

# **SCIENCE 304**

## **YOU ARE WHAT YOU EAT**

### **CONTENTS**

|                                            |           |
|--------------------------------------------|-----------|
| <b>I. HOW TO BUILD A HEALTHY BODY</b>      | <b>4</b>  |
| Food Your Body Needs                       | 6         |
| Food Your Body Does Not Need               | 20        |
| <b>II. HOW TO PLAN FOR HEALTHY EATING</b>  | <b>25</b> |
| Choosing the Right Foods                   | 26        |
| Preparing Wholesome Snacks                 | 36        |
| <b>III. HOW TO FORM GOOD HEALTH HABITS</b> | <b>40</b> |
| Care of the Teeth                          | 41        |
| Care of the Eyes                           | 45        |
| Care of the Body                           | 47        |
| Care of Your Thoughts                      | 49        |

2017 Printing

The material in this book is the product of the Lord's blessing and many individuals working together on the teams, both at Alpha Omega Publications and Christian Light Publications.

Original material copyright ©1978 by Alpha Omega Publications  
All rights reserved. Revised by permission.

CLP Revision copyright ©1980

**Christian Light Publications, Inc.**

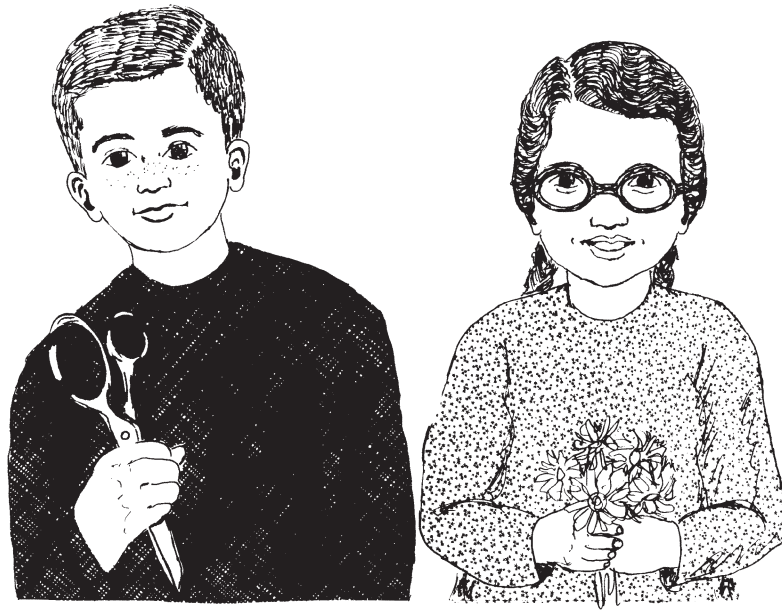
Harrisonburg, Virginia 22802

Tel. 1-540-434-0768

Printed in USA

Cover photo credits:  
Insect collection: Dogwood Ridge Photography  
Tiger Swallowtail: Dogwood Ridge Photography

- 3.7 I should visit my dentist \_\_\_\_\_  
a year.
- 3.8 I need to use dental \_\_\_\_\_ every day.
- 3.9 I must not use my teeth as a \_\_\_\_\_.
- 



## CARE OF THE EYES

Later that week Mrs. Farmer took time to tell the class about how to care for their eyes. She said, "Did you ever thank God for the gift of sight? You can see God's beautiful world. You can see a ball game, a sunset, or a dish of ice cream.

"Like your teeth, you need to take care of your sight. You must be careful to have enough light when you are

reading. The light should come over your **shoulder**.

"Do not look right at the sun. When the sun is very bright, like at the seashore or in the snow, wear sunglasses.

"Good food helps your eyes, also. Carrots have vitamins in them that help you see at night.

"When you use **scissors** or pointed tools, be careful to keep the points away from your eyes. Be careful around other people, too. You do not want to hurt someone else's eyes."



**Write four things you can do to protect your eyes.**  
Use good sentences.

3.10



---

---

---

---

---

---

---

---

---

---

## CARE OF THE BODY

"You have learned about how to care for your teeth and for your eyes. Now I am going to tell you about how to care for your body," said Mrs. Farmer.

"You should **breathe** deeply. Deep breathing helps your body to work its very best. Also, you should stand tall with your head high and your shoulders straight. When you stand right, the inside of your body has enough room to work its best.

"You have learned about the good foods. You need to drink water, also. If you drink four to six glasses of water each day, your body will work at its best, too.

"You can use water for washing, too. It is good to take a bath every day.



You should wash your hair at least once a week. If you rinse your hair enough, your hair will shine. Wear clean clothes to school every day, too.

"Be sure that you have enough sleep at night. You should have eight to ten hours of sleep each night. You will be tired if you exercise your body each day to help to keep it strong. Sleep will rest your tired body."



**Write *true* on the line if the sentence is right.**  
**Write *false* if the sentence is not right.**

- |      |       |                                                                     |
|------|-------|---------------------------------------------------------------------|
| 3.11 | _____ | Deep breathing is not good for you.                                 |
| 3.12 | _____ | The inside of your body works best when you bend over all the time. |
| 3.13 | _____ | You should not drink more than three glasses of water a day.        |
| 3.14 | _____ | It is good to take a bath every day.                                |
| 3.15 | _____ | Clean clothes are not nice to wear.                                 |
| 3.16 | _____ | You should sleep twenty-four hours a day to keep your body strong.  |



### Do this reading activity.

3.17

Words with two syllables that have two consonants the same in the middle of the word are divided into syllables between the two consonants. The word *little* is divided in syllables *lit tle*. Divide the following words into syllables. Write the two syllables on each line.

lettuce \_\_\_\_\_

middle \_\_\_\_\_

scissors \_\_\_\_\_

rabbit \_\_\_\_\_

happy \_\_\_\_\_

apple \_\_\_\_\_

---

## CARE OF YOUR THOUGHTS

"You keep your body clean. You should try to keep your thoughts clean, too," said Mrs. Farmer. "How you think makes you happy or unhappy. If you love your friends, you will be kind to them. God wants you to be kind and loving."

“God wants you to read good books. He wants you to say good words. He wants you to do nice things for other people. If you fill your mind full of bad thoughts, you will not feel happy. To be healthy you don’t fill your body with junk food. In the same way, to have a happy, healthy mind you fill it with good thoughts about God. You will want to think the best, read the best, and act the best you can.”

---



**Do this activity.**

- 3.18 Write a short story about what you learned from Mrs. Farmer’s class. In the story tell how clean thoughts make you happy and bad thoughts make you sad. Tell how God helps you to do the right thing. Write the story on other paper.



Give your paper to your teacher.