

INTERNATIONAL FSP SCIENCE CONTEST

COURSE OUTLINE

Vibrant Youngsters Level (Grade III & IV)

1. The Human Body

- Our body is made up of different systems (skeletal, muscular, nervous).
- We have five senses (sight, hearing, taste, smell, touch).
- We need to take care of our body by eating healthy, exercising, and sleeping well.

2. Plants and Animals

- Plants make food from sunlight, water, and air.
- Animals need food, water, and shelter to survive.
- We can classify plants and animals into different groups.

3. Food and Nutrition

- We need nutrients (carbohydrates, proteins, fats) to stay healthy.
- Fruits, vegetables, whole grains, and lean proteins are healthy food choices.
- We should drink plenty of water and limit sugary drinks.

4. Matter and its States

- Matter can be solid, liquid, or gas.
- Examples: ice (solid), water (liquid), steam (gas).
- Matter can change state when heated or cooled.

5. Force, Work, and Energy

- A force is a push or pull that can make things move.
- Work is done when a force is applied to move an object.
- Energy is the ability to do work (e.g., running, cycling).

6. Transport and Communication

- We use different modes of transport (walking, cycling, cars, buses).
- Communication helps us share ideas and messages (talking, writing, drawing).
- We can use technology (phones, computers) to communicate.

7. Our Environment

- Our environment includes living and non-living things (plants, animals, air, water).
- We need to take care of our environment to keep it clean and healthy.
- We can reduce, reuse, and recycle to help protect the environment.

8. Electricity

- Electricity is a form of energy that powers devices (lights, computers).
- We use electrical circuits to connect devices to a power source.
- We should be careful when using electricity and follow safety rules.

9. Air and Water

- Air is essential for breathing and living.
- Water is vital for drinking, washing, and growing plants.
- We should conserve water and keep the air clean.