

*Simple Vision for Science
for fourth primary*

Science

Measuring tools

Measuring tools of length

Measuring ruler – graduated tape



Graduated tape

Measuring ruler

Measuring units of length

Centimeter – meter – kilometer

Measuring tools of mass

Sensitive balance – common (two pan) balance



Sensitive balance

Common balance

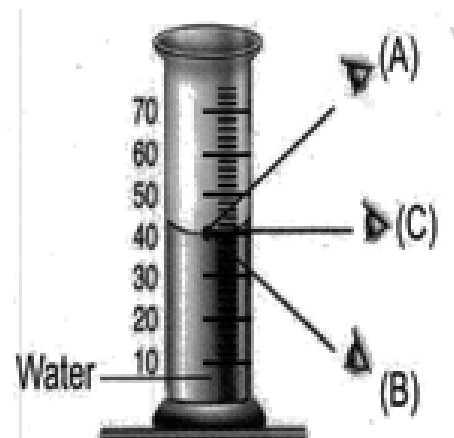
Measuring units of mass

Gram – kilogram – ton

Measuring tools of volume

Measuring cylinder

The correct reading of volume is (C)



Measuring units of volume

Liter – milliliter – cubic meter – cubic centimeter

States of matter

1) Solid: Wood – ice

2) Liquid: Water – milk

3) Gas: Air

Element

1) Metals

Iron – copper - aluminium



2) Non metals

Carbon – Sulphur



Universe

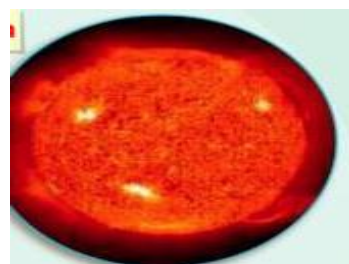
Solar system

Solar system consist of sun and eight planets revolving around it

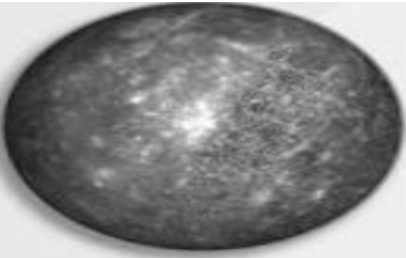


Description of sun

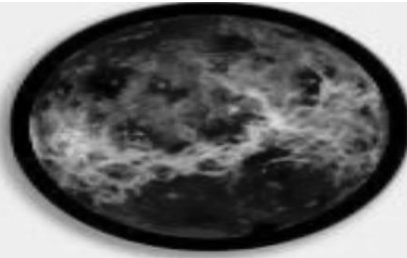
Sun is a star emits heat and light



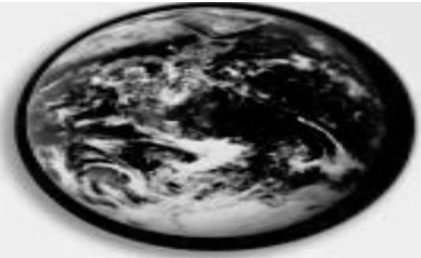
Description of planets



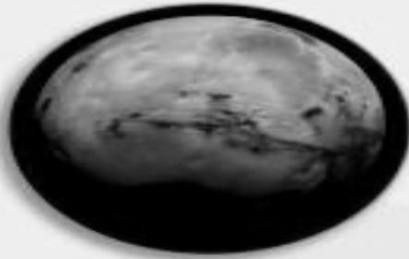
Mercury
The nearest planet to the sun



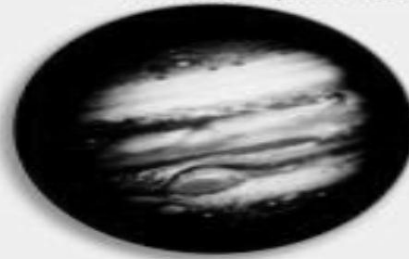
Venus
The most beautiful planet



The earth
The planet where we live
Earth planet is a Water planet
That occupies most of the water



Mars
Known as the red planet
to the presence of iron metal in its rocks



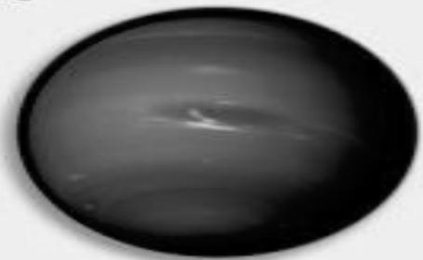
Jupiter
The biggest planet
giant



Saturn
A big number of colored rings which rotate around it



Uranus
The cold planet



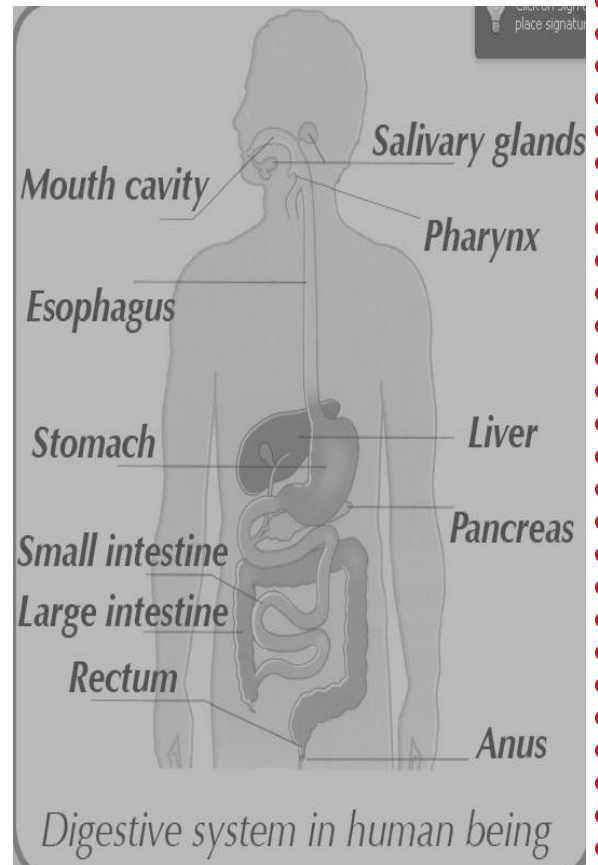
Neptune
known as The blue planet

Digestive system

Keeping the Digestive System Healthy

To keep your digestive system healthy, you have to follow the following instructions:

- 1- Chew the food well.
- 2- Don't eat much food that contains large amounts of fats such as fast meals.
- 3- Skip (Avoid) having food containing the additive compounds and flavourings
- 4- Don't buy food from streets to avoid infectious diseases.
- 5- Practice sports regularly.



Respiratory system

Keeping the respiratory system healthy

To keep your respiratory system healthy you should stick to the following:

- 1- Skip (avoid) being in crowded (poor ventilation) places.
- 2- Keeping off the severe cold.
- 3- Eating fruits rich in vitamin (c) such as oranges, guava to protect yourself from cold.
- 4- Stop smoking or being a passive smoker because it leads to cancer causing death.

