

Solids and Liquids

Some materials can be solids or liquids.

A solid stays in one place and can be held. Some solids can be squashed, bent, twisted and stretched.

A liquid moves around easily and is difficult to hold in your hands. Liquids take the shape of the container in which they are held.

Melting – Some materials melt when they are heated. Melting changes a solid into a liquid.

Freezing – Some materials freeze when they are cooled. Freezing changes a liquid into a solid.

Water freezes at zero degrees Celsius (0° c).



Mixtures

Mixtures are made by mixing different solids and liquids.

Solids can be mixed with solids.



Liquids can be mixed with liquids.



Sometimes, liquids don't mix with other liquids. For example, oil does not mix with water. The oil floats on the top of the water.



Solids can be mixed with liquids. For example, clay can be mixed with water to make a runny clay called clay slip.



Some solids dissolve when mixed with liquids. When a solid dissolves, it looks like it has disappeared but it is still there. For example, sugar dissolves in water.



Safety Symbols

Symbols are used on packages to warn people that the solids or liquids inside are dangerous.



This symbol is a warning that the substance is flammable. This means that it could easily catch fire.



This symbol is a warning that the substance is corrosive. This means that if touched, it could burn or damage the skin.

Vocabulary

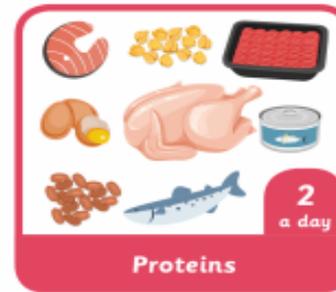
Celsius	A unit to measure temperature
Diet	The food and drink that a person or animal eats regularly
Dissolve	When a solid mixes with a liquid and can't be seen anymore
Freeze	To change a liquid into a solid by freezing
Liquid	Something that can be poured easily, takes the shape of its container and can't be held
Melt	To change a solid into a liquid by heating
Mixture	A substance made by mixing liquids and solids
Solid	Something that stays in one place and can be held
Substance	A solid, liquid, powder or gas of a particular kind

Food groups

The foods we eat come from animals, such as meat, honey, milk, fish and eggs, and plants, such as grains, fruit, beans and vegetables. It is important to eat a healthy, balanced diet so that our bodies work properly. Below are the different food groups and how many we should eat each day.



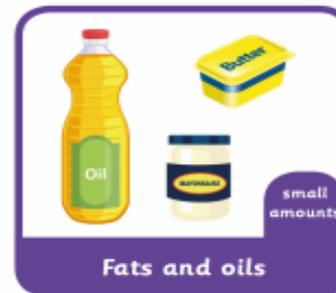
Fruit and vegetables contain vitamins and minerals, which help us to stay healthy.



Proteins helps our bodies to grow and repair. They are found in meat, fish, eggs, beans and nuts.



Carbohydrates give us energy. They are found in wholegrain cereals and breads, potatoes, pasta and rice.



Fats and oils give us energy and help to keep us warm. They are found in butter, oils and spreads.



Dairy and alternatives are a good source of energy. They are found in milk, yoghurt and cheese.



Foods high in sugar and salt should be eaten less often as they are not needed as part of a healthy diet. They are found in fizzy drinks and chocolate.

Don't forget! When preparing, cooking or eating food, it's important to wash your hands and store food properly. This is important to make sure the food you eat is safe and free from germs.