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| **Lesson 1** | **Lesson 2** | **Lesson 3** |
| I can understand the importance of healthy eating. | I can test the effects of exercise on the human body. | I can find out how animals change as they grow into adults. |
| **Knowledge Goals**  Children should know that food keeps us healthy and help us grow.  Food gives us energy to be able to do things during the day.  Without proper nutrition, your body can’t survive.  When you eat a balanced diet, your body obtains the fuel and nutrients it needs to function properly. | **Knowledge Goals**  Children can ask questions about exercise.  That they can say what they think (predict) will happen to my heart rate during exercise.  **Scientific Skills**  They are able to perform a test about exercise and talk about what they find out. | **Knowledge Goals**  Children to compare the life cycles of different animals.  To use non-fiction texts to find out information.  Be able to name and order the stages of a life cycle. |

