

Unit 1 Animals' Weather

Farmers need to know about the weather. Their farms need it! Animals can help.

Cows and horses know when it will rain. They stretch their necks. They smell the air. Then the farmer knows it will rain.

Winter is coming. The rabbits are eating a lot. They are getting very fat. Then the farmer knows it will be a long, cold winter.

How do the animals know?

Unit 2 A Rainy Day

It's cloudy outside. But will it rain? Not all clouds make rain.

Some clouds are high. They are thin and long. They don't make rain.

Other clouds are low. They are white and fluffy. They don't make rain.

Storm clouds are dark and gray. They are very big and tall. Their bottoms are low in the sky, and their tops are high. These clouds make rain!

Unit 3 Rain, Snow, and Ice

Clouds are made of water. In the end, this water falls down to the earth as rain.

Rain happens when it's warm or hot. Rain falls as drops of water.

Snow happens when it's cold. Snow falls as flakes of ice.

Hail happens when it's cold or warm. Water moves up and down inside the storm clouds. It becomes ice. Hail falls as balls of ice. It can be dangerous.

Unit 4 Fish from the Sky

Rain falls from the sky. Snow falls from the sky. In 2014, fish fell from the sky.

It was in Sri Lanka. People there were surprised. Fish were falling on their homes. How could this happen?

Tornadoes are strong winds. They pick up things and move them into the sky. A tornado can carry things far. A tornado over water can pick up fish.

Is this what happened? Probably!

Unit 5 Nature's Building materials

Gabon is a country in Africa. It is hot. There are rainforests. The rainforests have many trees. The rain makes a lot of mud. Some people build their homes from wood and mud.

The Inuit live in North America. They live far in the north. It is cold. Snow and ice cover the ground. What did some Inuit use to build their homes? Snow and ice, of course!

Unit 6 Home on the Water

Many people in Asia live on the water. They don't only live in houses near the water. Many people live in houses built on boats!

People living on boats can use their homes to make money. They keep fish in nets. The nets are under their homes. People sell the fish. They eat the fish, too. People lived this way for hundreds of years. They still do.

Unit 7 The Sami People

The Sami live in Europe. They live in the north. It is very cold there.

The Sami have their own language. It is different from any other language. They have their own music. They also have their own clothing. It is very warm.

Some Sami keep reindeer. They drink reindeer milk. They eat reindeer meat. But others live modern lives. They work in offices. They live in apartments.

Unit 8 Life in the Andes

The Andes Mountains are very high. There is little water. Days are hot. Nights are cold. Still, many people live there.

The people grow strong plants. Potatoes and corn come from the Andes.

The people raise special animals. Llamas live in the Andes. They have long hair. They give people meat and wool.

The people dry their food. The food lasts a long time. This helps people through hard times.

Unit 9 Get Up and Move

Did you know sitting can hurt you? Sitting is hard for your shoulders and back. You might feel pain. Your blood moves slow, too. Your heart has to work harder. The blood doesn't move easily. This can hurt your muscles. It can hurt your brain, too.

So don't sit for too long. Take breaks. Get up and move! Moving makes your body happy and healthy.

Unit 10 Body Image

Do you like your body?

Many people say no. They compare themselves to others. They see beautiful people in magazines. Then they feel bad. Most people don't look like that.

These pictures aren't real. People change them with computers. No one looks like that!

How you look does not matter. How you feel does. Think about the things that can make you feel good. Then do more of those things!

Unit 11 What Does Exercise Do?

It's time to exercise. What does your body do?

Your muscles use the food you eat. They use food and oxygen to move. You move your muscles more. You breathe harder. Your body needs more oxygen. Your heart moves faster.

Blood carries oxygen around your body. More blood helps your muscles. It also helps your brain. Exercise can improve your mood. It helps your body and mind.

Unit 12 What Are Martial Arts?

Long ago, armies did not have guns. Soldiers fought with their bodies. They used their hands and feet. Sometimes they had weapons. Sometimes they did not.

Soldiers had to be very fast. They practiced moving their bodies. They invented fighting styles. These became martial arts.

Today, martial arts are still popular. They are great for exercise. They are good for your health. They also help people protect themselves.

Unit 13 Archimedes' Bath

Things take up space. That space is its volume. We can find a box's volume. We use math. A box is simple. Other shapes aren't. Finding their volume is hard. But Archimedes learned a way.

He filled a bath. He sat in it. Some water poured out. How much water? His body's volume. Archimedes understood this. He was excited. He ran outside and shouted.

But he wasn't wearing any clothes!

Unit 14 Counting Raindrops

Where does it rain the most? Where does it rain the least? How can you know? You can't count every raindrop. What can you do? You can use a rain gauge! A rain gauge catches rain. It measures rain, too.

Mawsynram is in India. It gets 11,873 millimeters (mm) of rain each year. Arica is in Chile. It only gets 0.76 mm. How much rain does your hometown get?

Unit 15 Tallest and Shortest

How tall are you? An average man is about 174 centimeters (cm) tall. An average woman is about 160 cm. Some people are taller. Some people are shorter. How tall or short can people be?

Sultan Kösen is 251 cm tall. He is gigantic next to most people. Junrey Balawing is 60 cm tall. He is tiny next to most people. There's a big difference between them!

Unit 16 Faster! Faster!

Before cars, people rode horses. Horses are fast. A horse and rider can go 45 kilometers (km) an hour.

But riding horses is difficult in cities. It is dangerous, too. And horses make a mess.

In 1885, people made the first gasoline car. It went 16 km an hour. Soon, cars were faster than horses. They went 80 km an hour. How fast can cars go today?