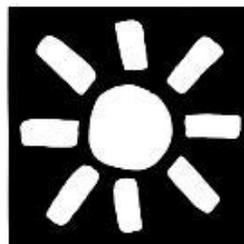


Science and Social Studies

Year 5 Term 2

Student Book

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God is our Saviour - America

North America facts

Student activities

Project: Draw a map of North America. Include Hawaii. Name the countries. Mark the capital cities of each country. Mark major features such as lakes, rivers and mountain ranges.

Geography of North American

North America is the third largest of the seven continents. It is bordered by the Atlantic Ocean to the east and the Pacific Ocean to the west. North America is dominated by its three largest countries: Canada, Mexico, and the United States. Central America and the Caribbean are usually considered part of North America, but they have their own section here.

Although Columbus is given much credit as having discovered America, there were plenty of people already living in North America prior to the Europeans having arrived. This included many Native American tribes in the United States and the Aztec civilization in what is now Mexico. In the 1600's the Europeans quickly colonized and took over much of North America. The United States was formed in the late 1700's and became a "melting pot" of people and cultures from around the world.

Countries of North America

Bermuda

Canada

Greenland

Mexico

Saint Pierre and Miquelon

United States

Major cities:

Mexico City, Mexico

New York City, USA

Los Angeles, USA

Chicago, USA

Toronto, Canada

Houston, USA

Ecatepec de Morelos, Mexico

Montreal, Canada

Philadelphia, USA

Guadalajara, Mexico

Bordering Bodies of Water: Pacific Ocean, Atlantic

Ocean, Arctic Ocean, Gulf of Mexico

Major Rivers and Lakes: Lake Superior, Lake Huron, Lake Michigan, Great Bear Lake, Great Slave Lake, Lake Erie, Lake Winnipeg, Mississippi River, Missouri River, Colorado River, Rio Grande, Yukon River

Major Geographical Features: Rocky Mountains, Sierra Madres, Appalachian Mountains, Coastal Range, Great Plains, Canadian Shield, Coastal Plain

More facts:

The city with the largest population in North America is Mexico City, Mexico. The country with the greatest population is the United States (2010 census).

The longest river in North America is the Mississippi.

Lake Superior is the **largest fresh water lake in the world** by area. It is located on the border between the United States and Canada.

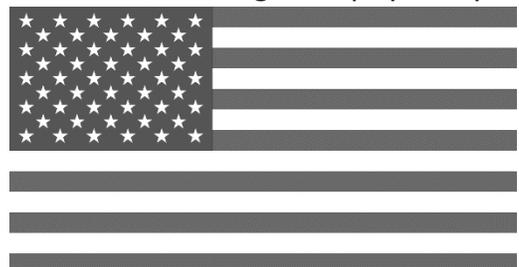
The country of Greenland is the biggest island on the planet.

Canada is slightly larger than the United States in area making it the second largest country by area in the world (after Russia).

The USA has 52 states. Alaska and Hawaii are states of the USA, although not physically joined to the USA.

The flag has 50 stars representing 50 states.

Colours: red and white stripes; dark blue rectangle in left hand corner with white stars.



Facts about United States of America

Geography

Area: 9,529,063 sq km

The world's third largest nation in area and population.

Capital: Washington DC

Number of states: 52 (including Hawaii and Alaska)

People living in cities: 82%

Official language: English. The growing Spanish-speaking Hispanic population is 11.2% of the population and numbers 34 million

Religion

Christians: 77%

Prayer points:

Across the USA there is a rapid falling away from Christian values. The USA was once a strong Christian nation, but now there is a rise in the belief that we are all free to live as we please, and that the Bible has no authority.

The 38-million-strong African-American community suffered immensely due to its origins in slavery and to racial discrimination.

Pray for young people at risk. Over half of inner-city black males fail to complete secondary school. Many are in prison or in gangs. Poverty, drugs and violence are rampant. Murder is the major cause of death for inner-city, African-American males ages 15 to 34.



Central America and the Caribbean

Project: Draw a map of Central America and the Caribbean islands. Mark the countries and name the seas or oceans. Also draw some of the features such as coral reefs and farm crops.

Central America is generally considered part of the continent of North America, but is often referred to as its own region. Central America is a narrow strip of land between North America and South America. The Atlantic Ocean is to the east and the Pacific Ocean is to the west.

Countries of Central America

There are seven countries that are considered part of Central America: Belize, Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Panama.

History

Central America was the home of many Native Americans prior to the coming of Europeans. Most of central America was colonized by Spain. Spanish is still the most common language. The Central American countries have seen many wars.

The Land

This part of the world is mostly rain forest. It is rich in natural resources, but many people here are very poor. The main farming crops are coffee, bananas and beans. Central America is covered with volcanoes, which create rich, fertile soil for farmland. Fishing is another food supply.

The Caribbean Islands are to the east of Central America. There are hundreds of islands. Most of the native people were killed by disease or taken as slaves when the Spanish arrived. The Spaniards brought thousands of slaves from Africa to work on farms in this area. Most people living here are descendants of those slaves.

The largest four Caribbean Islands are Cuba, Hispaniola (Haiti and Dominican Republic), Jamaica, and Puerto Rico.

The Caribbean contains around 8% of the world's coral reefs (by surface area).

The Panama Canal allows ships to cross Central America from the Pacific Ocean to the Atlantic Ocean. It is a man-made short-cut for ships sailing between the Atlantic and Pacific Oceans. It goes through the country of Panama.

Religion Most people are Roman Catholic, in both Central America and the Caribbean Islands.

South America

Project

Draw a map of South America and mark on it:

- The largest country
- Other countries: Colombia, Ecuador, Peru, Bolivia, Paraguay, Argentina, Chile
- The largest city
- The southernmost city in the world
- The longest river
- The Amazon rainforest
- The Andes mountains
- The biggest lake
- The driest place on earth
- The Atlantic and Pacific oceans

Next to your map draw pictures and label:

- Animals of South America
- Natural resources: a) minerals b) farm crops

South America Facts

South America is the fourth largest continent in size. The South American continent has 15 countries. Two of these are owned by Britain, (The Falkland Islands and South Georgia) and one is owned by France (French Guiana).

1. There are **12 countries** in South America

Alphabetical list of countries in South America

Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Guyana, Paraguay, Peru
Suriname, Uruguay, Venezuela

2. **Largest Country:** Brazil. The country is covering more than half the continent's landmass. Brazil is only slightly smaller than the USA.

3. **Largest City:** Sao Paulo in Brazil. With more than 20 million people (2014). Sao Paulo is also one of the 10 biggest cities in the world.

4. **The southernmost city** in the world is on the South American continent! The city is called Ushuaia, is located on the Southern tip of Argentina. More than 55,000 people live there.

5. **Smallest Country:** Suriname. The country is one of the 10 most sparsely populated countries in the world.

6. **Longest River:** Amazon River. The Amazon is the second longest river in the world after the Nile, and carries more water than the world's other 10 biggest rivers combined!

7. **The highest mountain:** Aconcagua in Argentina. The mountain (6,961metres/22,837ft) is located in the Andes Mountain range.

The Aconcagua is considered the second highest of the world's Seven Summits after Mount Everest which is in Asia.

8. **Biggest Lake:** Lake Titicaca (shared by Bolivia and Peru)

9. **Driest Place:** While South America's rain forests also are some of the wettest places on the earth, the Atacama Desert in Chile is considered the driest place on earth.

10. There are **two landlocked countries in South America:** Paraguay and Bolivia are located in the interior of the continent and have neither access to the **Atlantic Ocean** nor to the **Pacific Ocean**.

11. **History:** One of the earliest South American civilizations are recorded in Peru. In the late 15th century Europeans came to live in South America, mainly from Spain and Portugal, but also from the Netherlands, Britain and France.

12. **People of South America:** The Incas were the largest group of indigenous people in South America when the Europeans arrived. Indigenous cultures still are present in South America but now only in small the numbers.

13. **Languages in South America:** Spanish is the main language in South American countries, only in Brazil people speak Portuguese and in Surinam, formerly a Dutch colony, the official language is still Dutch. Many people speak also English as a second language. Quechua, the language spoken by the Inca, is the most common indigenous language.

14. **Religion:** Most of the South American people are Catholics (90%), some Protestants, Jews and some indigenous people have their indigenous beliefs.

15. **Animals:** In South America there are tapirs, piranhas and anacondas and many other animals. South America is also home to many endangered animals such as the jaguar, the giant otter or the Amazonian manatee.

16. **Main natural resources in South America** are minerals such as iron ore (used to make steel) or copper and agricultural produce such as corn, coffee, wheat, soybean and cocoa.



Christopher Columbus

Biography

Just as God guided the Israelites on their journey, He has guided many people throughout history as they looked to Him. One is Christopher Columbus.

Christopher Columbus was born in Italy in 1451. As a boy he worked with his brother sailing up and down the coast of Italy selling wool and wine for his father. This is how he became a sailor. At the age of 10 Columbus knew that God had called him to carry the message of Christ to other lands. His first name, Christopher, means “Christ bearer”.

Columbus was sure that the world was round, and not flat, as most other people in his time believed. If this was so, then by sailing straight westward across the Atlantic he could reach those lands on the other side of the world. He was sure that God wanted him to make this expedition, and, after a long time trying to convince the king of Spain that the journey would be worthwhile, the king provided the money that was needed.

Columbus set out from Spain in 1492. He was in charge of a fleet of three ships. Columbus himself commanded the 'Santa Maria', his best friend commanded the 'Pinta' and his brother commanded the 'Nina'.

In the days of Christopher Columbus, they did not have a compass to sail the world. They used the stars to guide them to stay on course.

As the long days passed without any sight of land, the crew became more and more afraid. They planned to get rid of Columbus and sail back home. 'Perhaps the world is flat after all,' they thought. 'What if we fall over the edge?'

However, nothing could change Columbus's mind. He continued to trust in God. God protected Columbus and the mutiny did not occur. After seventy days Columbus saw a light that seemed to come from a fire along the coast. The next morning the three tiny ships made for the shore. With the flag of Spain in one hand and a sword in the other, Columbus knelt down and gave thanks to God. The new-found land was an island off the coast of America, part of the Bahamas. He named the island San Salvador which means Holy Redeemer.

God had not only protected Columbus, but also guided him. God guided him because of his great faith and trust. Columbus had confidence in continuing the journey, even when everyone else wanted to turn back. His confidence was in God. Columbus died in 1506.

Activities – Christopher Columbus

1. When did he receive a call from God to become a “Christ-bearer”?
2. Who gave him the money for 3 ships to sail to the other side of the world?
3. Why were the members of the crew afraid?
4. What is the meaning of mutiny?
5. Why didn't the mutiny occur?
6. How did Columbus know he was approaching land?
7. What was the name of the island discovered by Columbus, and where was it?
Draw a map of Central and North America and mark the Bahamas.
8. Which Old Testament hero trusted God while making a journey?
9. Why was the voyage of Columbus and his crew similar to the Israelites' journey to the Promised Land? Choose the correct answers:
 - a) None of the travellers had been to the new land before.
 - b) Both events took place on the continent of Africa.
 - c) God was guiding them.
 - d) All the travellers trusted in God for the whole of the journey.
 - e) The travellers did not always trust their leader.

Read:

Because God knows everything there is to know, it is wise to let Him be our guide through life. God knows the future. He knows the best decisions to make. Being a Christian is more than just asking Jesus to forgive our sins. We also need to ask Jesus to be our guide through life. We need to be listening to what He has to say, and obeying His advice.

Copy and fill in the missing words:

How can I know what God wants me to do?

I can learn what the _____ has to say.

I can ask God to speak to me and show me what _____ is.

I can listen to His voice when I _____.

I can listen to what my conscience is _____.

Missing words: right saying Bible pray



Jim Elliot

Biography

The Auca Indians who lived in the jungles of Ecuador were a fierce tribe, feared by all other tribes. In the 1950s they were still living in their traditional tribal way. The only contact with white people they had ever had was that of the rubber traders some years before. The rubber traders had come with guns, which had terrified the Aucas. When the five young American missionaries, Nat, Jim, Peter, Ed and Roger decided to make contact with the Aucas, they were really exposing themselves to great danger.

Ed, Jim and Peter had already spent three years working with another tribe of Indians in Ecuador. These were the more friendly Quichas. The Quichas territory bordered that of the Aucas. There they had got to know Nat. He was a pilot with Missionary Aviation Fellowship. His work involved flying a single-engine plane over the jungles and landing on tiny air strips which were merely small clearings in the jungle. He helped other missionaries with transport and supplies. He enjoyed his work, even though it was dangerous.

The four missionaries began praying about going into Auca territory. God would have to open the way for them, as the government had made things so difficult. One day they came across an Auca girl called Dayuma who had run away from the tribe. They were able to make friends with her and learn some of her language. Once a week they would fly over the Auca village and drop gifts using a canvas bucket on a long rope. Their first gift was a shiny aluminium kettle filled with coloured buttons. Other gifts included salt, axe-heads, plastic combs, clothing and little parcels of food wrapped in banana leaves.

Each time they flew over there were more and more Aucas waiting to receive their gifts. They started flying lower with the hope of broadcasting a message to the Aucas through a loud speaker. With the help of Dayuma, they were able to translate the message into the Auca language. "We like you. We have come to pay you a visit," was the message.

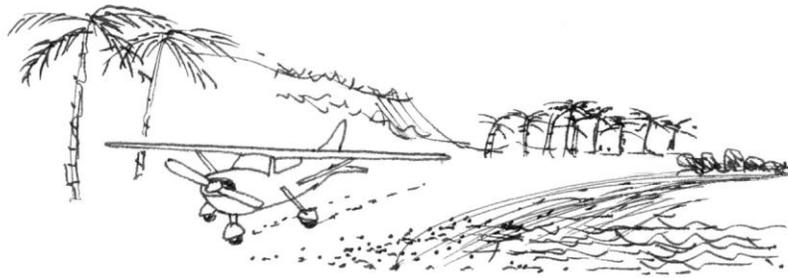
The Aucas seemed to be responding. They started sending gifts back to the missionaries using the bucket and rope. They sent a black bird in a cage and some cotton thread.

By now, a fifth missionary, Roger, had joined the four. It was time to make a landing in Auca territory. Nat, the pilot landed the plane safely on a sandy beach four miles from the Auca settlement. They set up base here and prepared to stay for two weeks. They kept up their routine of flying over the settlement delivering gifts. It was not long before the Aucas realized that the plane was landing on the beach and their curiosity overcame their

fear. Three Aucas came to investigate. The missionaries made friends with the three Aucas and one of them even agreed to have a ride in the plane.

A couple of days later the men radioed their wives as usual, saying that they had seen ten Aucas heading towards the base. That was the last message they sent. A search party some days later found their bodies in a shallow river. The five missionaries had been killed by the Aucas.

Although the death of the men was tragic, they had pioneered the way for others to spread the gospel. Many other brave Christians continued their work. Two of these were Jim's wife and Nat's older sister. Other missionaries from the U.S.A. also joined them. Some Indians from the surrounding tribes who had previously received the Good News, came to share with the Aucas. Many Aucas eventually gave their lives to Jesus, and they will always remember the five men who gave their lives to bring them the Good News.



Questions

1. What was the difference between the two tribes, Aucas and Quichas?
2. What work did Nat do?
3. How did the missionaries try to gain favour with the Aucas at first?
4. How did the Aucas respond?
5. Who was Dayuma?
6. How did she help the missionaries?
7. What was the last message the missionary men sent to their wives who were back at base?
8. How did the death of the missionaries expand the work of sharing the Gospel to the Aucas?

John Newton

Biography

Eleven-year-old John Newton struggled under the weight of the coiled rope as he helped get the ship ready for departure. "Aren't you too little for such a big job?" the deck hand asked as he began to ready the sails. "No sir, I'm strong for my age," John replied as he continued his task. "But don't your mom and dad mind you being out at sea?" continued the deck hand. "No," John answered again. "My mother is dead and my father is the captain of the ship!"

John Newton's mother died just before he turned seven years old. In her short time with her son, Mrs. Newton eagerly taught him God's word and prayed that he would become a minister when he grew up. Unfortunately, in the years that followed, no one would have guessed that John Newton would ever be a preacher.

After his mother's death John's life took a turn that would lead him in a very different direction. While his father, the sea captain, spent months at sea, John was left in the care of his new stepmother. She really didn't want John around and he was left to go his own way. All that freedom was too much for John. His behavior grew worse and worse until finally his father began taking him on voyages to keep him out of trouble. Of course, the rough sailors did not provide the good influence John needed. By the time he returned from sea, he was even more drawn to shady characters and rough living. John seemed to have forgotten all that his mother had taught him in his early years.

The Capture

"Hey you," called the voice of a strange man John had seen staring at him earlier that night. John took off running down the darkened alley as fast as he could. His father had warned him to beware of the gangs of navy officers who captured young men, forcing them to serve on war ships. As John ran, several men closed in on him, tackling and then cuffing him. The men dragged John, kicking and screaming to a ship. He was thrown into a dark hole where he found himself with a group of other unfortunate young men. This time at sea made John an even angrier young man.

There is No God

By his early twenties, John Newton had become a rebellious person. Even the toughest sailors, known for their cursing and drinking, were sickened by John's bad attitude and foul language. He refused to follow the captain's orders and constantly made fun of anyone who believed in God. When John remembered what his mother taught him, he would try to be good, but his efforts would only last a short time.

One day while at sea, John began reading a book which left him convinced there was no God. At first John was afraid not to believe in God, but over time he began to like the freedom of not having to worry about answering to God someday for his doing wrong.

God, Please Help Me

One day during a long voyage, a fierce storm struck. The ship lurched and rocked as the violent storm raged. Climbing the huge waves, the boat plunged time after time, crashing into the ocean on the other side. With each fall, more and more of the ship's contents spilled into the raging water. As an experienced sailor, John Newton had ridden out many a fierce storm before, but never had he come this close to death. As the ship began to break into pieces and water rushed in everywhere, one sailor washed overboard. A few hours later when John faced certain death, he began to recall Bible verses his mother had taught him. John, who couldn't swim, heard himself cry, "Lord, have mercy on us." But then he thought, "What mercy can there be for a wretch like me"? As John began to tell God he was sorry for turning away from Him and for doing so much wrong, he began to feel peace in his soul.

When the storm ended, John realized that God had saved him from a sure death. He immediately went in search of a Bible and asked Jesus to save his soul as well. The Bible, which he had made so much fun of, now gave him the guidance he needed. John Newton became a Christian. The other sailors noticed that John no longer used foul language and he did not make fun of Christians. He didn't even get upset when others teased him.

The Slave Trade

John Newton made many trips to Africa to buy slaves, who were sold in the United States and the Caribbean. Even after becoming a Christian, Newton did not see anything wrong with slavery, like most others during his time. Later Newton did begin to see that slavery was wrong. He and a young politician named William Wilberforce joined others who spoke out against the practice. In time their efforts led to a law which banned slavery in England.

The Preacher

Remember when as a little boy John Newton's mother wanted him to be a preacher? Well, it came true later in his life. He became the pastor of a church in Olney, England, and later a church in London. He also traveled around England telling about his adventures at sea and how God saved a wretch like him.

Besides preaching, John and his best friend wrote a new hymn for the church service every week. Can you imagine that, a new hymn every week! In all, Newton wrote almost 300 hymns. The best known of them is "Amazing Grace," which has become one of the favorite hymns of all time. When he was writing the hymn, he remembered the storm in which he almost died. "Amazing grace," he wrote, "that saved a wretch like me!" He remembered how wonderful it was to feel right with God at last. "How precious did that grace appear the hour I first believed," it says.

Life is full of dangers like that storm. John's hymn reminds us of God's kindness in bringing us safely through difficult times. It reminds us of His mercy and grace to us when we didn't deserve help, and His good promises to us for the future--forgiveness and eternal life.

Questions

1. John Newton spent much of his childhood free to do as he pleased. He later spent some of his adult years in a form of slavery. Which of these experiences do you think caused him to become the most hardened?
2. How is John Newton's story similar to the Biblical account of Jonah? How did their near-death experience affect each of them?
3. Are you surprised that even though John Newton had been captured and made a slave of a Navy ship, he still participated in the cruel slave trade? Why do you think it took so many years for him to change his mind about slavery?

Lord of the volcano

(The true story of Kapiolani)

Biography

The “Big Island” of the Hawaiian Islands group in the north Pacific was created by volcano activity. It rises up from the ocean bed to a height of over 4000 metres above sea level. There are numerous craters on the island, many inactive, but a few still likely to erupt on occasion.

The Hawaiian people had believed for generations that the great goddess Pele lived in the largest and most active volcano, Mauna Loa. They prayed to her and made gifts to the Hawaiian priests who served Pele.

The volcano was a terrifying sight. In the huge crater there burned a lake of molten lava that rose and fell within the crater, sometimes boiling over and spilling down the mountain side, leaving burning trees and a trail of destruction in its wake. The danger of an eruption was always present so it was no wonder the Hawaiians feared the goddess Pele above all else.

But the Christian missionaries came to Hawaii in 1820, and in a few years there were many who had become Christians. The new faith was to them so new that they still trembled when the priests called on the name of Pele. Perhaps, after all, Pele was greater than their new-found God, the Father of Jesus Christ.

“Do not neglect Pele,” said the old chiefs. “If you do, her anger will spill over in boiling lava, with merciless ruin and desolation to the country-side.”

“She will pour down her anger into the sea and spoil all your fishing grounds,” said the priests, who were angry themselves, now that the people no longer brought them gifts. “Great is Pele, and greatly to be feared.”

But there was one woman who did not fear. She was a woman of the royal family, a female chief named Kapiolani. She looked out with strong, fearless eyes at the priests and said scornfully, “The Lord God, the Creator, is stronger than Pele!”

The people heard her, and in terror cried, “That is Kapiolani! Pele will destroy her!”

“Pele is powerless!” declared the new Christian. “I believe that God will defend the province of Pele, to the very edge of the crater, where it spills out its lava. Pele will not touch me. Jehovah, my God, is the great God and Pele is as nothing.”

The people gazed at Kapiolani with mingled fear and admiration.

“My God made these mountains,” added the great lady, “and the lava too. He is the only strong One.”

The Hawaiians talked of nothing else.

“Kapiolani, is going to defy the great goddess Pele, who lives in the boiling crater, and who rules our island.”

Eighty of her people agreed to go up the mountain with her as she climbed the lower valleys, thick with trees, then up and up until she stood on the rough rocks at the very edge of the crater.

While climbing, Kapiolani broke off a branch of a low bush that had red and yellow berries. Everyone knew that these were Pele's berries. From of old they had been taught that no-one must touch them without asking her. Now, Kapiolani had broken off the berries. The people feared that harm would come to her.

It was cold at the top of the mountain, but the fumes from the volcano made the air warm. The ground was hot with the molten lava in the crater. It sent up a cloud of vapour from the rain which had fallen into the cracks in the rocks.

From a distance the people watched uneasily. Would Pele reach out and kill Kapiolani? From her robe Kapiolani drew forth a copy of the New Testament, and there, with ringing voice, she read the message of the one true God. The people waited as Kapiolani did this, their hearts trembling. Then they saw her step to the edge of the crater and let herself down over the side. The vapour rose about her. There she stood, unafraid. They watched her take some of the berries and cast them down into the fiery heart of the volcano.

She sent one stone after another hurtling down into the crater. There was no greater insult she could heap upon Pele. Would Pele rise in her anger and kill Kapiolani? Nothing happened. The people waited. Still nothing happened. There she stood, a solitary figure, offering prayer and praise to her God, Jehovah, the One who created the volcano, the One who had given her the courage to defy the goddess who had held her people in fearful bondage for generations.

Kapiolani rejoined the group who had accompanied her. She called upon them to praise God who had proved Himself the Lord over all creation. So that day, praises of God rang out across the crater, the song of a free people, no longer subject to the greed of the priests and the fear of a mountain goddess.

Adapted from *Safety Last*, by Rita Snowden, Epworth Press.

Questions

1. How many years ago is it since Christian missionaries first came to Hawaii?
2. Which country does Hawaii belong to?
3. Who was Pele?
4. Who was Kapiolani?
5. What did she do?



God is Pure and Holy

He wants us to live pure and holy lives, treating our bodies with care.

Fitness & food choices 1: Choosing healthy foods

Draw a healthy breakfast.

Try to choose foods other than packaged cereals. Here are some foods you might choose:

- fresh fruit
- porridge
- milk,
- yoghurt
- egg



Now draw a healthy school lunch.

Try to include:

- vegetables
- fruit



Draw a healthy home-cooked main meal:

Here are some foods you might choose:

- potatoes or yams
- rice
- fish
- meat
- cooked vegetables
- raw salad vegetables
- lentils (dahl)
- cooked dried beans (legumes)



Fitness & food choices 2: Choosing the best foods

Here is a list of food that a boy eats in one day. Make a new list for him, giving some suggestions for healthier foods. Also think about how much water he should be drinking.

Breakfast

- 1 glass of chocolate milk
- 2 slices of white toast with jam

Mid-morning

- 2 sweet biscuits
- 1 fruit juice in a packet

Lunch

- sandwiches made with white bread
- 2 sweet biscuits



After school

- Fizzy drink
- 1 packet potato crisps

Evening meal

- 1 pizza from the shop
- 1 serving of hot chips
- 1 corn on the cob
- 1 piece of cake



Fitness & food Choices 3: 8 rules for fitness

Nutrients: Choose foods that as close to nature as possible.

Exercise: Exercise is good for our heart. Fast activity gets the heart pump rapidly and gets blood flowing around our body faster. Exercise is also good for building muscles and strengthening our bones.

Water:

Drink 6 glasses per day. Drink less fruit juice and keep fizzy drinks for only very special occasions.

Sunlight:

We need sunlight for vitamin D, which makes our bones grow strong.

Toxin-free:

Choose foods and drinks that contain no artificial chemicals like colours, flavours or preservatives. Another good rule for "T" is *traditional diet*.

Air: Play outdoors and get plenty of fresh air.

Rest: Go to bed early. Don't stay up late. The body needs sleep for growth and good health.

Think happy thoughts and trust in God. Bad thoughts, like anger, hatred and unforgiveness will make us feel unhappy and stressed.

Make a poster showing the 8 rules for healthy living. Notice that the letters of NEW START are the beginning letters for the 8 rules for healthy living.



Fitness & food choices 4: NEW START QUIZ

1. Name a healthy energy food.
2. Name a healthy food for building muscles.
3. Why do we need to eat a variety of fruit and vegetables?
4. Why do we need to exercise?
5. Name three exercise activities.
6. How many glasses of water should you drink per day?
7. Why is water the best drink?
8. Why do we need sunlight?
9. Name two foods that could contain artificial colourings or flavourings.
10. Name two foods that contain no artificial food additives.
11. Why do we need fresh air?
12. Name two ways to provide the body with fresh air.
13. Why should we avoid staying up late?
14. What does sleep do for the body?
15. Why should we think happy thoughts?

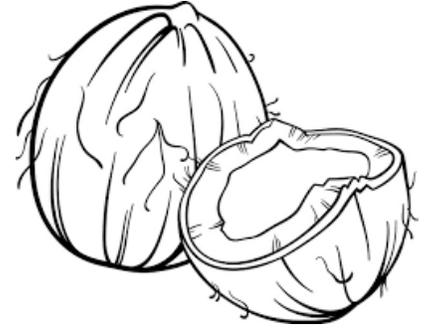


Fitness & food choices 5: Fats

There are good fats and bad fats

Good fats

The best fats are straight from nature. We get good fat from butter, fish, meat, nuts and coconuts.



Bad fats

The bad fats are the ones that have been processed in a factory.

These are:

Margarine

Cooking oil in plastic bottles

Margarine and cooking oil from plastic bottles can create toxins in our bodies. Toxins are poisonous substances. Now you may be thinking that these toxins would make you sick. Actually, they don't make you feel sick. The amount of toxins you take into your body with bad fats in one meal might be very small, and your body doesn't notice it straight away. However, after a long time, the toxins build up, and can cause health problems.

Where do we find them?

- In the supermarket: margarine and bottled cooking oil
- In processed foods such as chips, crisps and pastries

List some good fats.

List some bad fats.

Choose the healthy foods

Write down the foods that contain **no** refined salt, no processed sugar, and **no** bad vegetable oils.

sausages apples bananas dried beans home-cooked-meat potato crisps

hamburgers carrots coconuts pumpkin potato rice margarine

tinned soup biscuits ice-cream cheese home-cooked-fish avocado

A healthy breakfast

Packaged breakfast foods contain added sugar and salt. Traditional foods are much better. For example, eggs, fish, rice, vegetables.

Write a list of healthy foods that your family could eat for breakfast.

Fitness & food choices 6: White table salt and Sugar

White table salt, used in most foods that we buy, is called refined salt, and contains no goodness. That's because it has been processed in a factory. It actually contains chemicals that are not good for our bodies. It is important not to eat too much salty food.

Where do we find white table salt?

Apart from on the table, we find it in packaged food like potato crisps, most breakfast cereal, tinned foods, cracker biscuits, bought bread, tomato sauce, hamburgers, sausages, hot dogs and many other foods.

What can I eat instead?

Make your own healthy snacks. If you make your own food, then you can use less salt.

1. Name some processed foods that contain lots of salt.
2. List some healthy snack foods that you could make or buy.

Sugar

Sugar comes from sugar cane. If we could cut the sugar cane and such the sugar from the cane we would be getting some healthy nutrients.

But the sugar we buy from the supermarket has been processed. This type of sugar is called refined sugar, unlike the sugar you would find naturally in a piece of fruit. Refined sugar is made out of the liquid cane sugar. It has been heated and cooled until crystals are formed. These sugar crystals now have no nutrients. Sugar also causes tooth decay.

Our bodies have to work hard to break down refined sugar. People who eat a lot of sugar have less energy and can catch colds more easily. Sugar causes people to gain too much weight. Too much sugar causes diabetes.

Where do we find it?

Refined comes in three types, white, brown and raw. It is found in sweet foods like biscuits, and fizzy drinks and packaged fruit drinks. It is also added to many processed foods, even tinned food and bread.

What can I eat instead?

Eat fruit in which there is natural fruit sugar. The body can use this type of sugar more easily. You can also eat a little honey, but remember to clean your teeth because all sweet things can promote tooth decay.

1. Give two reasons why sugar is not good for health.
2. Think of some supermarket foods that contain sugar.
3. List some supermarket foods that don't contain sugar.

Eric Liddell

Biography

Eric Henry Liddell was born in 1902 in China. His parents were missionaries there. He spent his early childhood playing among the Chinese children. He spoke their language perfectly. His parents brought Eric Liddell home to England for his high school and university education. During that time, he enjoyed running and was a very fast runner.

He trained for the 1924 Olympic Games and was chosen to represent England. He was scheduled to run in the 100-meter, but the race was going to take place on a Sunday. Eric knew the Ten Commandments and wanted to keep Sunday as a day of worship. He decided not to run.

However, God honoured this decision and he was given the opportunity to run in 400-meter instead. He ran this in record time and won a gold medal. After the Olympic games, he married and believed God that he was to return to China. It was a dangerous time because the Japanese soldiers had invaded China and were treating the Chinese people badly. They killed many of them, burned their villages, and destroyed their crops. Despite these difficulties, Eric stayed. He was sure God had called him to China.

He began teaching at a British-run Chinese college. He loved teaching the boys and challenging them in sports. However, life in China was becoming more difficult. The mission board decided to relocate Eric to the area he had grown up in. Eric worked long hours travelling in the war-torn area preaching and tending the sick. Many times, he had to carry the injured to the hospital on his bike over rough roads while dodging gunfire. In the meantime, the Japanese were taking over more of the country and there was talk that all foreigners would be locked up.

All foreigners were forced to move into an overcrowded prison camp. They lived in very bad conditions. There was no running water, the bathrooms did not work and they were given only a small bowl of soup and bread at each meal. Eric ran church services in the prison, taught the children and helped take care of the sick. He became the most respected person in the prison because of his good attitude.

He was in the camp for 2 years when he became very sick. He had a stroke and was unable to walk. He died in the Chinese prison camp in 1945, age 43. When the news reached Scotland, the entire country mourned Eric Liddell's death as their beloved athlete had died at a young age. Eric's devotion to God and commitment to spread the story of Jesus would be remembered around the world.

Questions:

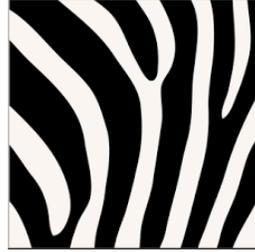
1. Why did Eric Liddell give up running?
2. How did he first help the Chinese people?
3. What kind of difficulties did Eric find in China?
4. What were the conditions like in the prison camp?
5. What was Eric able to accomplish while he was living in the prison camp?

Thinking Skills

<p>Fitness 1</p> <p>. Make 2 lists under 2 headings:</p> <ul style="list-style-type: none">• Games that are dangerous• Games that are not dangerous	<p>Fitness 2</p> <p>Create a word pattern using names of sports. The next word must begin with the last letter of the previous word, e.g. fishing</p> <p>o f.....</p>
<p>Fitness 3</p> <p>Invent a game that uses a bucket, a ball and a piece of rope.</p>	<p>Fitness 4</p> <p>The handle of your tennis racquet has broken. Work out a way to fix it, so that it is still effective. Show the steps of how you would fix it in a series of drawings with labels..</p>
<p>Fitness 5</p> <p>Think of 3 uses for a rugby ball, apart from using it to play rugby.</p>	<p>Fitness 6</p> <p>You are going to set up an obstacle course for a physical education exercise. Draw a map of the course. Draw and label the different activities.</p>

God is Creator Part 1

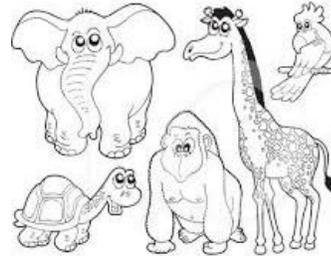
Living Things



Living Things 1: How do we know that something is living?

A living thing

- grows
- breathes
- has babies



What are the main types of living things?

- humans
- animals (mammals, birds, reptiles, frogs, mini-beasts, sea creatures, germs)
- plants

How do humans and animals grow?

- eat food
- drink water

How do plants grow?

- take in food and water through the roots and leaves

How do humans and animals breathe?

- Humans and most animals breathe through lungs.

What do lungs look like?

How do plants breathe?

- take in air through small holes in the leaves

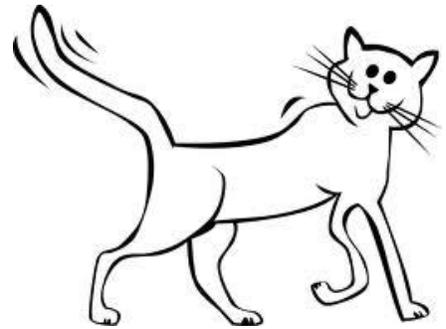
Living Things 2: What is a mammal?

Mammals are animals that

- have warm blood
- have backbones
- have babies that grow inside the mother and are born
- have babies that feed on their mother's milk
- do not lay eggs

Here are some examples of mammals:

- humans
- tigers
- cows



WAIT!

There are just two mammals that DO lay eggs!
They are from Australia.

- echidna
- platypus

Most mammals have hair, wool or fur.

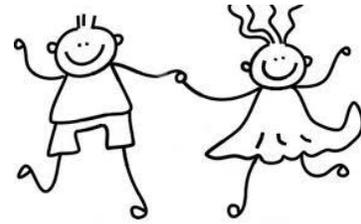
WAIT!

There are two mammals that do not have hair, wool or fur.

- whales
- dolphins

Living Things 3: Why are people special?

People are different from animals because



- We are God's special creatures
- God made us to be His friends
- God loves us more than anything else in His creation
- We can do very special things that animals cannot do
- We can talk to God and God can talk to us
- We have been told by God to look after all of His creation

Some Bible verses from the Good News Bible:

Then God said, "And now *we* will make human beings; they will be like us. They will have power over the fish, the birds and the animals." (Genesis 1:26)

God created them male and female, he blessed them and said, "Have many children so that your children will live all over the earth. I am putting you in charge of the fish, the birds and the wild animals." (Genesis 1:27 -28)

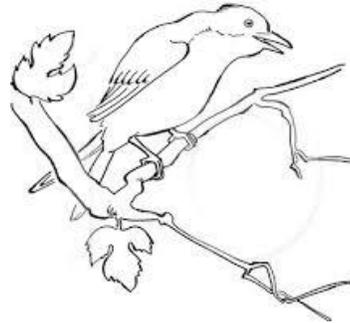
Who made the world? (Remember that God is made up of three people – that's why the Bible says 'we will make human beings'.

What can we do to look after God's creation?

Living Things 4: About birds

What makes a bird a bird?

- has warm blood
- lays eggs
- makes a nest
- keeps its eggs warm
- has a backbone
- has wings
- can fly



WAIT!

A few birds have wings but cannot fly:

- emus from Australia
- ostriches from Africa
- kiwis from New Zealand
- penguins

What do birds eat?

- some eat only seeds.
- some eat insects and worms
- some eat fish or small animals

What kinds of birds live in your area?

What different kinds of beaks do they have?

What kind of nests do they make?

What do they eat?

How can birds fly?

Living Things 5: What is an amphibian?

- lives on land some of the time and in water some of the time
- lays eggs
- babies hatch in water

Frogs and salamanders are amphibians.

Find out what kind of frogs live in your area.

What do frogs eggs look like?

What do they hatch into?

- tadpoles

How do tadpoles breathe?

- They breathe underwater with gills, like fish.

How do frogs breathe?

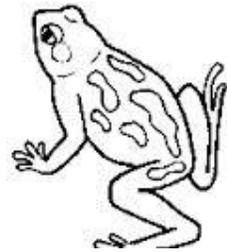
- They breathe with lungs, like we do.
- They also breathe through their skins.

How does a frog swim?

- with its legs and feet
- The feet are webbed to help it swim.

What do frogs eat?

- worms and insects
- They catch insects with their sticky tongues.



Living Things 6: About fish

How does a fish breathe?

- has gills to breathe under water

What kind of body does a fish have?

- scales on its skin
- a backbone and smaller bones
- most fish have a narrow body.
- some are streamlined to help them swim fast.



How does a fish swim?

- tail and fins

What do fish eat?

- seaweed
- insects
- shellfish
- other fish

Is a fish warm blooded like a human?

- No. Fish are cold blooded like reptiles.
- Their blood is the same temperature as the water.
- Tropical fish cannot live in very cold water.

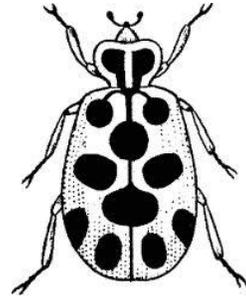
What kinds of fish live in the sea or rivers in your area?

Living Things 7: What is an insect?

- an animal
- a mini-beast with six legs

What is special about its body?

- three parts – head, chest and tail part
- the tail part is the stomach.
- insects do not have backbones but a hard covering.



Do all insects have wings?

- No

Which insects have wings?

Do ants have wings?

- only some

How do these insects help us?

- bees
- insects that eat other insects

Why are these insects a pest?

- flies
- mosquitoes

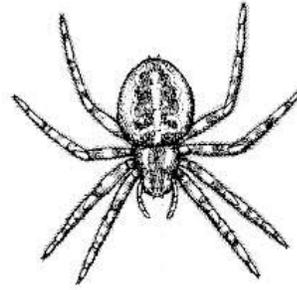
Do insects lay eggs? Yes.

Have you seen any insect eggs?

Living Things 8: About spiders

What is a spider?

- an animal
- a mini-beast with 8 legs



What is special about a spider's body?

- Two parts: head and chest together as one part; the stomach is the other part
- Spiders do not have backbones but a hard covering.

Why do spiders bite?

- to kill the insects they catch

Why do spiders spin webs?

- to catch insects

How do spiders spin webs?

- They have silk that comes from tiny holes at the tail end.

Do all spiders spin webs?

- No. Some have holes in the ground with a trap door at the top.

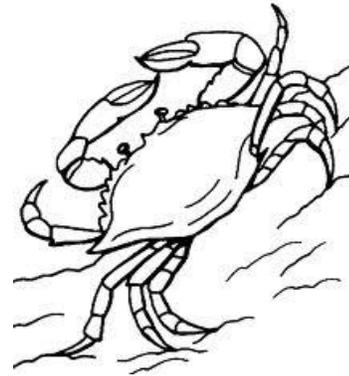
What kinds of spiders live in your area?

Are any of them poisonous to humans?

Living Things 9: About crabs

What is special about a crab?

- a sea creature with ten legs
- a crustacean
- front legs have claws or nippers
- does not have bones
- has a strong thick shell to protect it
- carries its eggs under its body
- breathes with gills like fish do



What does the crab use its nipper for?

- to pick up food
- to fight other crabs

What do crabs eat?

- dead fish and dead sea animals

What is special about crab's eyes?

- on the end of stalks
- can see in all directions
- can see when there is danger

How does a crab hide when there is danger?

- digs itself under the sand

*Did you know that **slaters** are in the same family as crabs?*

Living Things 10: About shellfish

Some shellfish have one shell. Some have two shells.



What is special about shellfish with one shell?

- live on rocks
- have one large foot for clinging on to the rock
- move along with its foot

What is special about shellfish with two shells?

- live in sand or mud
- have one large foot that's used to dig into the sand or mud

Which of these have one shell? Which have two shells?

- oyster
- sea snail

What do shellfish eat?

- sea weed and tiny sea plants floating in the water
- other shell fish

Do all shellfish live in the sea?

- No. Some live in rivers.

Is a land snail a shell fish?

- No, but it belongs to the same animal family.

Living Things 11: About starfish

Are starfish really fish?

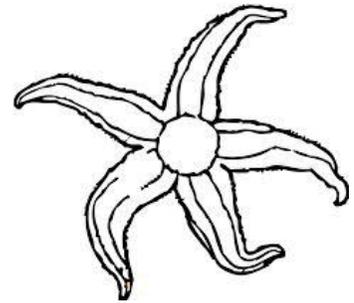
- No. They are also called sea stars.

How does a starfish move?

- with many tiny feet under its arms

How does a starfish cling on to rocks?

- with its feet
- feet are suction tubes



What does a starfish eat?

- shellfish, seaweed and dead sea animals

What does a starfish use its arms for?

- to open shellfish

How does a starfish eat?

- has a mouth in the middle of its body
- mouth is on the underside

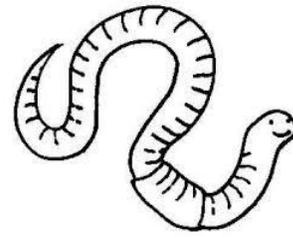
How many arms do starfish have?

- most have five but can have more

What happens if a starfish loses an arm?

- can grow another arm

Living Things 12: About earthworms



What job does the earthworm do for us?

- breaks up the soil to help our plants grow
- makes little tunnels under the soil so that the plant roots can get air

An earthworm has no eyes, ears or feelers so how does it know when there is danger about?

- feels vibrations in the earth

How does an earthworm move?

- uses bristles on his body to help it wriggle along
- stretches out long and thin, then shrinks again

What is special about an earthworm's body?

- made up of 16 sections
- has five hearts (in sections 7,8,9,10,11)

What does an earthworm eat?

- soil that has dead plants in it (compost)

How does an earthworm produce babies?

- lays eggs in a cocoon around its middle

What colours are earthworms?

- red or grey

Living Things 13: About germs

What are germs?

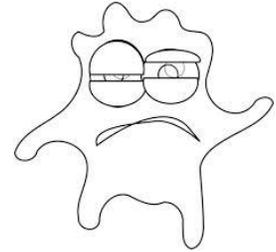
- tiny living things that can act like plants or animals

Where do germs live?

- everywhere on the earth – even on you

Are germs good or bad?

- There are good and bad germs.
- Bad germs make you sick.
- Bad germs rot your teeth.
- Good germs can help us.
- Yoghurt is made by putting good germs into milk.



What do germs eat?

- everything that humans eat
- dead stuff, dirty stuff
- fungi

How do bad germs spread?

- flies and mosquitoes
- dirty water, dirty hands, decayed food
- dirty dishes, dish cloths and tea towels
- coughs and sneezes

How do we stop bad germs from making us sick?

Mere Nasau: A Bible that traveled

There was great excitement amongst the Fijian people in a small coastal village on one of the main islands of the Fiji group. A boat had arrived and a large pile of wooden packing cases had been left on the wharf. These boxes were the centre of attention for they displayed marks and labels that indicated they had been sent from England.

Strong Fijian youths volunteered to carry the boxes up the hill to the missionary's house which over-looked the sea. Soon the air was split with the sounds of a hammer and the creak of the wooden lids being prized off the cases.

This was early in the 1870s; the Christian gospel had been taught in the Fiji Islands for about 20 years. Faithful men had learned the language, translated the Bible, and now it had been printed in the Fijian language.

The village people recognised the new Bibles. "Please let me have one!" they shouted. There were so few Bibles and so many people who wanted one for themselves. The missionary gave one of the precious few to a teacher who had walked down to the coast from the little mountain village where he lived. This man was a teacher because he had become a Christian and had taught those in his village about Jesus, too. He cared for a small community of Christians, surrounded by many in nearby villages who still served evil gods.

The teacher walked the two days' journey to his home, carrying the precious Bible wrapped in a piece of cloth and then tied up in a woven grass mat. It was late at night when he reached his village. The news soon spread that the teacher had returned with his new Bible. All the people of the village crowded into the teacher's house and sat cross-legged on the floor, waiting for him to finish his meal. Then he washed his hands in the earthenware basin which was brought to him by his little daughter. He opened the bundle of mats and the cloth that contained the precious book. All the people, young and old, crept nearer to view the new Bible which had come all the way from England, six months' journey by sailing ship.

"Now, let us pray," said the teacher, and someone commenced singing a favourite hymn in their own language. They gave thanks for the arrival of the Bible in their village. Then the teacher turned the fresh, new pages of the book and read aloud the stories of the lost sheep, the lost coin and the lost son who returned home. The teacher then led his people in prayer for those who lived in the surrounding hills who had not yet believed in Jesus the Son of God.

As soon as the prayer was ended the teacher's daughter, Mere, took hold of the Bible and began to spell out some of the words. Suddenly, through the quiet stillness there was a scream of terror. Everyone jumped up and shouted, "It's war! It's war! The enemy has come!"

In a moment everyone had rushed out of the house. They could hear the bloodcurdling war-crisis of their enemies. Some of the village houses were already on fire, blazing fiercely in the strong evening breeze. The people scattered in all directions. Little Mere, still clutching the new Bible, was hurried away by her mother and together they hid in the long reeds some distance from their village.

The horror of that night will be remembered, the wild cries and shrieks of terror, the dull thuds of heavy clubs as the fleeing people were struck down. The blaze of the burning houses lit up the surrounding hill-sides.

Slowly, the chant of the warriors died down as they dragged their victims away to the cannibal ovens in their own villages. Then there was silence, sad silence. It seemed the night would never end, but at last the dawn came. Little Mere and her mother crept stealthily out of their place of hiding. Alone, Mere's mother went to the smoking ruins of their village.

After a time, Mere saw her returning along the bush track, crying as if her heart would break. She had met a woman who had told her the sad news that her husband, the teacher was among those who had been killed and dragged away to the cannibal ovens. The whole village had been destroyed, and all their mats, baskets and wooden dishes had been taken away or burned. Only one thing remained of all their possessions, the Bible which Mere had carried off the night before.

"Let us have prayers," said Mere's mother, and so saying, she turned in her grief to the fourteenth chapter of John's gospel, the passage which reads, "Let not your heart be troubled..." Mere and her mother and the women who had returned with her, knelt down and prayed God to forgive those who had ravaged their village and brought sorrow into their lives by killing their loved ones. They baked yams and ate a good meal before setting off on the two-day walk down the mountain to the coast.

When they arrived at the missionary's home, Mere's mother told him the sad story and showed him the only thing they had saved... the new Bible. In the Bible, Mere's mother wrote: "This is Mere Nasau's Bible. It was rescued from the fire." And she gave the Bible to Mere to keep.

The missionary did all he could to help Mere and her mother, then later made arrangements for them to go and live with the mother's people on the island where she had been born.

In her mother's village, Mere attended the mission school. In those days the Bible was the only reading book they used. Mere treasured her Bible and learned many passages from it. One year she won a prize for memorizing the greatest number of chapters.

Mere grew up and married a teacher named Josaia. They had not long been married when there came a call for teachers to take the Christian message to New Britain, one of the islands of what we now know as Papua New Guinea. Josaia and Mere volunteered to go. Of course, they took their special Bible with them. Every morning and evening they read together from it.

After working together in New Britain for a few years, Mere became ill. She knew as the weeks went by that she could not recover. One day she called Josaia. "I am going," she said gently, "you are staying. Take my Book which we have read together each day; it has been a light to our path. Take it, read it, obey it." So Mere died and was given a Christian burial in New Britain, (now Papua New Guinea).

After a time, Josaia returned to Fiji. The church appointed him to a village high up in the mountains. One night he was sitting in his house with a group of village people. They began to tell stories of the old days. There was an old man, a very old man, who remembered the days before they had become Christians in that village. He said, "There used to be a village over on that hill," he said, with a nod towards a nearby rise. "There are only the foundations left. But I remember as a young man, and a heathen, the time we raided that village. We attacked it at night, burned the houses and killed the Christians. Among the Christians we killed was the teacher."

Everyone sat in silence, thinking of how God's love had changed their lives. Then Josaia took Mere's Bible, worn and old from much use, and broke the silence. "Do you see this Book?" he said. "It once belonged to the teacher you killed. It was saved by his little daughter. It was the only thing they saved. Years later, she became my wife. We took this Book to New Britain and there it was used as we taught the people God's love. Mere died there, but the Book has returned to the place where it began its ministry. So now I am using it as I teach the Christian way to these who are descendants of the men who killed the teacher."

Everyone sat in a deeper silence, thinking about the wonder of God's ways. "The Word does not fail to do what God plans for it," said Josaia softly, with tears in his eyes.

Adapted from "Deep Sea Canoe", by Dr. Alan Tippett, William Carey Library, South Pasadena, California