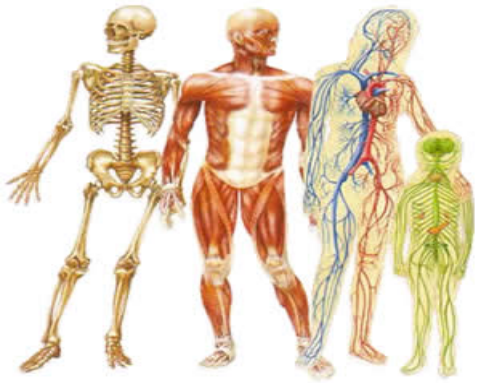
Quarter 3 Science

Project Choices for

First Grade



Due by Wednesday, March 25th

We are studying the **Human Body Systems** including the Skeletal, Muscular, Nervous, Digestive and Circulatory. We will spend one week on each system. Our last week of this unit will be spent talking about **Germs.**

Students are welcome to complete projects early, but all students will be sharing on the same day. Students need to choose and complete only one project for Outstanding Grade. **You will need to print out the form for the chosen project from the First Grade Blog. Best of Luck!**

Food Journal:

Objective: Students will see how food affects energy and digestion.

Materials needed: Journal (provided), food☺

Student must complete a 3 day Food Journal including what they ate for Breakfast, Lunch and Dinner. They need to answer the questions upon completion of the journal.

Heart Rate Experiment:

Objective: Students will understand how exercise affects your circulatory system.

Materials needed: exercise equipment (jump rope, hoola hoop, etc.) watch

Student will complete different exercises while monitoring their heartbeat. They will decide which exercise makes the heart beat the fastest.

Hand Washing Experiment:

Objective: Students will understand how Germs spread and how to prevent them from spreading.

Materials: 3 petri dishes, hand sanitizer, water, soap

Students will see how washing your hands, not washing your hands and using hand sanitizer effects the amount of germs accumulated.

Name: _____ **Due by March 25th**

Food Journal



Directions: Student must keep track of what they eat for 3 days. It will help the experiment if the food is varied each day.

Date	Day 1 date:	Day 2 date:	Day 3 date:
Breakfast			
Lunch			
Dinner			
How did you feel afterwards?			
How was your energy? (high, medium or low)			

Which food **tasted** the best? _____

Which food made you **feel** the best? _____

Which food gave you the most **energy**? _____

What did you learn from doing this experiment? (please use complete sentences)

_____

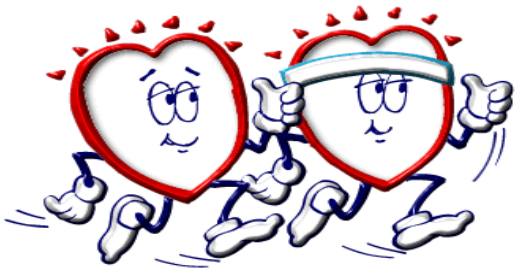
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_____

Flying colors: Draw or take a picture of the foods that you ate. Attach to this form.

Name: _____

Due by March 25th



Heart Rate Experiment

Directions: Choose 6 activities to do for 2 minutes each. Some examples to choose from are running, jumping rope, hopping, walking, somersaults, stairs, stretching, etc… Then you need to measure you heart rate by touching your neck or wrist for one minute.

Activity	Speed (fast, medium or slow)	Heart Rate Beats per minute	How do you feel?
1.			
2.			
3.			
4.			
5.			
6.			

Which exercise made your heart beat the fastest? _____

Which exercise made your heart beat the slowest? _____

How did your heart feel while doing these activities? _____

_____

_____

Flying Colors: Attach pictures (drawings or photographs) or a video of yourself doing the activities.

Name: _____ **Due by March 25th**

Hand Washing Experiment



Materials needed: 3 petri dishes, hand sanitizer, soap

Directions:

1. Start by labeling the 3 petri dishes with **1. Unwashed Hands, 2. Washed Hands and 3. Sanitized Hands.**
2. First rub your hands on a dirty surface (table, floor, dog's bed, etc…) Without tearing the agar surface, gently press fingers onto dish 1. Cover immediately.
3. Next, use Hand Sanitizer and repeat the steps above on dish 2.
4. Then, wash your hands with soap and water thoroughly. Repeat steps above on dish 3.
5. Let the bacteria grow in undisturbed warm location, ideally in an environment around 100° F (37° C) - not in sunlight or on a heating register.
6. You should see growth within a couple of days. The dishes will start to smell which means the bacteria are growing.

***Before disposing of dishes in the trash the bacteria should be destroyed. Pour a small amount of household bleach over the colonies while holding dish over sink. Caution - do not allow bleach to touch your skin, eyes or clothes. It will burn!

Draw what you see after 3-4 days below:

Petri Dish.--→	1.Unwashed Hands	2. Sanitized Hands	3. Washed Hands

What did you touch for the first dish? _____

Which petri dish had the most growth? _____

Which petri dish had the least growth? _____

What did you learn from this experiment? _____

_____

_____

Flying Colors: Bring in the Petri dishes to show the class or take a picture of what they look like.

I have some petri dishes to give away to the first who ask. If you want to to buy some they can be purchased here:

Lakeshore	KLM BioScientific,
7510 Hazard Center Drive **San Diego**, CA 92108 619- 297-8494	8888 Clairemont Mesa Blvd Ste D San Diego, CA 92123 858-571-5562
****They sell it as a kit. It costs $29.99 Better to use if you would like to try other experiments too or collaborate with some other students in the class.**	They sell them individually made up with the agar for $1.99 per dish. You need to call 24 hours before coming to pick them up. Ask for Loli (She is very helpful and makes the dishes for you☺)