

Horizons

Health

Grade 3


Student Book





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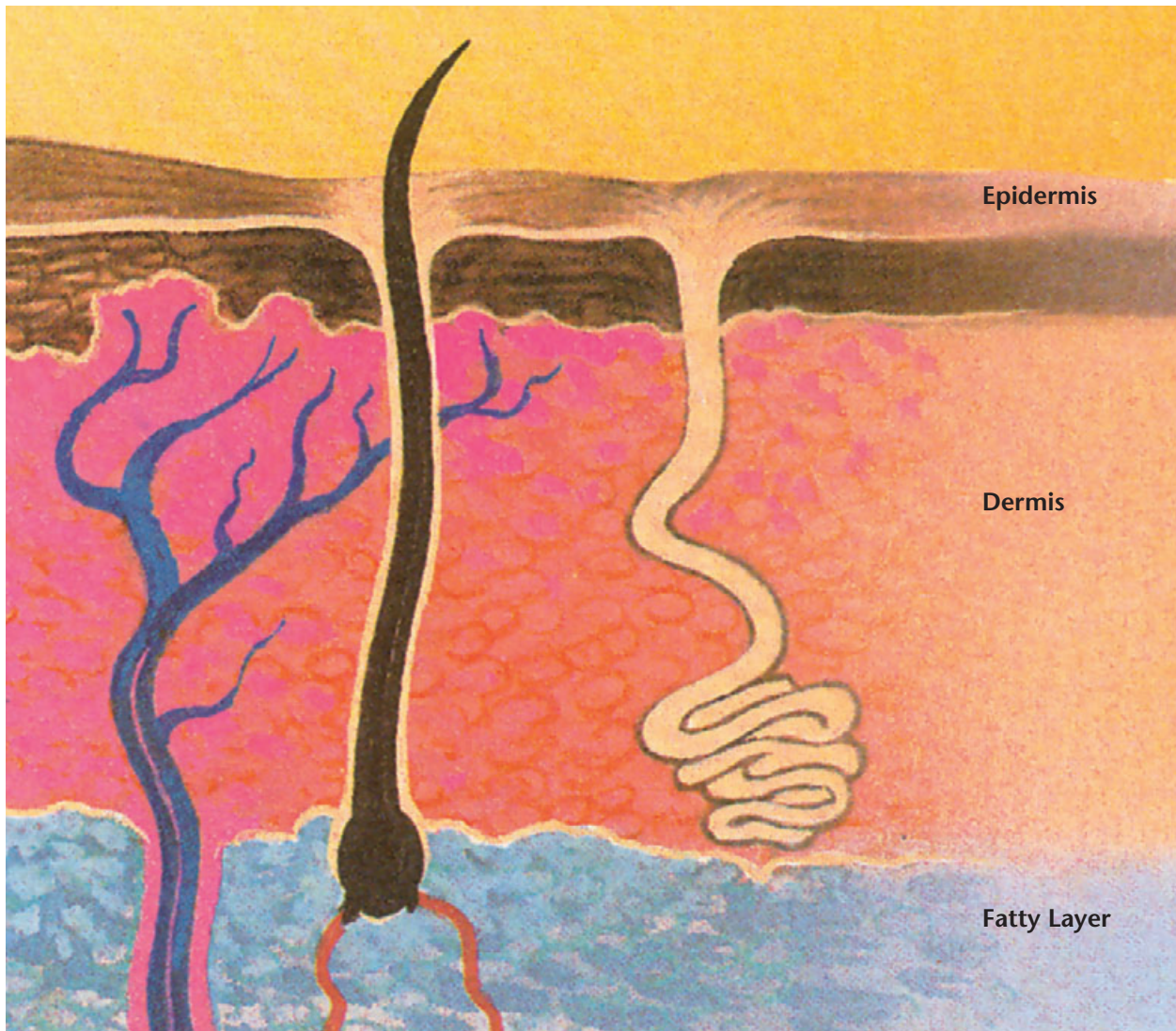
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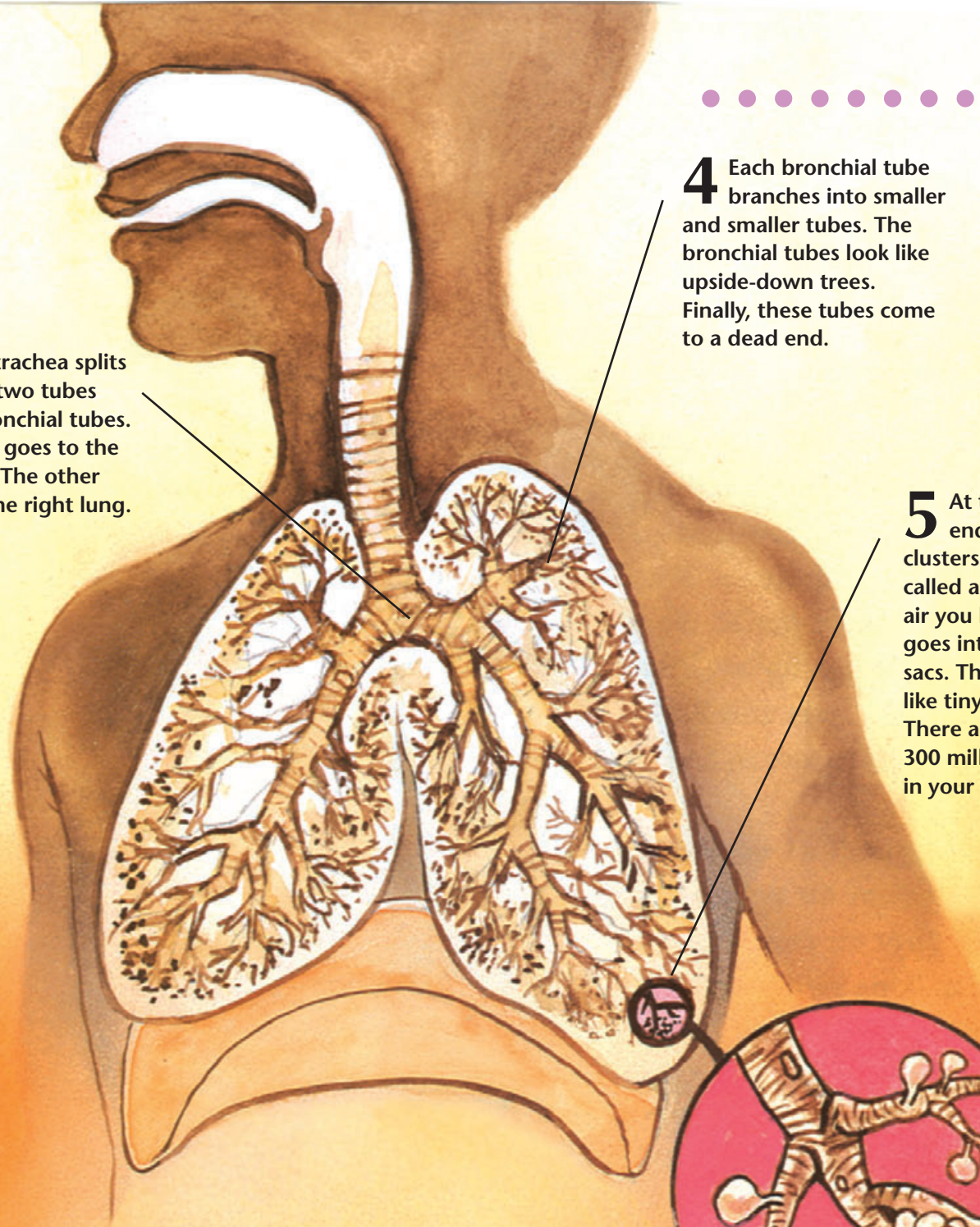


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What is Your Skin Made Of?

The outer layer of the skin is the **epidermis**. The epidermis is mainly made of dead skin cells. Under the epidermis is a thicker layer of skin called the **dermis**. The dermis gives skin its springiness. The nerve endings and sweat glands are found in the dermis. Below the dermis lies a **fatty layer**. This layer helps to keep you warm.





3 The trachea splits into two tubes called bronchial tubes. One tube goes to the left lung. The other goes to the right lung.

4 Each bronchial tube branches into smaller and smaller tubes. The bronchial tubes look like upside-down trees. Finally, these tubes come to a dead end.

5 At the dead end are clusters of air sacs, called alveoli. The air you breathe goes into these air sacs. They fill up like tiny balloons. There are about 300 million alveoli in your lungs.

6 What happens next? Your lungs do a very amazing thing. They trade oxygen for carbon dioxide. How? The alveoli are surrounded by capillaries. Because the alveoli have very thin walls, gases can pass right through. Oxygen passes through the walls and into capillaries. At the same time, carbon dioxide in the "used up" blood in capillaries passes into alveoli. When you breathe out, you get rid of the waste gas.



Communicating with Family Members

What Do You Say, Dear?

What kind of messages do you send each day to members of your family? Take a moment to think about it.

You probably send many different kinds of messages. You give information. You share ideas. You tell about experiences. You try to control actions (“Don’t leave without me!”). You express your feelings.

You’ve probably developed certain ways of sending messages, too. All of us develop these habits. But sometimes it’s helpful to stop and think about how we talk to others.



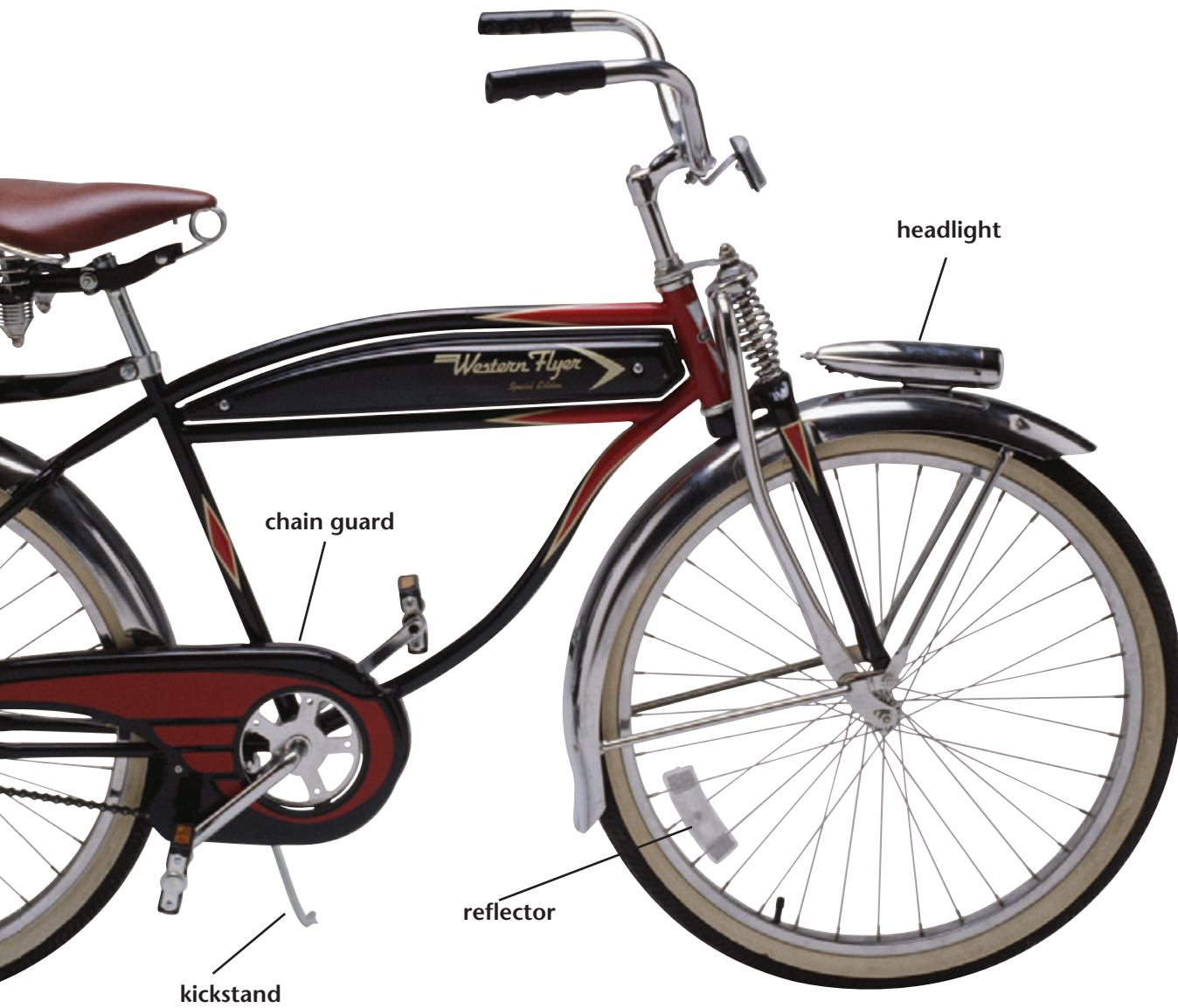
Sending “I” messages

You or I, what is the best choice?

“You” messages talk about the other person and what the other person does. These messages are often hurtful. “You” messages seldom change the way things go.

“I” messages let the other person know what you really want. These messages are honest. They share real feelings—without being hurtful. Using “I” messages is a caring way to communicate with members of your family. “I” messages bring good results, too!





THINK IT OVER

- What can you do to make sure your bike is safe?
- What rules help bike drivers to ride safely?
- How do following these safety rules help keep others safe?