energy)
- 6-(proteins – fats) make our muscles

Fill in the table :

Meat – bread – milk – yogurt – fish – dry beans – rice –
pasta – eggs – butter – cheese

Proteins	Carbohydrates	Fats
.....
.....
.....
.....

Match :

Meat

Bread

Rice

Dry beans

Butter

Milk

Yogurt

Fish

Eggs

Cheese

Pasta

proteins

fats

carbohydrates

Put (T) OR (F)

1-Eating extra sugar makes us feel happy ()

2-Eating extra sugar adds stress to our hearts ()

3-Eating extra sugar causes bad effects to our bodies ()

4-Eating extra sugar makes us gain weight ()

5-Eating extra sugar causes tooth decay ()

6-We should stop eating extra sugar ()

Match :

- | | |
|--------------|--------|
| Strawberry | violet |
| Banana | blue |
| Carrot | indigo |
| Avocado | green |
| Cabbage | red |
| Egg plant | yellow |
| Blue berries | orange |

Fill in the table :

Extra sugar is added – it has natural sugar – the peel is taken off , so some nutrients are lost – the peel has a lot of nutrients

Fresh	Processed
.....
.....

Choose :

- 1-It has natural sugar (fresh – processed)
- 2-Extra sugar is added (fresh – processed)
- 3-The peel has a lot of nutrients (fresh – processed)
- 4-The peel is taken off , so some nutrients are lost (fresh – processed)

Put (T) or (F)

- 1-Fresh peach has more nutrients ()
- 2-Extra sugar is added to processed ()
- 3-Fresh peach is very healthy ()
- 4-The peel is taken off from fresh peach ()
- 5-Fresh peach has natural sugar ()

Choose :

- 1-(water – food) occupies most of our bodies
- 2-(hydration – dehydration) is when we drink enough amount of water , that keeps our bodies healthy
- 3-If we lose water without replacing it we will be (hydration – dehydrated)
- 4-We lose water by (drinking – sweating)
- 5-Water keeps our body temperature (high – constant)
- 6-We need to drink (4 cups – 8 cups) of water every day

Put (T) or (F) :

- 1-Air occupies most of our bodies ()
- 2-We lose water by sweating ()
- 3-We need to drink 4 cups of water every day ()
- 4-Hydration is when we drink enough amount of water , that keeps our bodies healthy ()
- 5-We lose water by drinking ()
- 6-Water keeps our body temperature high ()
- 7-If we lose water without replacing it , we will be dehydrated ()
- 8-Water occupies most of our bodies ()
- 9-We need drink 8 cups of water every day ()
- 10-Water keeps our body temperature constant ()
- 11-Dehydration is when we drink enough amount of water , that keeps our bodies healthy ()











When habitats change

Chapter 4



Habitat : is the environment where plants and animals normally live and grow

My local habitat :

Animals	Plants	Non-living things
Bear 	Tree 	Rocks 
Fish 	Grass 	Water 
Bird 		Air 
Hippo 		Sun 

A zookeeper's job :



1-I provide the animals with the suitable

2-I prepare the suitable place for the animals to live in shelter







Organism :

1-Is a creature such as plants and animals

2-Need organisms need **water** , **food** ,**shelter** to survive

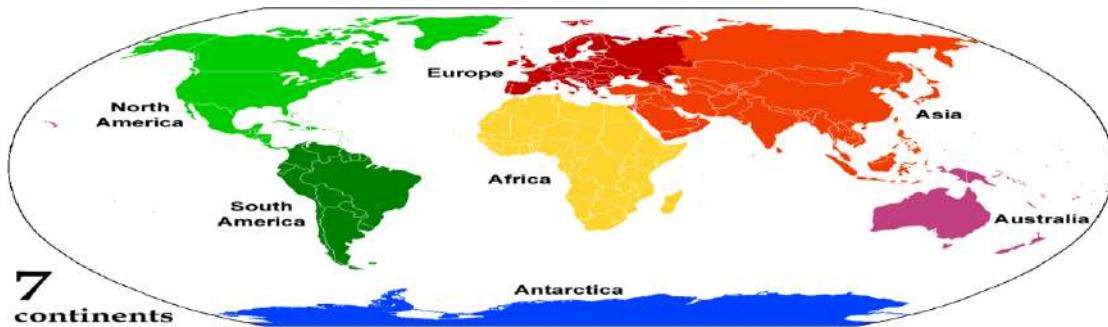


Habitats

	Polar habitat (tundra) 	Rain forest habitat (tropical habitat) 	Grass land 	Wet land habitat 
Weather	Cold and windy	Rainy Warm	Warm in summer Cold in winter	Warm or cold or multiple season
Plants	Shrubs  -moss 	-Tall grass  -Ground plants 	-Few tress  -Tall grass and bushes 	-Can grow at the top or under the water 
Animals	-Polar bear -whale -Penguin -Arctic fox    	-macaw -monkey -large snake   	-prairie dog -giraffe -rabbits -lion and cheetahs    	-turtle -frogs  

The world's map

Continents :

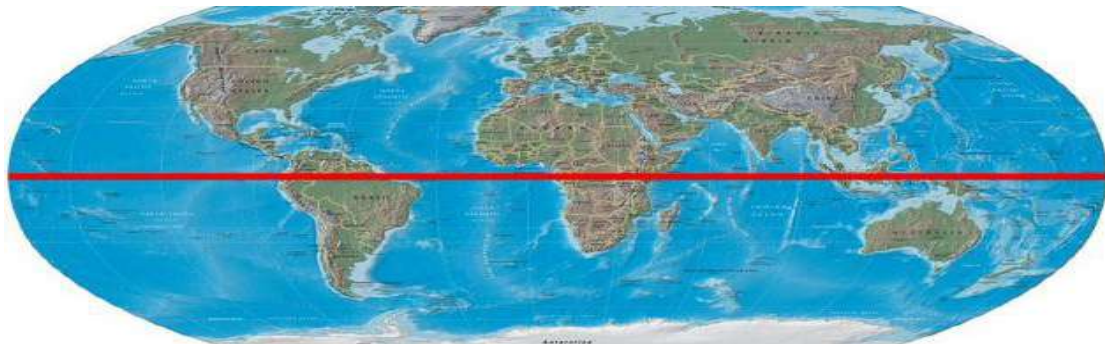




Are the very large continuous area of lands that include countries

Ex: (Africa)

Equator :

Is the invisible line that passes through the middle of the map



<p>Map</p> 	<p>Globe</p> 
<p>1-Two dimensional (2D)</p>	<p>1-Three dimensions (3D)</p>
<p>2-Flat</p>	<p>2-Sphere</p>
<p>3-Represent part of the world</p>	<p>3-Represent the whole world</p>

- Egypt is found in Africa
- Asia is the largest continent
- The equator divides the world into 2 hemispheres
- Antarctica continent contains polar habitat
- The equator through the middle of the map



Nourthern hemisphere	Southern hemisphere
Europe	Australia
North America	Antarctica

Where might a macaw live ?

- 1-Macaws live in rainforest habitat
- 2-They make their homes in the trees
- 3-They eat nuts – fruits and insects



Is this the best habitat :

Ocean habitat	Desert habitat
	
Fish , shark and dolphin breathes by gills	Camel breathes by lungs
Fish , shark , dolphin and octopus live in ocean habitat	Cactus is one of the desert plants
	The weather in the desert is hot and dry

Changes in the environment

1-flood



2-fire



3-drought



4-pollution



Plants and animals can cause change

	Plants	Animals
cause	Water hyacinth	Overgrazing of animals
Effect	-use a lot of water -prevent sunlight and oxygen to reach the aquatic plants	-remove plants and grass -the soil becomes hard and sandy

Revision

Complete :

Habitat – a zookeeper's job – organism

- 1-.....is a creature such as plants and animals , that usually needs basic needs to survive
- 2-.....is the environment where plants and animals normally live and grow
- 3-.....provide the animals with the suitable food

Choose :

- 1-(A zookeeper's job – organism) prepare the suitable place for the animals to live in shelter
- 2-(Habitat – organism) is the environment where plants and animals normally live and grow
- 3-(Organism – A zookeeper's) provide the animals with the suitable
- 4-(organism – habitat) is a creature such as plants and animals

Fill in the table :

Cold and windy – rainy and warm – tall trees – shrubs – moss – ground plants – monkey – polar bear – penguin – whale – macaw – large snake

	Polar habitat	Rain forest habitat
Weather
Plants
Animals

Fill in the table :

Multiple season – warm in summer and cold in winter – can grow at the top or under water – few trees, tall grass – turtle – giraffe – rabbits – frogs

	Grass land	Wetland habitat
Weather
Plants
Animals

Match :

Polar bear

Large snake

Turtle

Giraffe

Rabbits

Monkey

Whale

Penguin

grass land

wetland habitat

polar habitat

rain forest habitat

Match :

Rainy , warm	grass land
Multiple season	wetland habitat
Cold and windy	polar habitat
Warm in summer and cold in winter	rain forest habitat

choose :

- 1-(polar habitat – large snake) can live in polar habitat
- 2-(lions and cheetahs – turtle) can live in grass land habitat
- 3-(giraffe – turtle) can live in wetland habitat
- 4-(macaw – penguin)can live in rain forest habitat
- 5-(monkey – penguin) can live in polar habitat
- 6-(whale – frogs) can live in polar habitat
- 7-(frogs – giraffe) can live in grass land habitat
- 8-(arctic fox – monkey) can live in polar habitat

Fill in the table :

Two dimensional – three dimensions – sphere – flat – represent
part of the world – represent the whole world

Map	Globe
.....
.....
.....

Match :

2D

3D

Flat

globe

Sphere

map

Represent part of the world

Represent the whole world

Put (T) OR (F)

- 1-Egypt is found in Asia ()
- 2-Asia is the largest continent ()
- 3-North America is located at the north of the equator ()
- 4-Australlia is located at the north of the equator ()
- 5-Egypt is found in Africa ()
- 6-Antarctica is located at the south of the equator ()
- 7-Europe is located at the south of the equator ()
- 8-Australlia is located at the south of the equator ()
- 9-Europe is located at the north of the equator ()
- 10-The equator divides the world into 3 hemisphere ()
- 11-The equator through the middle of the map ()
- 12-Africa is the largest continent ()

Complete :

Africa – Asia – 2 hemispheres – Europe – Australia – map – globe – north – south

1-North America is located at theof the equator

2-Egypt is found in

3-.....is represent the whole world

4-.....is represent part of the world

5-.....is the largest continent

6-The equator divides the world into

7-.....is located at the north of equator

8-.....is located at the south of the equator

9-Antractica is located at theof the equator

Put (T) OR (F)

1-Macaws eat nuts ()

2-Macaws make their homes in desert ()

3-Macaws live in polar habitat ()

4-Macaws eat rabbits ()

5-Macaws live in rain forest habitat ()

6-Macaws eat insects ()

7-Macaws make their homes in the trees ()

8-Macaws eat fruits ()

Choose :

- 1-Macaws eat (nuts – rabbits)
- 2-Macaws live in (wetland habitat – rain forest habitat)
- 3-Macaws eat (vegetables – fruits)
- 4-Macaws eat (insects – butter fly)
- 5-Macaws make their homes in the (trees – desert)

Choose :

- 1-Octopus live in an (grass land – ocean) habitat
- 2-(cactus – flower) is one of the desert plants
- 3-Camel breathes by (gills – lungs)
- 4-Shark breathes by (lungs – gills)
- 5-Fish breaths by (lungs – gills)
- 6-The weather in the desert is (hot and dry – cold)
- 7-Camel live in a (desert – ocean)

Put (T) OR (F)

- 1-Shark breathes by lungs ()
- 2-Flower is one of the desert plants ()
- 3-The weather in the desert is hot and dry ()
- 4-Camel breathes by gills ()
- 5-Fish breathes by gills ()
- 6-Dolphin breathes by lungs ()
- 7-Camel breathes by lungs ()

Water , water every where

Chapter 5

Importance of water

1-Drinking



2-Cooking



3-Washing our selves



4-Watering plants



5-Transportation



6-Producing electricity (high dam)



Sources of water

1-Ocean



2-Ponds




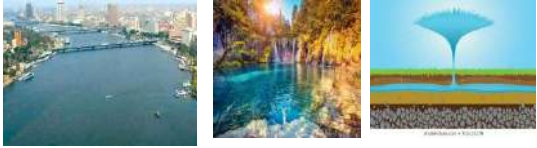

3-Lakes



4-Rivers



Water in our world

Salt water	Fresh water
<p>Ocean Sea</p> 	<p>Liquid water Rivers – lakes – underground water</p>  <p>Frozen water Glaciers – ice caps</p> 

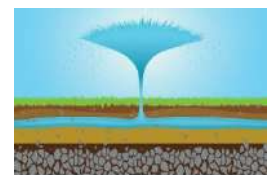
1-The percentage of salt water **greater than** the percentage of fresh water

2-The percentage of liquid water **smaller than** the percentage of frozen water

Siwa oasis :



1-In Siwa oasis ,the main source of water is **underground water**



2-Siwa oasis is a place in the **desert**

3-Spearmint is used for **medicines**



4-The most famous animal in Siwa is **wolves and white deer**



5-The most famous plants in Siwa are **date palm and olives**



The water cycle in nature

1-Evaporation (humid)



2-Condensation (cloudy)



3-Precipitation (rainy)





Weather – climate

Weather	Climate
Describe the condition around us a short time	Is the average weather condition around us over
Wind speed	Wind speed
Temperature	Temperature
Precipitation	Precipitation

A factor that affects climate

Alexandria The weather is humid and rainy Because It's location is near to the large body of water (Mediterranean sea) 	Luxor The weather is hot and dry Because It's location away from the large body of water 
---	---

Water issues :

Flood Is the heavy precipitation in a short period of time 	Drought Is the lack of precipitation in a long period of time 
--	--

Revision

Fill in the table :

Rivers – ice caps – sea – lakes – ocean – underground water

Salt water	Fresh water
.....
.....
.....

Match :

Ocean

Rivers

Underground water

Sea

Lakes

salt water

fresh water

Put (T) OR (F)

- 1-Olives is used for medicines ()
- 2-The most famous plants in Siwa is strawberry ()
- 3-Siwa oasis is a place in the desert ()
- 4-Spearmint is used for medicines ()
- 5-In siwa oasis , the main source of water is ocean ()
- 6-The most famous animal in siwa is wolves ()
- 7-The most famous plants in siwa is olives ()

8-In siwa oasis , the main source of water is under ground water
 . ()

Choose :

1-(spearmint – olives) is used for medicines

2-The most famous animal in siwa is (monkey – wolves)

3-The most famous animal in siwa is (white deer – giraffe)

4-Siwa oasis in a place in the (desert – ocean)

5-The most famous plants in siwa is (strawberry – olives)

6-The most famous plants in siwa is (date palm – apples)

7-In siwa oasis , the main source of water is (underground
water – sea)

Re –arrange :

The water cycle in nature

-Precipitation

-Condensation

-Evaporation

1-.....

2-.....

3-.....

Complete :

the water cycle in nature

condensation – precipitation

1-Evaporation

2-.....

3-.....

Match :

Evaporation	rainy
Condensation	humid
Precipitation	cloudy

Complete :

Evaporation – condensation – precipitation

1-.....process causes rainy weather

2-.....process causes humid weather

3-.....process causes cloudy weather

How can I help

Chapter 6

Flood :



1-It damages the habitats of some animals

2-It occurs due to heavy amount of rain

Identifying impacts

Effect on the environment	Effect on the community people
<p>Beaches are washed away</p> 	<p>People stuck home</p> 
<p>Animals leave their habitats</p> 	<p>People feel scared</p> 

Volunteer :

Is the one that helps others in different activities without being paid

Example :

- 1-She helps old people
- 2-He puts trash out side the house
- 3-He plants trees in the street
- 4-She organizes the book in the library



Being a good citizen

- 1-Collect donates for people in need
- 2-Clean their streets
- 3-Plant trees in the streets
- 4-Help old people
- 5-Loyal
- 6-Interact with the teacher at school

I can lead

1-I am brave , polite and funny

2-I am good communicator and kind

3-I am caring and fair

4-I am good communicator , wise and help others

Flood prevention :

1-Dam :

-Prevent severe flooding

-Water passes slowly through dam



2-sand bags :to prevent flood water from reaching houses



3-Canals :flood water is diverted to canals








Jobs can have on impact

1-Civil engineer :building cities

2-Fire fighter : it puts out the fire

3-Police officer : people are protected from thieves

An interview with a leader :

<p>Cleopatra</p> 	<p>Naguib Mahfouz</p> 	<p>Samera Mousa</p> 	<p>Dr . magdy yacoub</p> 	<p>Umm Kulthum</p> 
<p>An ancient queen of Egypt</p>	<p>An Egyptian writer</p>	<p>An Egyptian nuclear Physicist</p>	<p>An Egyptian professor of heart surgery</p>	<p>An Egyptian singer</p>
<p>Ruled Egypt many years</p>	<p>Won Nobel prize</p>	<p>Worked to make medicine using unclear technology</p>	<p>Head of Magdi yacoub heart foundation in Aswan</p>	<p>Helped the community during the war</p>

A problem at the oasis

In the past	Today
<p>People made the shadoof to collect underground water</p>	<p>People used the electric water pump to pump fresh water</p>

Revision

Complete :

Good citizen – bad citizen

- 1-Cheating.....
- 2-He plants trees in the street
- 3-Loyal.....
- 4-Help old people.....
- 5-Throwing trash.....
- 6-She organizes the book in the library.....
- 7-Disrespect each other.....
- 8-Collect donates for people in need.....
- 9-Beat my friend.....
- 10-Speak loudly and don't listen.....
- 11-Interact with the teacher at school.....

Choose :

- 1-He plants trees in the street (good citizen – bad citizen)
- 2-Loyal (good citizen – bad citizen)
- 3-Cheating (good citizen – bad citizen)
- 4-Beat my friend (bad citizen – good citizen)
- 5-Clean their streets (bad citizen – good citizen)
- 6-Help old people (bad citizen – good citizen)

7-Speak loudly and don't listen (good citizen – bad citizen)

8-Interact with the teacher at school

(bad citizen – good citizen)

9-Throwing trash (good citizen – bad citizen)

10-She organizes the books in the library

(good citizen – bad citizen)

11-Collect donates for people in need

(good citizen – bad citizen)

Complete :

Dam – sand bags – canals – slowly

1-.....prevent severe flooding

2-Flood water is diverted.....

3-Water passes through dams

4-To prevent flood water from reaching houses , we put

.....

Put (T) OR (F)

1-Flood water is diverted to canals ()

2-Flood water is diverted to sand bags ()

3-Water passes slowly through dams ()

4-To prevent flood water from reaching houses we put sand bags ()

5-Canals prevent severe flooding ()

6-Dam prevent severe flooding ()

Match :

Building cities police officer

It puts out the fire civil engineer

People are protected from thieves fire fighter

Complete :

Fire fighter – civil engineer – police officer

1-Building houses (.....)

2-It puts out the fire (.....)

3-People are protected from thieves (.....)

Complete :

Naguib Mahfouz – samera moussa – Cleopatra – umm kulthum

- dr.Magdy yacoub

1-.....an ancient queen of Egypt

2-.....an Egyptian professor of heart surgery

3-.....an Egyptian writer

4-.....an Egyptian singer

5-.....an Egyptian unclear physicist

Match :

An Egyptian professor of Heart surgery	naguib mahfouz
An Egyptian singer	Cleopatra
An Egyptian nuclear physicist	dr. magdy yacoub
An ancient queen of Egypt	umm kulthum
An Egyptian writer	samera moussa

Put (T) OR (F)

- 1-Cleopatra an Egyptian singer ()
- 2-Umm kulthum an Egyptian writer ()
- 3-Dr . magdy yacoub an Egyptian professor of heart surgery ()
- 4-Naguib Mahfouz an Egyptian writer ()
- 5-Samira moussa an unclear physicist ()
- 6-Cleopatra an ancient queen of Egypt ()
- 7-Umm kulthum an Egyptian singer ()

Revision

1-life skills are the (negative – positive) behaviors that ease the challenges

2- (writing tool – self management) is a life skills

3-self –management includes (setting goals – game)

4-self – management includes (drawing – working on goals)

5- (Collaboration – drawing) is a life skills

6- (Talking – critical thinking) is a life skills

7- (Reading – communication) is a life skills

8- (Empathy _ don't share materials) is a life skills

9- (talking – decision-making) is a life skills

10- (drawing – problem-solving) is a life skills

Fill in the table with sentences to refer to cooperation only :

-Listen to teacher

-work individually

-work together

-share materials

-speak loudly

-share ideas

-don't share materials

.....
.....
.....
.....
.....

Match :

Practice thinking	problem-solving
Sharing and working with others	communication
Making the right choices	self-management
Developing solutions	critical thinking
Setting goals	decision making
Talking clearly	empathy
Respecting their feelings	collaboration

Complete :

Problem-solving – collaboration – communication – empathy – self-management – decision-making – critical thinking

- 1-.....setting goals and working on goals
- 2-.....talking clearly
- 3-.....practice thinking
- 4-..... Respecting their feeling
- 5-.....developing solutions
- 6-.....making the right choices
- 7-.....sharing and working with others

Put (T) or (F)

- 1-self-management is a life skills ()
- 2-writing tool is a life skills ()
- 3-drawing is a life skills ()
- 4-collaboration is a life skills ()
- 5-life skills are the negative behaviors ()
- 6-self-management includes working on goals ()
- 7-Empathy is a life skills ()
- 8-communication is a life skills ()
- 9-self-management includes setting goals ()
- 10-self-management includes drawing ()
- 11-problem-solving is a life skills ()
- 12-Reading is a life skills ()
- 13-Game is a life skills ()
- 14-Decision-making is a life skills ()

Fill in the table :

Drinking milk – eating junk food – drinking soda –
 shouting to each other – brushing teeth – sleeping early –
 Exercising – watching tv all day

Healthy	Unhealthy
.....
.....
.....
.....

Complete : (healthy – unhealthy)

- 1-Exercising (.....)
- 2-Drinking soda drinks (.....)
- 3-Eating junk food (.....)
- 4-Brushing teeth (.....)
- 5-Shouting to each other (.....)
- 6-Sleeping early (.....)
- 7-Drinking milk (.....)
- 8-Watching tv all day (.....)

Fill in the table :

Skin – bones – eyes – stomach – muscles – hair – leg –
mouth – veins – heart – nose

Seen body parts	Unseen body parts
.....
.....
.....
.....
.....
.....

Match :

Bones

Skin

Muscles

Nose

Mouth

Veins

Heart

Leg

Stomach

seen body parts

unseen body parts

Complete : (seen – unseen)

- 1-skin isbody part
- 2-bones and muscles arebody parts
- 3-Hair isbody part
- 4-Veins isbody part
- 5-Nose isbody part
- 6-Heart isbody part

Complete :

Largest – fluids – similar – germs – constant – sun screen

- 1-usingprotects your skin from harmful sun rays
- 2-Skin keeps your bodyinside
- 3-The skin color of your hands are
- 4-Skin protects you from harmful
- 5-Skin is theorgan in the human body
- 6-Skin keeps your body temperature

Choose :

- 1-Skin is the (smallest – largest) organ in the human body
- 2-The skin color of your hands are (similar _ difference)
- 3-Skin protects you from harmful (constant – germs)
- 4-Skin keeps your body (fluids – germs)inside
- 5-Skin keeps your body temperature (constant – variable)
- 6-Using (sun screen – sun glasses)protects your skin from harmful sun rays

Put (T) OR (F)

- 1-Skin is the largest organ in the human body ()
- 2-Skin keeps your body temperature variable ()
- 3-The skin color of your hands are similar ()
- 4-Skin keeps your body fluids in side ()
- 5-Using sunglasses protects your skin from harmful sun rays ()
- 6-The skin color of your hands are difference ()
- 7-Skin protects you from harmful germs ()
- 8-The skin color of your hands are similar ()

Put (T) or (F)

- 1-Bones make up ribcage ()
- 2-Muscles and bones work together ()
- 3-Skull protects hard organ ()
- 4-Bones make up skeleton ()
- 5-Ribcage protects the brain and lungs ()
- 6-Skull protects eyes and the brain ()
- 7-Ribcage protects the heart and the lungs ()
- 8-When muscles move , the skeleton moves too , () .

Complete :

Bones – eyes and the brain – the heart and lungs – together – skeleton - ribcage – skull

- 1-.....protects the brain and eyes
- 2-Muscles and bones work
- 3-Skull protects
- 4-.....protects the heart and the lungs
- 5-.....make up skeleton
- 6-Ribcage protects
- 7-Bones make up

Choose :

- 1-Bones make up (skull – skeleton)
- 2-Skull protects (the heart and lungs – the brain and the eyes)
- 3-Ribcage protects (the heart and lungs – the brain and the eyes)
- 4-(ribcage – skeleton) protects the heart and lungs

Complete : the steps of digestion

We chew food in our mouths – we swallow the food – nutrients go to the blood to give us energy

- 1-our bodies give us signals when we need to eat
- 2-.....
- 3-.....
- 4-Stomach contains acidic juice that mixes with the food
- 5-.....

Re – arrange the steps of digestion

- We chew the food in our mouths
- Nutrients go to the blood to give us energy
- Our bodies give us signals when we need to eat
- We swallow the food
- Stomach contains acidic juice that mixes with the food

- 1-.....
- 2-.....
- 3-.....
- 4-.....
- 5-.....

Complete :

Fist – beat and push – strongest – 2 lungs – 2 sides – contracts and expand - it's filled with blood – pushing blood

- 1-The heart is a organ
- 2-The heart is in the size of your
- 3-The heart is divided into
- 4-The heart automaticallyand to beat
- 5-The heart expand when
- 6-The heart contracts when
- 7-The heart lies between
- 8-The heartandblood through your body

Choose :

- 1-The heart is a (largest – strongest) organ
- 2-Skin is the (strongest - largest) organ
- 3-The heart is in the size of your (fist – lungs)
- 4-The heart lies between (2 lungs – skull)
- 5-The heart is divided into (3pieces – 2 sides)
- 6-The heart automatically (contracts and expands – contracts) to beat
- 7-The heart contracts when (it's filled with blood – pushing blood)
- 8-The heart expands when (it's filled with blood – pushing blood)

Put (T) or (F)

- 1-The heart is a largest organ ()
- 2-Skin is the largest organ ()
- 3-The heart is in the size of your fist ()

- 4-The heart is a strongest organ ()
- 5-The heart expands when pushing blood ()
- 6-The heart automatically contracts to beat ()
- 7-The heart contracts when pushing blood ()
- 8-The heart is divided into 3 pieces ()
- 9-The heart lies between 2 lungs ()
- 10-The heart expand when it's filled with blood ()
- 11-The heart automatically contracts and expands to beat ()
- 12-The heart is divided into 2 sides ()

Fill in the table :

Nuts – orange – soda – milk – fresh juice – candies – pop corn – yogurt – potato chips

Healthy	Unhealthy
.....
.....
.....
.....
.....

Complete :

Diet – nutrients – energy – proteins – fats – carbohydrates

- 1-.....are the elements found inside food
- 2-.....give us energy as in milk
- 3-.....give us energy as in bread
- 4-.....make our muscles as in meat
- 5-.....is the food we eat regularly
- 6-Nutrients give us

Choose :

- 1-(diet – nutrients) is the food we eat regularly
- 2-(fats – carbohydrates) give us energy as in milk
- 3-(proteins – carbohydrates) give us energy as in bread
- 4-(diet – nutrients) are the elements found inside food
- 5-Nutrients give us (protein – energy)
- 6-(proteins – fats) make our muscles

Fill in the table :

Meat – bread – milk – yogurt – fish – dry beans – rice –
pasta – eggs – butter – cheese

Proteins	Carbohydrates	Fats
.....
.....
.....
.....

Match :

- | | |
|-----------|---------------|
| Meat | |
| Bread | |
| Rice | |
| Dry beans | proteins |
| Butter | fats |
| Milk | carbohydrates |
| Yogurt | |
| Fish | |
| Eggs | |
| Cheese | |
| Pasta | |

Put (T) OR (F)

- 1-Eating extra sugar makes us feel happy ()
- 2-Eating extra sugar adds stress to our hearts ()
- 3-Eating extra sugar causes bad effects to our bodies ()
- 4-Eating extra sugar makes us gain weight ()
- 5-Eating extra sugar causes tooth decay ()
- 6-We should stop eating extra sugar ()

Match :

- | | |
|--------------|--------|
| Strawberry | violet |
| Banana | blue |
| Carrot | indigo |
| Avocado | green |
| Cabbage | red |
| Egg plant | yellow |
| Blue berries | orange |

Fill in the table :

Extra sugar is added – it has natural sugar – the peel is taken off , so some nutrients are lost – the peel has a lot of nutrients

Fresh	Processed
.....
.....
.....
.....
.....
.....
.....

Choose :

- 1-It has natural sugar (fresh – processed)
- 2-Extra sugar is added (fresh – processed)
- 3-The peel has a lot of nutrients (fresh – processed)
- 4-The peel is taken off , so some nutrients are lost
(fresh – processed)

Put (T) or (F)

- 1-Fresh peach has more nutrients ()
- 2-Extra sugar is added to processed ()
- 3-Fresh peach is very healthy ()
- 4-The peel is taken off from fresh peach ()
- 5-Fresh peach has natural sugar ()

Choose :

- 1-(water – food) occupies most of our bodies
- 2-(hydration – dehydration) is when we drink enough amount of water , that keeps our bodies healthy
- 3-If we lose water without replacing it we will be
(hydration – dehydrated)
- 4-We lose water by (drinking – sweating)
- 5-Water keeps our body temperature (high – constant)
- 6-We need to drink (4 cups – 8 cups) of water every day

Put (T) or (F) :

- 1-Air occupies most of our bodies ()
- 2-We lose water by sweating ()
- 3-We need to drink 4 cups of water every day ()

- 4-Hydration is when we drink enough amount of water ,
that keeps our bodies healthy ()
- 5-We lose water by drinking ()
- 6-Water keeps our body temperature high ()
- 7-If we lose water without replacing it , we will be
dehydrated ()
- 8-Water occupies most of our bodies ()
- 9-We need drink 8 cups of water every day ()
- 10-Water keeps our body temperature constant ()
- 11-Dehydration is when we drink enough amount of
water , that keeps our bodies healthy ()

Complete :

Habitat – a zookeeper's job – organism

- 1-.....is a creature such as plants and animals ,
that usually needs basic needs to survive
- 2-.....is the environment where plants and
animals normally live and grow
- 3-.....provide the animals with the suitable food

Choose :

- 1-(A zookeeper's job – organism) prepare the suitable place for
the animals to live in shelter
- 2-(Habitat – organism) is the environment where plants and
animals normally live and grow
- 3-(Organism – A zookeeper's) provide the animals with the
suitable
- 4-(organism – habitat) is a creature such as plants and animals

Fill in the table :

Cold and windy – rainy and warm – tall trees – shrubs – moss – ground plants – monkey – polar bear – penguin – whale – macaw – large snake

	Polar habitat	Rain forest habitat
Weather
Plants
Animals

Fill in the table :

Multiple season – warm in summer and cold in winter – can grow at the top or under water – few trees, tall grass – turtle – giraffe – rabbits – frogs

	Grass land	Wetland habitat
Weather
Plants
Animals

Match :

Polar bear

Large snake

Turtle

Giraffe

Rabbits

grass land

wetland habitat

Monkey polar habitat

Whale

Penguin rain forest habitat

Match :

Rainy , warm grass land

Multiple season wetland habitat

Cold and windy polar habitat

Warm in summer and cold rain forest habitat

in winter

choose :

1-(polar habitat – large snake) can live in polar habitat

2-(lions and cheetahs – turtle) can live in grass land habitat

3-(giraffe – turtle) can live in wetland habitat

4-(macaw – penguin)can live in rain forest habitat

5-(monkey – penguin) can live in polar habitat

6-(whale – frogs) can live in polar habitat

7-(frogs – giraffe) can live in grass land habitat

8-(arctic fox – monkey) can live in polar habitat

Fill in the table :

Two dimensional – three dimensions – sphere – flat – represent part of the world – represent the whole world

Map	Globe
.....
.....
.....

Match :

2D

3D

Flat

globe

Sphere

map

Represent part of the world

Represent the whole world

Put (T) OR (F)

1-Egypt is found in Asia ()

2-Asia is the largest continent ()

3-North America is located at the north of the equator ()

4-Australia is located at the north of the equator ()

5-Egypt is found in Africa ()

6-Antarctica is located at the south of the equator ()

7-Europe is located at the south of the equator ()

- 8-Australlia is located at the south of the equator ()
- 9-Europe is located at the north of the equator ()
- 10-The equator divides the world into 3 hemisphere ()
- 11-The equator through the middle of the map ()
- 12-Africa is the largest continent ()

Complete :

Africa – Asia – 2 hemispheres – Europe – Australia – map – globe – north – south

- 1-North America is located at theof the equator
- 2-Egypt is found in
- 3-.....is represent the whole world
- 4-.....is represent part of the world
- 5-.....is the largest continent
- 6-The equator divides the world into
- 7-.....is located at the north of equator
- 8-.....is located at the south of the equator
- 9-Antractica is located at theof the equator

Put (T) OR (F)

- 1-Macaws eat nuts ()
- 2-Macaws make their homes in desert ()

- 3-Macaws live in polar habitat ()
- 4-Macaws eat rabbits ()
- 5-Macaws live in rain forest habitat ()
- 6-Macaws eat insects ()
- 7-Macaws make their homes in the trees ()
- 8-Macaws eat fruits ()

Choose :

- 1-Macaws eat (nuts – rabbits)
- 2-Macaws live in (wetland habitat – rain forest habitat)
- 3-Macaws eat (vegetables – fruits)
- 4-Macaws eat (insects – butter fly)
- 5-Macaws make their homes in the (trees – desert)

Choose :

- 1-Octopus live in an (grass land – ocean) habitat
- 2-(cactus – flower) is one of the desert plants
- 3-Camel breathes by (gills – lungs)
- 4-Shark breathes by (lungs – gills)
- 5-Fish breaths by (lungs – gills)
- 6-The weather in the desert is (hot and dry – cold)
- 7-Camel live in a (desert – ocean)

Put (T) OR (F)

- 1-Shark breathes by lungs ()
- 2-Flower is one of the desert plants ()
- 3-The weather in the desert is hot and dry ()
- 4-Camel breathes by gills ()
- 5-Fish breathes by gills ()
- 6-Dolphin breathes by lungs ()
- 7-Camel breathes by lungs ()

Fill in the table :

Rivers – ice caps – sea – lakes – ocean – underground water

Salt water	Fresh water
.....
.....
.....

Match :

Ocean

Rivers

Underground water

Sea

Lakes

salt water

fresh water

Put (T) OR (F)

- 1-Olives is used for medicines ()
- 2-The most famous plants in Siwa is strawberry ()
- 3-Siwa oasis is a place in the desert ()
- 4-Spearmint is used for medicines ()
- 5-In siwa oasis , the main source of water is ocean ()
- 6-The most famous animal in siwa is wolves ()
- 7-The most famous plants in siwa is olives ()
- 8-In siwa oasis , the main source of water is under ground water ()

Choose :

- 1-(spearmint – olives) is used for medicines
- 2-The most famous animal in siwa is (monkey – wolves)
- 3-The most famous animal in siwa is (white deer – giraffe)
- 4-Siwa oasis in a place in the (desert – ocean)
- 5-The most famous plants in siwa is (strawberry – olives)
- 6-The most famous plants in siwa is (date palm – apples)
- 7-In siwa oasis , the main source of water is (underground water – sea)

Re –arrange :

The water cycle in nature

-Precipitation

-Condensation

-Evaporation

1-.....

2-.....

3-.....

Complete :

the water cycle in nature

condensation – precipitation

1-Evaporation

2-.....

3-.....

Match :

Evaporation

rainy

Condensation

humid

Precipitation

cloudy

Complete :

Evaporation – condensation – precipitation

- 1-.....process causes rainy weather
- 2-.....process causes humid weather
- 3-.....process causes cloudy weather

Complete :

Good citizen – bad citizen

- 1-Cheating.....
- 2-He plants trees in the street
- 3-Loyal.....
- 4-Help old people.....
- 5-Throwing trash.....
- 6-She organizes the book in the library.....
- 7-Disrespect each other.....
- 8-Collect donates for people in need.....
- 9-Beat my friend.....
- 10-Speak loudly and don't listen.....
- 11-Interact with the teacher at school.....

Choose :

- 1-He plants trees in the street (good citizen – bad citizen)
- 2-Loyal (good citizen – bad citizen)
- 3-Cheating (good citizen – bad citizen)
- 4-Beat my friend (bad citizen – good citizen)
- 5-Clean their streets (bad citizen – good citizen)
- 6-Help old people (bad citizen – good citizen)
- 7-Speak loudly and don't listen (good citizen – bad citizen)
- 8-Interact with the teacher at school (bad citizen – good citizen)
- 9-Throwing trash (good citizen – bad citizen)
- 10-She organizes the books in the library (good citizen – bad citizen)
- 11-Collect donates for people in need (good citizen – bad citizen)

Complete :

Dam – sand bags – canals – slowly

- 1-.....prevent severe flooding
- 2-Flood water is diverted.....
- 3-Water passes through dams
- 4-To prevent flood water from reaching houses , we put
.....

Put (T) OR (F)

- 1-Flood water is diverted to canals ()
- 2-Flood water is diverted to sand bags ()
- 3-Water passes slowly through dams ()
- 4-To prevent flood water from reaching houses we put sand bags ()
- 5-Canals prevent severe flooding ()
- 6-Dam prevent severe flooding ()

Match :

- Building cities police officer
- It puts out the fire civil engineer
- People are protected from thieves fire fighter

Complete :

Fire fighter – civil engineer – police officer

- 1-Building houses (.....)
- 2-It puts out the fire (.....)
- 3-People are protected from thieves (.....)

Complete :

**Naguib Mahfouz – samera moussa – Cleopatra – umm kulthum
- dr.Magdy yacoub**

- 1-.....an ancient queen of Egypt
- 2-.....an Egyptian professor of heart surgery

- 3-.....an Egyptian writer
 4-.....an Egyptian singer
 5-.....an Egyptian nuclear physicist

Match :

An Egyptian professor of Heart surgery	naguib mahfouz
An Egyptian singer	Cleopatra
An Egyptian nuclear physicist	dr. magdy yacoub
An ancient queen of Egypt	umm kulthum
An Egyptian writer	samera moussa

Put (T) OR (F)

- 1-Cleopatra an Egyptian singer ()
 2-Umm kulthum an Egyptian writer ()
 3-Dr . magdy yacoub an Egyptian professor of heart surgery ()
 4-Naguib Mahfouz an Egyptian writer ()
 5-Samira moussa an nuclear physicist ()
 6-Cleopatra an ancient queen of Egypt ()
 7-Umm kulthum an Egyptian singer ()