

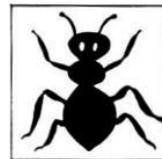
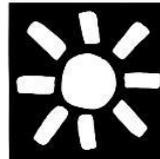
Science and Social Studies

Year 4 Term 3

Student Book

TERM 3

God is ...		Page
Creator Part 1 (2 weeks)		2
Wise (4 weeks)		8
A Servant (4 weeks)		19



God is Creator PART 2 – Desert Animals

Desert animals 1

The Camel

What do I eat?

When I'm hungry, I'll eat almost anything

- a leather bridle or a pair of shoes
- a piece of rope
- my master's tent
- thorny cactus
- grass and other desert plants
- hay

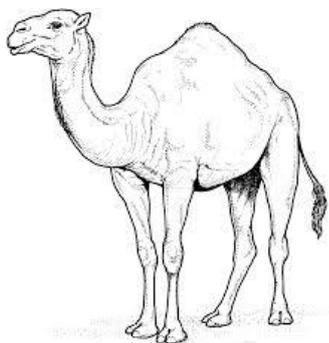
What is my hump for?

I'm a dromedary camel, the one-hump kind that lives on hot deserts in the Middle East.

- My hump weighs 36 kg (80 pounds)
- It is filled with fat which provides fuel for my body

My Mighty Maker gave it to me because He knew I wouldn't always be able to find food in the desert.

When I don't find any food, my body uses fat from the hump, to feed my body. This is my emergency food supply.



Desert animals 2

The Camel

How much water can I drink?

I've been known to drink 100 litres of water in ten minutes.

Where does the water go?

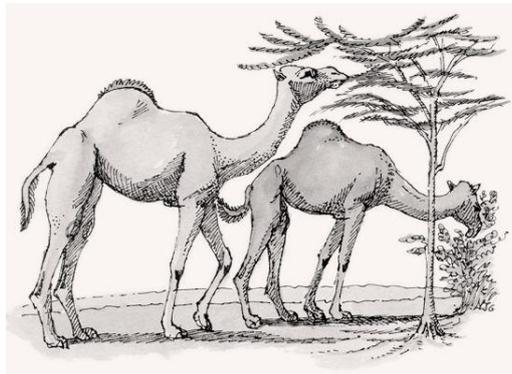
My Master Designer made me in such a fantastic way that in a matter of minutes all the water I've swallowed gets straight into the cells of my body.

The water I swallow first goes into my stomach.

Then my blood vessels carry it to every part of my body.

My stomach is found it empty ten minutes after I've drunk 100 litres of water.

After going all day without a drink I lose a lot of water from my body. I look really skinny. When I find a water hole, I'll drink for about ten minutes and my skinny body starts to change. The water goes to all parts of my body and I don't look skinny anymore.



Desert animals 3

A camel's nose and eyes

My nose

My nose is very special because it helps my body save water.

God has made my nose so that when I breathe out, I don't lose much water.

My nose traps that warm, moist air from my lungs and the water stays in the cells around my nose.

This makes my nose feel cool.

I have special muscles in my nostrils that can close when there is a sand storm. The sand doesn't get in, but I can still breathe.

My eyes

My eyelashes come down over my eyes like screens, keeping the sand and sun out but still letting me see clearly.

If a grain of sand slips through and gets in my eye, the Creator took care of that too. He gave me an inner eyelid that wipes the sand off my eyeball just like a windshield wiper.

My eyebrows are so thick and bushy. I have to hold my head high to peek out from underneath them. I'm glad I have them though. They shade my eyes from the bright sun.

What is special about a camel's nose?

What is special about a camel's eyes?



Desert animals 4

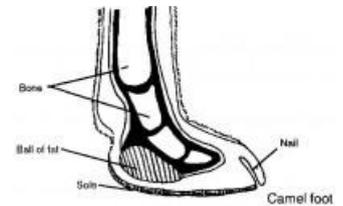
A camel's legs and feet

My feet

In the desert I walk on sand. My Creator gave me special sand shoes for feet. My hooves are wide, and they get even wider when I step on them.

Each foot has two long, bony toes with tough, leathery skin between my soles. My feet are a little like webbed-feet.

They won't let me sink into the soft, drifting sand.



My knees

When I was six months old, special knee pads started to grow on my front legs. They are very tough. My Creator knew I had to have them.

They help me lower my heavy load to the ground. I can fall on my knees without my knees getting hurt.

If I didn't have them, my knees would soon become sore and infected, and I could never lie down. I'd die because I would never be able to rest.

My legs

When I walk I sway from side to side.

Some of my riders get seasick.

I sway from side to side because of the way my legs work.

Both legs on one side move forward at the same time.

What kind of feet does a camel have?

Why are they good for the desert?

What are the camel's knee pads for?

How does a camel walk?

Desert animals 5

How the camel helps desert people

Desert people depend on me for many things.

They need me for:

- Transport
- Milk, which is made into cheese and butter
- My fur

I shed my thick fur coat once a year and that can be woven into cloth.

Make a chart with drawings showing of how desert people make use of the camel.

Camels in the Bible

How did people of the Bible use camels to help them? Write about some Bible people who rode on camels.



Desert Animals 6

The Desert Scorpion

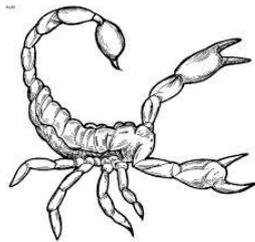
The desert scorpion spends much time on the sand.

This exposes it to harsh sandstorms that could cause damage to its outer skeleton (called an exo-skeleton).

But the scorpion is protected by rough coat of armour.

The bumps on the armour protect it.

- found in Africa and Middle East
- yellow in colour
- have a very poisonous sting in their tail.
- eat insects, spiders, other scorpions and lizards. They also eat small mammals, such as mice.
- must have water to drink, but they can survive for months without food.
- use their pincers to capture and crush prey.
- have eight legs but not a spider and not an insect



How is the scorpion protected from sand storms?

Where would you find a desert scorpion?

Why is it dangerous?

What do they eat?

How do they catch food?

What happens if it does not get water?

God is Wise – Health and Safety

We can use wisdom in keeping safe and healthy

Healthy Me 1

Student activities

About water

Without water, your body would stop working properly. Water makes up more than half of your body weight, and a person can't survive for more than a few days without it. This is because your body has lots of important jobs to do, and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.

When the weather is hot, or when you're exercising, you'll need more.

When your body doesn't have enough water, it becomes *dehydrated*. You might feel tired when you are dehydrated, and when you are really dehydrated you can have a headache or feel sick.

You can help your body by drinking 5 to 6 glasses of water each day, and drinking extra water when you exercise and when it's hot.

1. How long can a person survive without water?
2. Why does the body need water?
3. What is it called when the body does not have enough water?
4. How might you feel if your body does not have enough water?
5. How much water should you drink?
6. When should you drink extra?

Healthy Me 2

Water challenge

Water	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge

Drink plenty of water each day - no sweet or fizzy drinks.

Drink 5-6 glasses of water.

(1 glass holds 250 ml.)

Give yourself a score (rating) each day: 0 points for not drinking any water; 5 points for drinking the right amount of water.

Remember that other drinks like fizzy drinks, juice and cordial get no points.

Healthy Me 3

About Fruit and vegetables

Children need vitamins and minerals for their growing bodies. Our bodies are made of tiny things called cells. Vitamins and minerals are like little sparks that tell the body to grow and to make new cells. If you are sick, or have a cut, the body can repair itself. It needs vitamins and minerals to do this.

Many fruits like oranges, lemons, apples and pineapples have Vitamin C, which helps keep colds away. Carrots have Vitamin A for healthy eyes. Green vegetables have many minerals. Eating fruits and vegetables in a rainbow of colors will provide many different vitamins and minerals to keep you healthy.

Children with healthy diets, especially those who eat a variety of coloured fruit and vegetables, do better on school tests than children who don't eat a healthy diet. Studies have been done to prove this.

1. What do vitamins and minerals do for our health?
2. In which foods do we find vitamins and minerals?
3. Name a fruit that can help to keep colds away.
4. Name a vegetable that is good for your eyes.
5. Why is it good to eat fruit and vegetables of many different colours?
6. How do we know that eating healthy food can help you get better marks in your tests?

Healthy Me 4

Fruit and vegetables

Fruit and vegetables	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge

Try to eat at least 2 pieces of fruit each day and 5 different kinds of vegetables each day, including raw vegetables.

Give yourself a score (rating) each day. 0 points for not eating fruits or vegetables; 5 points for eating lots of fruits and vegetables.

Healthy Me 5 Snacks

Snacking is eating a little bit of food when it's not a meal time.
Too much snacking is not good because:

- It can be bad for your teeth.
- It may spoil your appetite if it's too close to dinner time.
- For some people, it can cause them to put on too much weight.

There are healthy snacks and unhealthy snacks, but we should not do too much snacking, even if the snacks are healthy. One small mid-morning snack and one small mid-afternoon snack is all you need.

Good snacks:

Milk, fruit, raw carrots, coconut, plain crackers with tomato or peanut butter.

Unhealthy snacks:

Sweets, sweet drinks, sweet biscuits, salty things like crisps and chips

Snacking while watching TV...not a good habit

Some children start snacking on a packet of chips while they watch TV. Before they know it, they have eaten the whole packet.

1. Why is too much snacking not a good thing?
2. Make a list of some good snacks that you could eat. Draw pictures.

Healthy Me 6

Healthy snacks

Snacks	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge

This week you have to make all your snacks healthy snacks. Try not to eat potato crisps/chips and sweets. Instead choose nuts, fruit, raw vegetables, and healthy home-made snacks.

Give yourself a score (rating) each day. 0 points for not eating healthy snacks; 5 points for eating all healthy snacks.

Healthy Me 7

Healthy Breakfast

Why do we need a healthy breakfast?

When you wake up, your body has been without food for about 12 hours. You need to refuel, like a car needs to refuel with petrol.

If you don't have breakfast you will feel tired and grumpy.

Breakfast is brain power

What you eat in the morning is very important. A healthy breakfast will help you pay attention, concentrate, and help you remember the things you have to learn at school.

A healthy breakfast gives you the nutrients your body needs to grow and keep active.

What is a healthy breakfast?

Foods from nature are best. There are many traditional foods that are good to eat for breakfast.

Breakfast foods should not contain sugar. Sugar is not a brain food. It does not help you concentrate. It makes you tired instead.

1. Make a list of healthy breakfast foods that you would like to eat.
2. How does a healthy breakfast help you?

Healthy Me 8

Healthy Breakfast

Healthy Breakfast	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge

This week you have to eat a healthy breakfast each day. Try fresh fruit, wholemeal toast, porridge, an egg or cereal that has low salt and no sugar. You could also eat rice, vegetables and other traditional foods.

Give yourself a score (rating) each day. 0 points for not eating healthy breakfast; 5 points for eating a healthy breakfast.

Healthy Me 9

Healthy Lunch

A healthy lunch is one that gives you energy to work and play. It should also give you the nutrients your body needs to grow and stay healthy.

Sweet, sugary foods like sweet biscuits are not the way to go. Sugar gives you energy for a very short time. After that, you suddenly feel tired. So, sugar really makes you tired, even though it might give you energy for just a little while.

Sugar is bad for your teeth and causes tooth decay.

Good foods to pack for a school lunch could be:

- Sandwiches with fillings such as peanut butter
- Flat breads such as roti, with vegetable fillings
- Raw vegetables such as carrots, tomato, cucumber
- Fruit

Healthy Lunch	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge

This week you have to eat a healthy lunch each day. Pack a lunch of healthy foods like fruit, raw vegetables and healthy bread.

Give yourself a score (rating) each day. 0 points for not eating healthy lunch; 5 points for eating a healthy lunch.

Healthy Me 10

The family meal

Meal times are times when families can get together and talk about what they did during the day.

It is good for families to sit together to eat a meal that has been specially prepared at home.

Sometimes there are special meals for your extended family, including aunts, uncles, cousins and grandparents.

Meals can be a time of celebration.

1. Why is it good for families to eat together?
2. Why is it better to make your own food rather than going to buy ready cooked food from a take-away shop?
3. What kind of healthy foods are cooked in your home?
4. What is an extended family?
5. Think of some occasions when family meals are a time of celebration.
6. Draw your family table looking down from above. (This is called a “birds-eye view”). Draw the food on the table, and draw the family members around the table.

Healthy Me 11

The family meal

Challenge

This week you have to help Mum or Dad prepare a family's main meal. Only healthy ingredients allowed!

Ask Mum or Dad if you can help them plan the meal. You can also help to set the table in a special way.

Draw this table in your book or on paper.

Give yourself a score (rating) for each category. 0 points for not doing well; 5 points for doing very well.

The Family meal	rating
1. Meal planning	
2. Table setting	
3. Food preparation and cooking	
4. Serving and presentation	
5. How healthy is the meal?	
6. How did the family enjoy the food?	
Total score:	

God is A Servant

Jesus was the greatest servant that ever lived. We can follow His example and serve others.

Joeli Bulu

Biography



Joel Bulu was born on the island of Vavau, one of the friendly islands of Tonga. At the age of 23 he heard a report that the Lotu had come to his land. The “Lotu” is the word used to describe the Christian faith that the missionaries brought to Tonga.

On hearing the report of the Lotu, Joel firmly declared that he would never stop worshiping the gods of his own people.

One day he met a Tongan man who had been told about the Lotu and he told Joel that people of the Lotu have a Promised Land where they go after death...a beautiful land among the stars.

“a land among the stars,” thought Joel, “how wonderful that sounds... a land where there is peace and happiness. I would like to believe in the Lotu so that I can go to that land. From this day I will choose the Lotu and throw away the gods of my own people...but my family will be so angry with me. What can I do? I think I’ll have to run away,” he said to himself.

Joel decided to run away to the village of Chief Ulkalala, who had accepted the Lotu. The chief invited him to come and stay for a while.

Back in Joel’s village the people had heard that Joel had become one of the Lotu and had cast away their gods. The heathen priest decided that Joel should be clubbed to death.

When Joel returned to the village his friends told him that he must give up the Lotu or something bad would happen. So Joel told his friends that he would give up the Lotu and once again worship their gods.

“Now I am sorry for telling my friends that I will no longer believe in the Lotu,” thought Joel. “But I have only spoken these words with my lips. Deep in my heart I will still believe in the Lotu.”

One day, a white person, Mr. Thomas came to Joel’s village. He was a missionary.

Mr. Thomas told the people a story from the Bible: “There was once a man who planted good seed in his field, but while people were sleeping, an enemy came and planted weeds in the field. The weeds grew thick and tall and the good plants could not grow. God’s enemy is Satan, who wants to plant weeds among the good seeds. The weeds are like the evil in the world... the fighting, killing and stealing. But God’s spirit is the good seed. His Spirit can live in the hearts and minds of those who are willing to accept Him. He will forgive those who come to Him.”

Joel thought about the many wrong things he had done in his life. He thought he would never see the land in the sky. He went to have a chat with Mr. Thomas. Mr. Thomas explained to Joel that he could ask God for forgiveness and God would accept him.

One day Joel met another white missionary on the path. This missionary had come from Fiji. When he heard that Joel had become a Christian he asked if Joel would go with him to Fiji to tell the people about the God of the Bible. Joel decided that he would go to Fiji with the missionary. They got their boat ready and sailed to Fiji.

When they arrived in Fiji, at Rewa where there was much fighting and killing going on. These were terrible times. Day after day they saw bodies of people who had been killed. They saw dead bodies floating by on the river. The sound of the death drum went on and on. The chiefs did not want to hear about the Lotu, but still the work of the missionaries went on.

...and then finally they got an invitation to come to the island of Kandavu to tell the people about the Lotu. Two Bible teachers were sent: a Fijian named Isaac and a Tongan named Abraham.

Joel heard reports that the chief of Vusanamu had ordered for a canoe to be made ready to go to Kandavu to kill Isaac. Joel decided to sail to Kandavu himself to save Isaac. He took a few Christian friends with him.

The wind was strong, the sea ran high and the rain came pouring down all day.

It was late at night when they reached Kandavu. They went to the town, not knowing whether Isaac was dead or alive.

When they arrived they could smell the smell of human flesh baking in an oven. They feared that this body could be Isaac’s.

Through the wind and rain they found Isaac's house. They crept inside, fearing that his murderers might be sleeping there. But God had protected Isaac. He was sleeping in his bed.

Joel went back to Rewa, but back in Rewa things grew worse. The houses had been burnt to the ground and many people murdered. Joel had to leave Rewa and decided to sail to Vanua Levu, to a place where the Christian message would be received. But when he reached Solevu he met an old heathen priest who had heard of the Lotu and wanted to know more. He asked Joel to stay a while to teach the people about the God of the Bible.

After staying some time in Solevu, Joel sailed on to Vanua Levu. Here many people wanted to listen but the heathen priests hated him and spoke evil of him. Joel needed help, so Abraham was sent. Joel also gathered a group of young local Christian men to help him.

"The heathen priests made life difficult. They dug up the Christian's plantations, upturned their bread pits and killed their livestock.

One day their best pig was taken. The young Christian men wanted to take revenge but Joel would not allow it.

"No matter what happens," said Joel, "do not fight. We will keep the peace. Everybody, sit down on the grass and stay where you are."

As the warring tribe came towards them they suddenly turned around and walked away.

Later Joel met with the leaders of the warring tribe. He asked why they did not attack.

"A power took over us and we couldn't use our clubs or spears," said the head chief. "Our arms just couldn't move. Now we know of the power of the Lotu God. We've stolen your pigs, we've killed your chickens and we've spoiled your gardens. We've treated you very badly. But you are a true man Joel Bulu, and your God is a true God. Take this whale's tooth as a sign of peace between us, and please tell us more about your God."

So the people of Vanua Levu threw away their gods and worshipped the Christian god.

Joel Bulu worked for 40 years as a missionary to Fiji, on the island of Ono, in Lakemba and many other places. He had many difficult times, but he always trusted God to help him through the difficult times. It was his faith in God that made him such a great man.

Thinking Skills

Year 4 Servant

<p>Gifts and Talents 1</p> <p>Write words or phrases next each letter – something to do with</p> <p>N U R S E</p>	<p>Gifts and talents 2</p> <p>Think of 3 professions for a person who is good at music.</p>
<p>Gifts and talents 3</p> <p>Think of 3 professions for a person who is good at Mathematics.</p>	<p>Gifts and talents 4</p> <p>Think of 3 professions for a person who is good at sport.</p>
<p>Gifts and talents 5</p> <p>What are some similarities between a plumber and an electrician?</p>	<p>Gifts and talents 6</p> <p>What are some differences between a teacher and a dentist?</p>

Gifts and talents 1

We all have gifts and talents

Student activities

We all have different strengths and weaknesses.
The things we are good at are gifts from God.
We are good at some things but not so good at other things.
We have different likes and dislikes.
That's how God made us.

Some people are better at understanding some things than others.

Some of us find it easy to understand how a flower grows, but find it difficult to learn how to play a musical instrument. For others, music might be easy, but playing football is difficult.

Here is a list of things that people can be good at:
Sport, maths, reading and writing, making friends with people, being organized, music, art, knowing about animals and nature

1. Write a list of the things you are good at.
2. Write the names of your family members. Now write what they are good at. Which gifts are the same as yours?
3. Write a list of the things your best friend is good at.
4. Read 1 Peter 4:10. How does God want us to use our gifts and talents?



Gifts and talents 2

Body-Smart

You may be body-smart. You will enjoy sports and are good at swimming, athletics, football, gymnastics and other sports.

You enjoy learning through 'doing something'.

1. How do you learn best?
 - Listening
 - Reading
 - Watching
 - Doing the thing you are trying to learn
2. Who do you know that is body-smart? What are they good at?
3. If you were in a team and someone was not good at the sport, how should you treat them? Should you shout at them for missing the ball? How would this make them feel?



Gifts and talents 3

Number-Smart

You may be number-smart.

You will be good at mathematics and other number activities.

You will also be good at solving problems.

1. Who do you know that is number-smart?
2. If you are not number-smart, what should you do?
 - Get worried when you find maths difficult
 - Ask the teacher for help
 - Try your best because maths is useful
3. What can maths be used for in every-day life?
4. Give an example of a problem that can be solved by using maths.



Gifts and talents 4

Word-Smart

You may be word-smart.

You will enjoy reading, writing and talking about things.

You will find learning new languages easy.

You will be good at spelling, reading and writing.

You will be good at word games like Scrabble and crossword puzzles.

1. Who do you know that is word-smart?
2. If you are not word-smart, what should you do?
 - Get worried when you find reading, spelling and writing difficult
 - Ask the teacher for help
 - Try your best because reading, spelling and writing are useful
3. Why is reading useful in every-day life?
4. Why is spelling useful in every-day life?
5. Why is writing useful in every-day life?
6. Who do you know that speaks two languages well?



Gifts and talents 5

People-Smart

You may be people-smart.

You will like to mix with other people.

You like parties.

They are good at talking to people.

You like to belong to lots of clubs.

You like team games and are good at sharing your ideas.

1. Who do you know that is people-smart?
2. How can a people-smart person use their gift to share the Gospel?
3. Why are people-smart people lots of fun?
4. If you meet someone who is very quiet and not good at talking, should you:
 - Ignore them and go and talk to someone who is good at talking?
 - Ask them questions and help them make a conversation?
 - Try and get to know them because they might have something they can share with you?



Gifts and talents 6

Myself-Smart

You may be myself-smart.

You will know about yourself, and your strengths and weaknesses.

You will probably keep a diary.

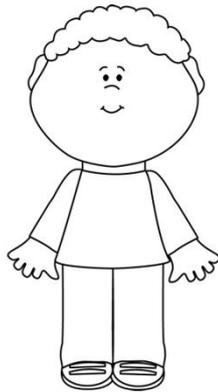
You will be good at setting goals for yourself.

You will be good at keeping your homework and your personal things organized.

You will be able to work well alone and not be distracted by other people.

You will think deeply about ideas.

1. Who do you know that is Myself-smart?
2. How can a Myself-smart person use this gift to help others?
3. What are the good points about a Myself-smart person?



Gifts and talents 7

Music-Smart

You may be music-smart.

You will enjoy music and can recognise sounds

You will have a good sense of beat and rhythm.

You might be good at singing or playing a musical instrument.

1. Who do you know that is Music-smart?
2. How can a music-smart person use their gift to spread the Gospel?
3. If you are not music-smart, can you still enjoy music?
4. If you are not music-smart can you still worship God through music?



Gifts and talents 8

Picture-Smart

You may be picture smart.

You will be good at art and also at other activities where you look at pictures, like map reading, finding your way out of mazes and graphs.

You could be good at photography.

You find it easy to think in pictures.

1. Who do you know that is picture-smart?
2. How can a picture-smart person use their gift to serve God?
3. How can a picture-smart person help you if you get lost?
4. How can a picture-smart person explain to someone something that is difficult?
5. If you are not good at art or drawing, what should you do?
 - Feel sad that you are not as good as others?
 - Try to improve your drawing skills?
 - Encourage and appreciate others who are good at art?



Gifts and talents 9

Nature-Smart

You may be nature-smart.

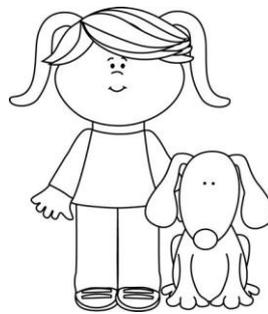
You like the world of plants and animals, and like learning about them.

You would like to have a pet.

You enjoy being outdoors in nature.

You care about animals and hate animal cruelty.

1. Who do you know that is nature-smart?
2. Why is it easy for a nature-smart person to praise God?
3. How can a nature-smart person serve God?
4. Even if you don't think you are nature-smart, we can still appreciate God's wonderful creation. What can we do to stop ...
 - animals from suffering
 - rainforests being destroyed



Gifts and talents 10

God knows us

God knows us better than anyone because He made us.
He knows how many hairs are in our head.
He knows what we are good at, and what we are not good at.

Read and write out Luke 12:6-7.

We don't have to be good at everything

God loves us for who we are.
God can help us get better at the things we are not good at.
Maybe there are some things we will never be good at.
That's OK. Trying your best is all that matters.
Think about the things you *are* good at. These are your special gifts from God.
Work on your gifts so that you can serve God in a really special way.

God made you to be the person you are.
He did not make a mistake when He made you.

You created every part of me; you put me together in my mother's womb...When my bones were being formed, carefully put together in my mother's womb, when I was growing there in secret, you knew that I was there – you saw me before I was born. (Psalm 139)

Before I formed you in the womb I knew you; before you were born I set you apart. (Jeremiah 1:5)

