

Grade 2

Knowledge 9

Take-Home Pages

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Knowledge 9

Building Blocks: All About Nutrition

NAME: _____

DATE: _____

1.1

Take-Home

Dear Caregiver,

Over the next few days, your student will be learning about the human body systems and their important parts—organs, tissues, and cells. They will learn about the discovery of human cells. Below are some suggestions for home activities to reinforce your student's own observations and discoveries.

1. Sense Organs

Reinforce your student's previous knowledge of the five senses by talking about the organs responsible for each one: eyes, nose, tongue, ears, and skin. Ask your student to tell you which is the largest body organ (skin).

2. Examining Objects Closely

If possible, provide your student with a magnifying glass. Encourage them to examine, draw, and label common objects in the environment.

3. Words to Use

Below is a list of some of the words that your student will be using at school. Try to use these words as they come up in everyday speech with your student.

- *Nutrition*—Reading nutrition labels can help you select the right foods to eat.
- *Magnify*—Microscopes magnify, or enlarge, microscopic organisms.
- *Stomach*—When the digestive system is upset, your stomach may ache.
- *Vaccinations*—Vaccinations prevent many children from getting once-common diseases.

4. Finding Everyday Lenses

Talk about the everyday use of lenses, and look for different kinds of lenses together: eyeglasses, contact lenses, telescopes, microscopes, binoculars, cell phone cameras, digital cameras, and car headlights.

5. Read Aloud Each Day

Reading to your student every day is very beneficial to their literacy development. The local library has numerous books on the human body and nutrition that you may share with your student.

Celebrate times when your student shares what they have learned at school.

NAME: _____

DATE: _____

5.1

Take-Home

Dear Caregiver,

Your student is learning about the digestive system and the excretory system, the two body systems that process our food and help us get rid of waste. Over the next few days they will learn the importance of keeping bodies healthy by eating nutritional foods and about the nutritional value of school lunches from around the world. Below are some suggestions for activities that you can do at home to reinforce your student's learning about these important systems and the foods that supply our bodies with the most nutrients.

1. How Long Are My Intestines?

The large and small intestines combined are about 25 feet long. Using a tape measure, help your student find objects or measure distances that are of a similar length. This will reinforce an incredible fact about this lengthy digestive organ!

2. A Fact-Finding Trip to the Grocery Store

Spend additional time in the produce section during a regular visit to the grocery store. Ask your student to find a fruit or vegetable that is unfamiliar to them. Identify the item and, if it is not too expensive, buy one to try. Find out more about its origins and nutritional value by looking it up in a book or online. Another fun and informative grocery store activity for you and your student is to read package labels, making healthy meal selections based on good nutritional content—those foods that are low in sodium, sugars, and fats.

3. Words to Use

Your student has learned technical terms for discussing the body. Try to use these words as they come up in everyday speech with your student.

- *Excrete*—One way our bodies excrete, or get rid of, waste is through our skin.
- *Digest*—It is important to eat slowly in order to digest our food well.
- *Perspire/perspiration*—I perspire, or sweat, on a hot day.
- *Urine/urination*—Urine is made up largely of water.

4. Read Aloud Each Day

Reading to your student every day is very beneficial to their literacy development. The local library has numerous books on nutrition that you may share with your student.

Celebrate times when your student shares what they have learned at school.

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