



Contents

How science works	4
1 What is science?	4
2 Measuring and recording	6
3 Safety in the laboratory	9
Unit 1 Living things	11
<i>Human body</i>	11
1 Food and nutrition	11
2 Food groups	14
3 A balanced diet	17
4 Food and energy	20
5 Digestion	23
<i>Ecology</i>	26
6 Producers and consumers	26
7 Energy flow in a food chain	29
8 Ecosystems	31
9 Threats to the environment	33
10 Conservation	35
11 The 3Rs – reduce, reuse, recycle	37
Unit 2 Matter and materials	39
<i>Types of matter</i>	39
1 Elements, compounds and mixtures	39
2 Physical and chemical changes	42
3 Mixtures and solutions	44
4 Separating mixtures	46
<i>Water and air</i>	49
5 The properties of water	49
6 Using water	51
7 The properties of air	53
8 What's in the air?	55
9 Using gases from the air	57
Unit 3 Our Earth	59
<i>Water supply</i>	59
1 Water from different sources	59
2 The water cycle	62
3 Water and disease	64
4 Purifying water	66
5 Conserving water	68
<i>The atmosphere</i>	70
6 The atmosphere	70
7 Air pollution	72
8 Cleaning the air	74
9 Global warming	76



<i>The Earth's features</i>	78
10 The changing Earth	78
11 Volcanoes	81
12 The rock cycle	83
13 Earthquakes	85
14 Earthquakes and people	88
15 Shaping the landscape	91
Unit 4 Forces and energy	94
<i>Motion, forces and machines</i>	94
1 Types of motion	94
2 Forces and their effects	97
3 Simple machines	100
4 Levers	102
5 Pulleys	104
6 Screws	107
7 Gears	109
8 Using machines	111
9 Investigating friction	113
10 Using friction	116
<i>Light</i>	118
11 Light and seeing	118
12 Light and materials	120
13 Making shadows	122
14 Reflection	125
15 Refraction	128
16 The eye	131
17 Investigating lenses	133
18 Optical instruments	136
19 Colour	139
<i>Electricity and magnetism</i>	142
20 Static electricity	142
21 Electric circuits	145
22 Circuit projects	148
23 Magnetic materials	150
24 Magnetic poles	152
25 Using magnets	155
Unit 5 Astronomy	158
1 Day, night and the seasons	158
2 The phases of the moon	160
3 Eclipses of the sun and the moon	162
Glossary	165