

Grade 1

Knowledge 2

Take-Home Pages

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Knowledge 2

From Nose to Toes: How Your Body Works

NAME: _____

DATE: _____

1.1

Take-Home

Dear Caregiver,

During the next several days, your student will be learning about the human body. They will learn about five important body systems: skeletal, muscular, digestive, circulatory, and nervous. Below are some suggestions of activities to do at home to reinforce what your student is learning about how our bodies work to keep us alive.

1. What's Inside My Body?

Ask your student to describe a body organ that they learn about each day. Have them tell you why the organ is important and the name of the body system to which it belongs.

2. Systems at Work

Ask your student which body systems are at work as you walk, talk, eat, and read together. Encourage the use of vocabulary being learned at school by asking your student to explain how the systems are working together.

3. Draw and Write

Have your student draw and/or write about what has been learned about each of the body systems and then share the drawing and/or writing with you. Ask questions to keep your student using the vocabulary learned at school.

4. Words to Use

Below are several of the words that your student will be learning about and using. Try to use these words as they come up in everyday speech with your student.

- *systems*—Human body systems include the digestive system and the circulatory system.
- *support*—The beams of the house support the roof.
- *voluntary*—His participation in the race was voluntary.
- *digestion*—The digestion of food takes the body several days to complete.
- *heart*—The heart is an involuntary muscle.
- *nerves*—The tips of your fingers are full of nerves that allow you to feel.

5. Read Aloud Each Day

Reading to your student every day is very beneficial to their literacy development. Celebrate times when your student shares what they have learned at school.

NAME: _____

DATE: _____

6.1

Take-Home

Dear Caregiver,

I hope your student has enjoyed learning about her/his body and how its systems work together to keep us alive. Over the next several days, they will learn about health, nutrition, and ways to keep her/his body at its best. Below are some suggestions for activities that you may do at home to reinforce the healthy habits they are learning about at school.

1. Healthy Eating

Visit the USDA website to learn more about developing a food plan for a healthy diet. Play one of the learning games with your student, asking questions to encourage the use of vocabulary learned at school.

2. Menu Planning, Shopping, and Cooking

Have your student help you plan a well-balanced meal using foods from a variety of food groups. Then, go to the grocery store together to buy the ingredients. Have them help in the preparation of the food.

3. Words to Use

Below are several of the words that your student will be learning about and using. Try to use these words as they come up in everyday speech with your student.

- *diseases*—Scientists work hard to cure diseases that make people sick.
- *nutritious*—Every day, Luke ate a nutritious lunch with fruits and vegetables.
- *complicated*—The recipe was extremely complicated and had many steps to follow.

4. Read Aloud Each Day

Reading to your student every day is very beneficial to their literacy development.

5. Sayings and Phrases: An Apple a Day Keeps the Doctor Away

Your student will learn the saying, “an apple a day keeps the doctor away.” Talk with your student about its meaning. Discuss the importance of going to the doctor for regular checkups and vaccinations.

Be sure to praise your student whenever they share what has been learned at school.

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