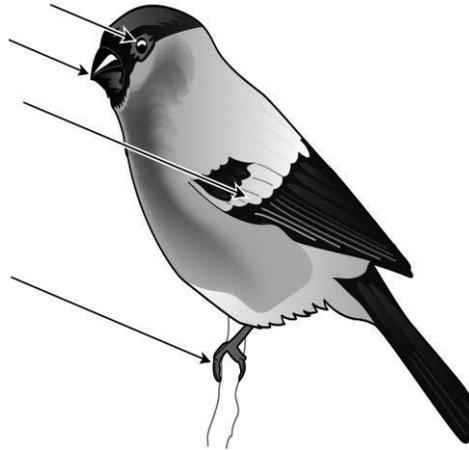




Special features of birds

In a local park, choose a bird to watch closely.

- Label the parts of the bird's body on the diagram.
.....
- Why do you think the bird needs wings?
.....
- Why does it have claws?
.....
- Why does the bird have feathers?
.....



Parts of a leaf

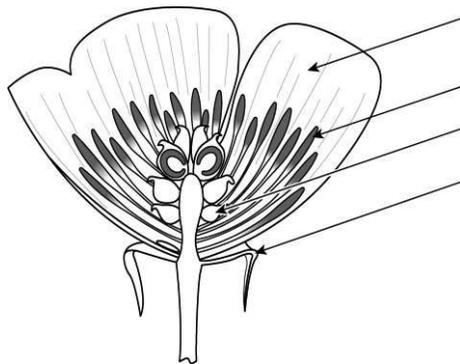
On a visit to a park or on a walk, find a tree and collect a leaf. Use books or the Internet to identify the tree from the leaf.

In the space below, draw the leaf and label as many parts as you can.



Parts of a flower

Label this diagram of a buttercup flower, which has been cut in half.



Local wildlife

Think about the living things that you might find in your garden, or in a local park. List as many organisms from your area as you can. Divide the list into producers, herbivores, and carnivores.

Producers

Herbivores

Carnivores



Complete these tasks using what you know about the human body.

Healthy eating

During the summer holiday, find three different chocolate bars of your choice, or three different soft drinks of your choice.

Look for the nutritional on the wrappers or bottles. Fill in the table below with the nutritional information about the bars or drinks.

| Name of chocolate bar or soft drink | Carbohydrates (per 100 g) | Fats (per 100 g) | Protein (per 100 g) | Calories |
|-------------------------------------|---------------------------|------------------|---------------------|----------|
| | | | | |
| | | | | |
| | | | | |

Which of the chocolate bars or drinks is the healthiest? Use your table to help you decide.

.....

.....

The human heart

Answer these questions using what you know about the human heart.

Where is the heart found in your body?

What does the heart do?

Your pulse measures how many times your heart beats in one minute. Your pulse goes up when you exercise.

- Record your pulse when you are resting, and fill in the table.
- Now jog on the spot or do star jumps for two minutes.
- Measure your pulse again and fill in the table.

| Resting pulse (beats per minute) | Pulse after exercise (beats per minute) |
|----------------------------------|---|
| | |

What is the effect of exercise on your pulse rate? Use your table to help you decide.

.....

.....