

Nunavut Science 5

1. Describe the types of nutrients in foods (carbohydrates, fats, proteins, vitamins, and minerals) and their function in maintaining healthy organs and a healthy body (e.g., supporting healthy growth).
2. Identify a balanced diet as one containing carbohydrates, fats, proteins, vitamins, minerals, fiber, and water and design a diet that contains all of these items.
3. Identify food sources (traditional and store bought) from which people can maintain a well-balanced diet.

1. Demonstrate an understanding of the three states of matter (solid, liquid, gas) and of changes in state.
2. Investigate common changes of state (e.g., melting, freezing, condensing, evaporating) and make informed choices about materials when finding solutions to problems in designing and constructing objects based on their understanding of the states of matter.
3. Identify the properties that make different materials useful in everyday products and discuss the environmental impact of their use.

1. Demonstrate an understanding of the importance of conservation of energy in relation to the wise use of renewable and non-renewable
3. Evaluate the reasons for conserving natural resources and identify possible ways of conserving and using energy wisely.

1. Demonstrate an understanding of the effect of forces acting on different structures and mechanisms.