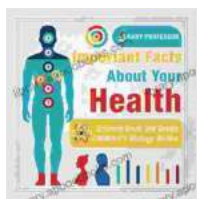


Important Facts About Your Health Science 3rd Grade Children Biology

As a parent, you want the best for your child's education. That means ensuring they have the knowledge and skills they need to succeed in school and beyond. For 3rd graders, health science is an essential subject that can help them understand their bodies, make healthy choices, and develop a lifelong love of learning.



Important Facts about Your Health - Science Book 3rd Grade I Children's Biology Books by Jonathan Kellerman

★★★★★ 5 out of 5

Language : English

File size : 2529 KB

Screen Reader : Supported

Print length : 64 pages

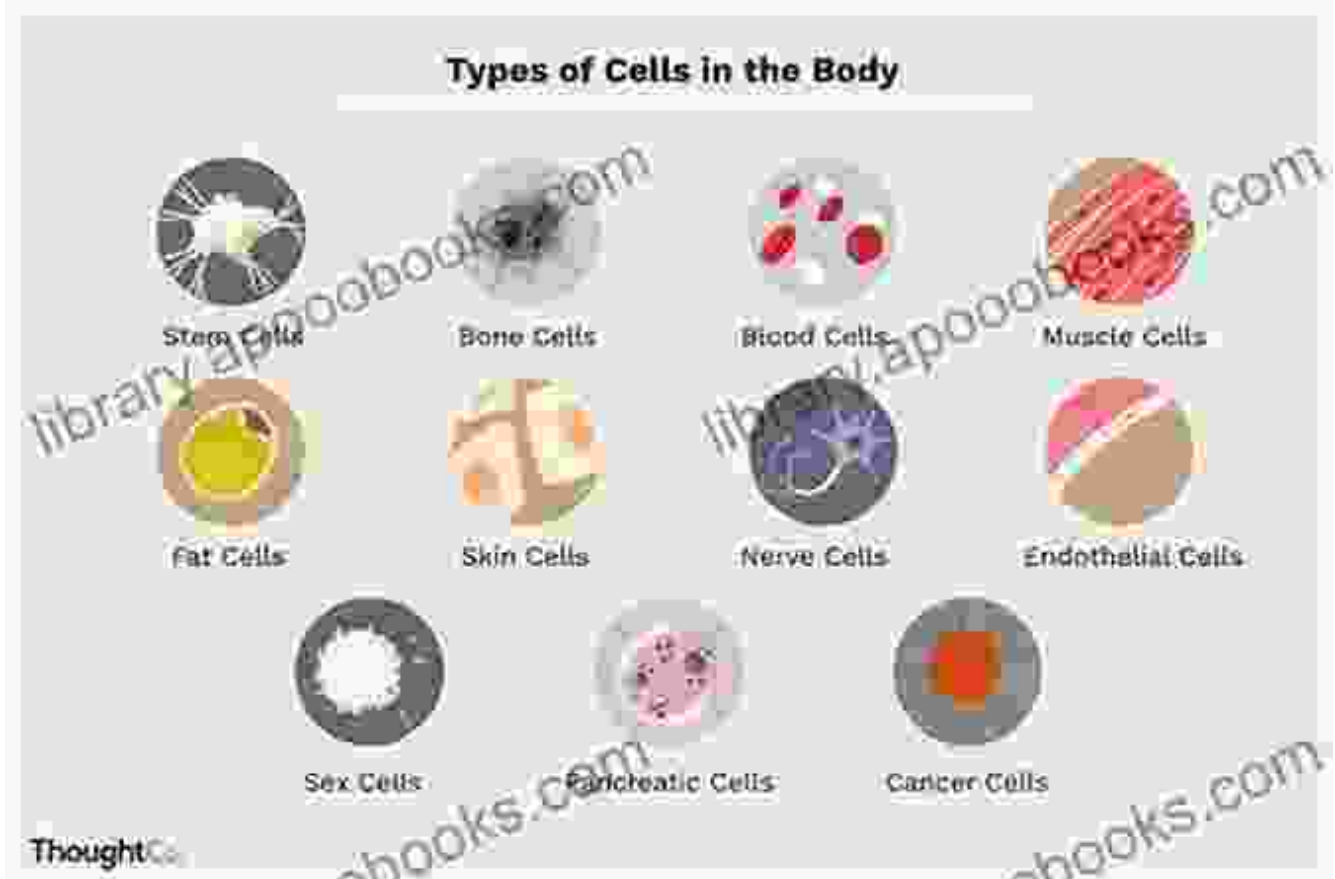


This book is designed to provide your 3rd grader with a comprehensive overview of biology, the study of life. It covers key topics such as cells, the human body, food and nutrition, and exercise. With engaging text, colorful illustrations, and fun activities, this book will make learning about health science fun and exciting.

Chapter 1: Cells

Cells are the basic building blocks of all living things. In this chapter, your child will learn about the different types of cells, their structure, and their

function. They will also learn about cell division and how cells grow and repair themselves.



Chapter 2: The Human Body

The human body is a complex machine made up of many different organs and systems. In this chapter, your child will learn about the major organs of the body, their function, and how they work together to keep us healthy.

INCREDIBLE HUMAN BODY FACTS


THERE ARE 100,000 MILES OF BLOOD VESSELS IN AN ADULT HUMAN BODY

NAILS GROW ABOUT ONE-TENTH OF AN INCH EACH MONTH



Every day an adult body produces 300 billion new cells

YOUR BRAIN IS 80% WATER



Your nose can remember **50,000** different scents



IT TAKES 17 MUSCLES TO SMILE BUT 43 TO FROWN



THE AVERAGE PERSON FALLS ASLEEP IN SEVEN MINUTES



A HUMAN HAS MORE THAN 600 INDIVIDUAL SKELETAL MUSCLES



WE MAKE AROUND 30 TO 55 OUNCES OF SALIVA A DAY

BONES ARE COMPOSED OF 31 PERCENT WATER



Chapter 3: Food and Nutrition

Food is essential for our bodies to function properly. In this chapter, your child will learn about the different types of nutrients, how they are used by the body, and how to make healthy food choices.

NUTRITION 7 – FOOD AND NUTRITION

1. Watch the video "The Nutrient Song" and match each nutrient with the food that contains it.

Proteins •



Carbohydrates •



Vitamins •



Minerals •

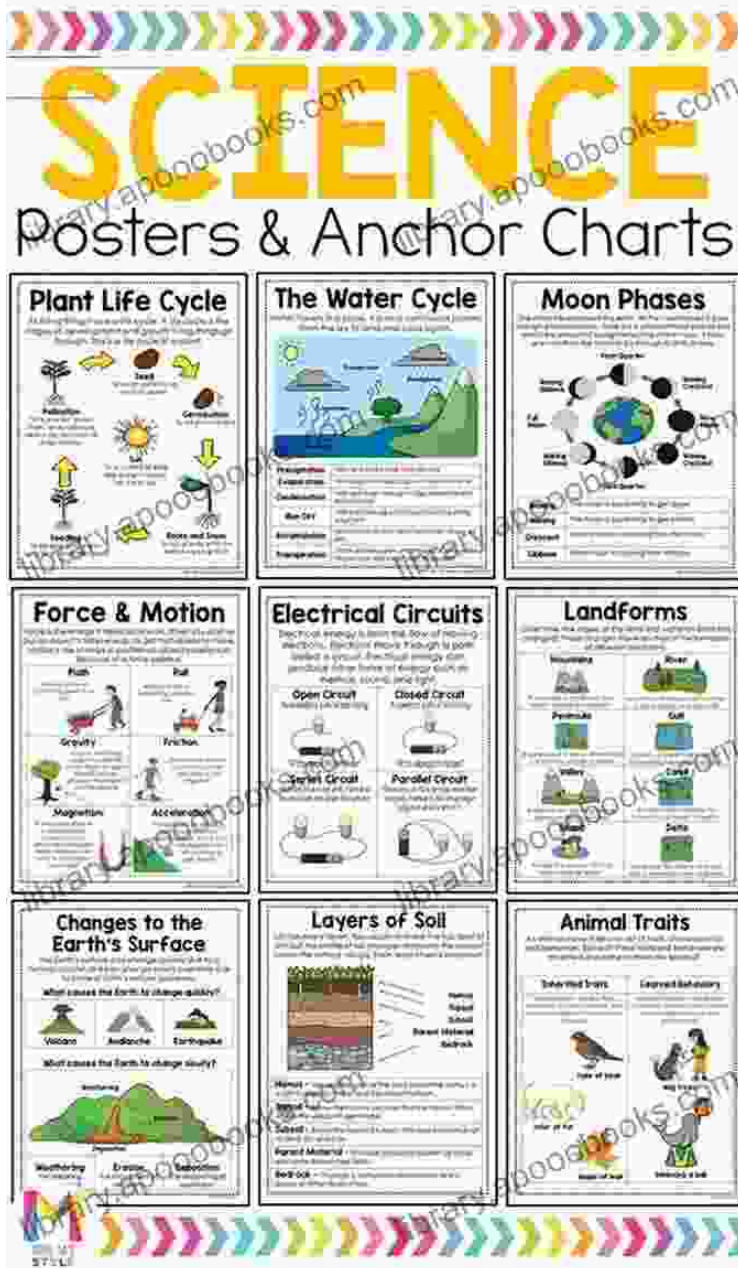


Fats •



Chapter 4: Exercise

Exercise is another important factor in maintaining a healthy body. In this chapter, your child will learn about the benefits of exercise, different types of exercises, and how to create an exercise plan that is right for them.

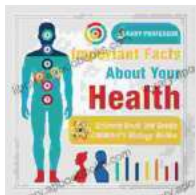


This book is just a starting point for your child's journey in health science. As they continue to learn and grow, they will discover more about the amazing world of biology and how it affects their own lives. We hope this book will inspire your child to pursue their interests in science and to make healthy choices that will benefit them for a lifetime.

Thank you for choosing this book to help your child learn about health science.

Sincerely,

Dr. Jane Doe



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