

*Simple Vision for Science  
for fifth primary*

# Science

## Light

### Energy:-

It is ability to do work

### Forms of energy

Sound energy – kinetic energy – potential energy – light energy – heat energy – electric energy – chemical energy

**Visible Spectrum:** It is light energy that can be seen

### Sources of light

- 1) The sun is main source of light on the earth's surface.
- 2) The lightened lamp is a source of light
- 3) The moonlight is the reflection of sunlight that falls on its surface

### Properties of light

- 1-Light travels (propagates) in straight lines
- 2-Light transmits through different materials
- 3- Light reflection
- 4- Light refraction
- 5- Light separation (splitting)

### Spectrum colors:-

(Red – orange – yellow – green – blue – indigo – violet)

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## *Magnetism*

### Types of magnet:-

#### 1. Natural magnet "black rock":-

⇒ It is one of the iron ores which is known as "magnetite".

⇒ It is a black rock

## 2. Artificial (man-made) magnet:-

- It made by man
- It has different shapes and size as:
  - rectangular magnet
  - Horse shoe magnet
  - Ring (round) magnet
  - Bar magnet
  - magnetic needle

### Properties of magnet

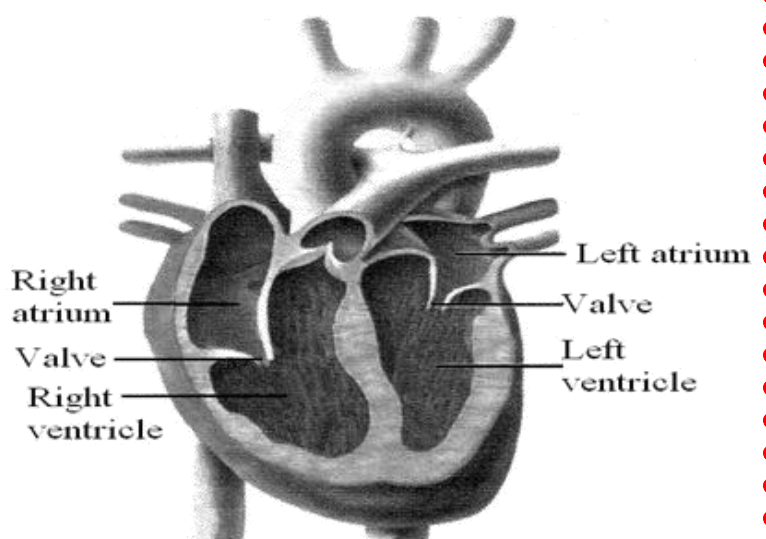
1. The magnet has two poles.
2. The freely suspended magnet always takes a fixed direction (north - south).
3. The similar (like) magnetic poles repel each other, but the opposite (dislike) magnetic poles attract each other.
4. The magnet is surrounded by an area called magnetic field.

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## *Circulatory system*

### Keep circulatory system healthy

1. Keep exercising to strengthen the heart muscle and to activate the blood circulation.
2. Eat healthy and balanced food that is low in fat and salt.
3. Eat more fresh and clean vegetables, and fruits.



4. Drink an appropriate (a suitable) amount of clean water every day, especially in summer.
5. Avoid exposure to infections and accidents.
6. Avoid smoking and smokers, where smoking:
  - a. Harms the heart.
  - b. Weakens the blood circulation.
7. When you are wounded:-
  - a. Try to stop the bleeding.
  - b. Clean the wound and treat it.

## *Urinary system*

### **Keep urinary system healthy**

- 1) Drink appropriate (suitable) amounts of clean water daily especially in summer.
- 2) Eat balanced healthy food that is low in salts.
- 3) Keep away from irrigation canals and avoid urinating in them, to avoid schistosomiasis disease (bloody urine).
- 4) Don't keep urine in the urinary bladder for long periods, because this affects the function of kidneys.

