



Grade 3

Social Science





This book is to be used as a resource in the teaching of
Social Science at the Lower Primary.

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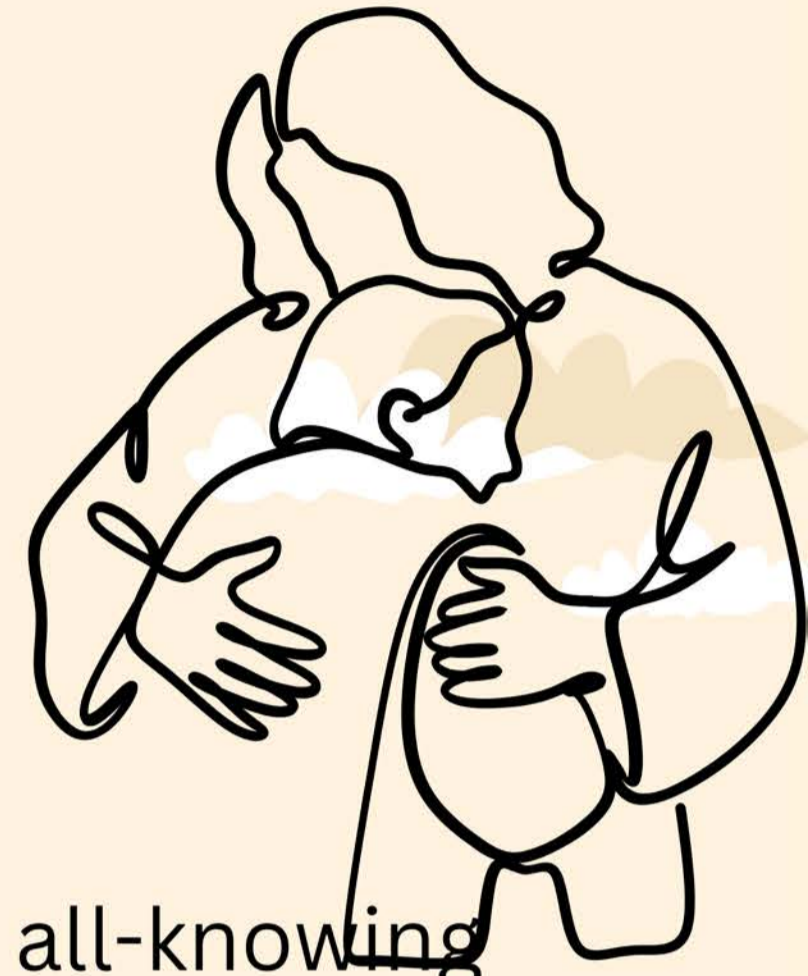
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The Godhead

God, the Father

The Bible describes God as a caring and loving Father (Hosea 14:3 & Mt. 6:6-13). God demonstrates His love just like a caring and loving father does for his children. He provides the things His children need, such as food, clothing, and shelter.



There are scriptures that show that God is everywhere, all-knowing and eternal. Isaiah 66:1 states, “The heavens are my thrones, and the earth is my footstool.” Jer. 1:5 states, “Before I formed you, I knew you.” Ps. 90:2 states, “From forever in the past to forever in the future, you are God.”



Because God is holy, it is only fitting that He should be revered. Christians show reverence to God by bowing down and worshiping Him, singing songs of praise to Him, and avoiding distractions during prayer. Reverence is also shown in how the Bible and other sacred objects are handled. We place God far above everything because He has revealed Himself to mankind through His creation, His Word (The Bible), and through His Son, Jesus Christ.



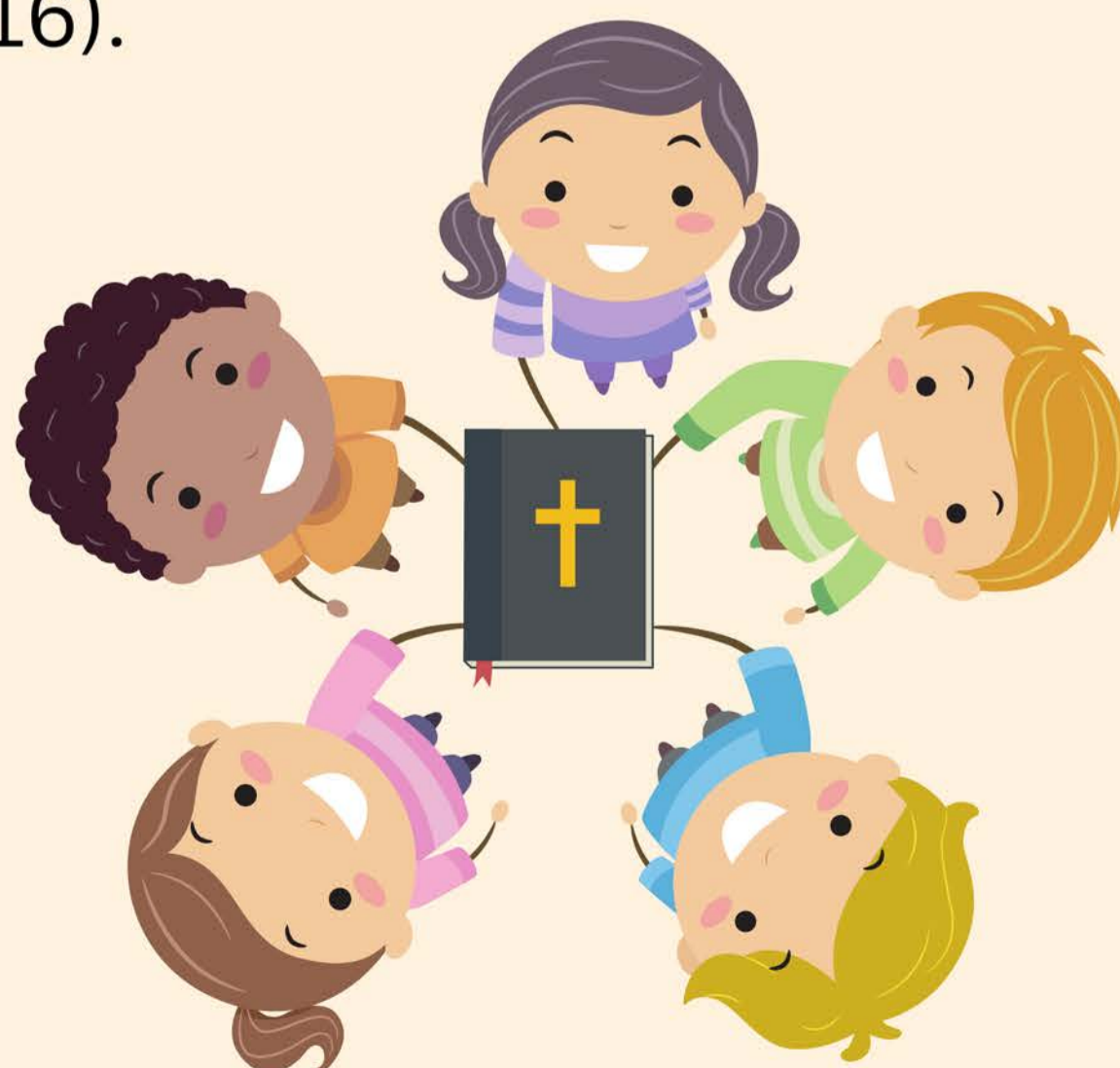


God loves us unconditionally. Even when Adam and Eve sinned, God had a plan to save mankind. He sent His only Son to die for our sins so that we may have eternal life. (John 3:16) Even when we do wrong, God's love for His children is the same.

God, the Son

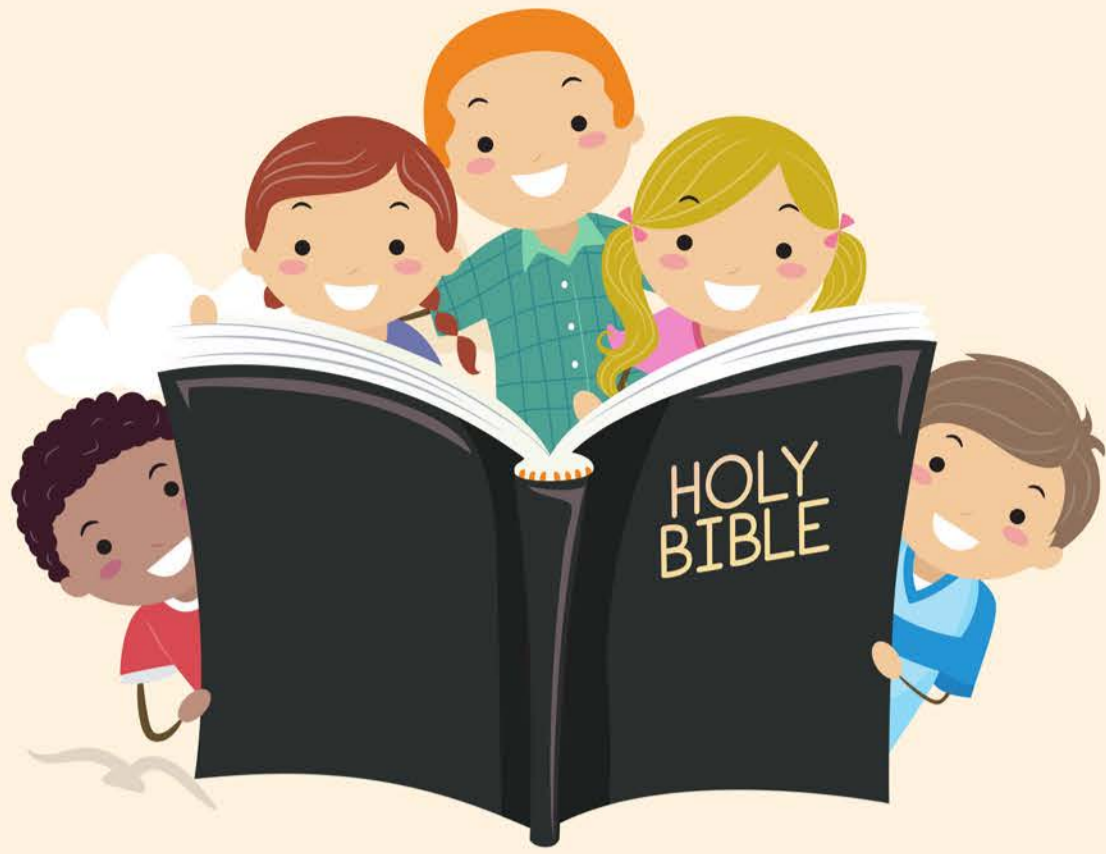
Jesus Christ is the Son of God who became human and lived on earth. Scriptures that refer to Jesus as the Son of God include Luke 1:35, John 3:16, and Matthew 16:15-17. During the baptism of Jesus, God confirmed that Jesus was His Son (Matthew 3:13-17).

Jesus Christ came to Earth to fulfill the scriptures (Hebrews 10:7) and to help mankind (Acts 10:38). He came to express God's unconditional love, to show mankind how to live, and to sacrifice His life by dying for the sins of mankind (John 3:16).



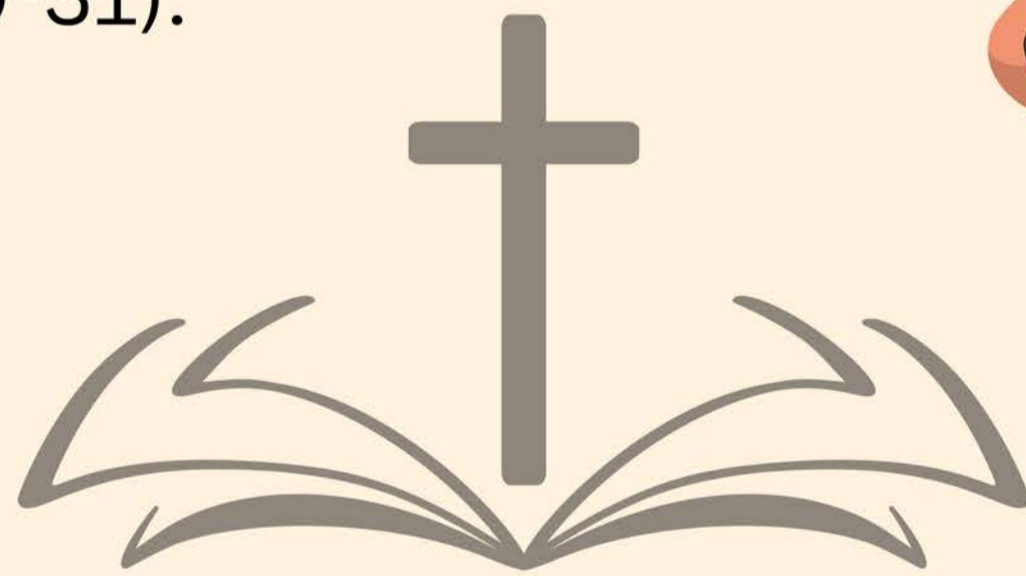


God, the Holy Spirit



The Holy Spirit lives in the hearts of Christians. Our hearts are like a house for the Holy Spirit to live in and should be clean and free from hate, unforgiveness, and anger. Romans 5:5 tells us that God’s love has been “poured into our hearts” through the Holy Spirit.

The Holy Spirit lives within us to provide us with comfort. John 14:16 states: “And I will pray to the Father and He will send you another Comforter that He may abide with you forever”. The Holy Spirit comforts us in sadness, sorrow, trouble, sickness, and death. He helps us and brings relief, which gives us courage when we need it (Acts 4:29-31).



The Holy Spirit teaches us right from wrong. John 16:13 tells us that when the Spirit of truth has come, He will “lead believers into all truth.” When individuals must decide between right and wrong actions, the Holy Spirit speaks to their hearts.





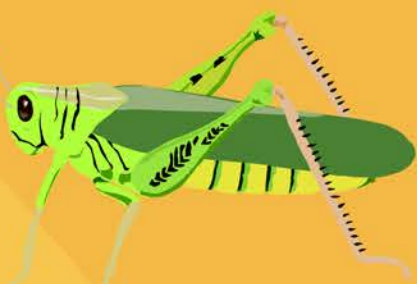
Caring for God's Creation

God created the entire world and everything in it. God's creation shows His wisdom, glory, power, and majesty (Ps.19:1). God wanted creation to praise, worship, and communicate with Him. He created a world that mankind can live in, enjoy, reproduce, and oversee. (Genesis 1:28-29).



God took time to create the earth and put everything that humans would need to live and enjoy. He made things that are visible and invisible to the human eye. Some visible things include the sky, water, land, plants, sun, moon, stars, animals and man. Examples of invisible things are gases, heaven, and the wind.

Because this planet is our home, we must take care of it. If we do not care for the earth properly, then plants, animals and people will become extinct.



There are many reasons why we should care for God's creation. It helps us to:



- Deepen our understanding and appreciation for the Earth.
- Develop a sense of responsibility for the earth.
- Save and do better so the future is better with a healthier planet.



We can care for God's creation by:

- Caring for animals and plants. (Genesis 2:15)
- Keeping our environment clean by not polluting or defiling it. (Numbers 35: 33-34)





I am Unique

God made people special.

In Genesis 1:26, God said, "Let us make man in our image and likeness." Humans are the only animals created with a mind to think and the ability to communicate with others by speaking.



The ability to think and speak is very important. The ability to think enables people to process and analyze information and also to discuss and solve problems and make good decisions.



People are also special because they have different talents. People can find their talents by doing things that they are good at, getting involved in a variety of wholesome activities, like joining clubs or by asking questions to get more details about something that has caught their interest. Some talents are singing, dancing, drawing, playing sports, and playing music. We get better at our talents when we practice. God is happy when we use our talents.

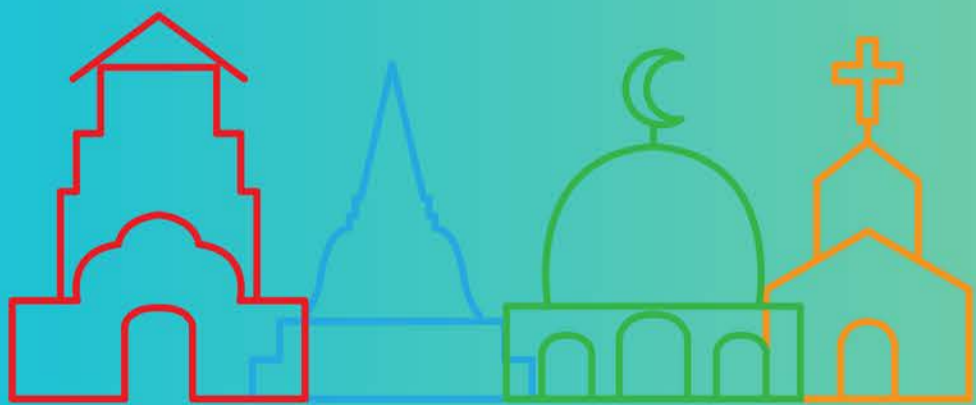


People are also different based on their sex. Sex means whether a person is born male or female. In society, males and females have different roles. These roles can be linked to the culture of their country.

People can also behave differently based on their culture. People dress differently, eat different foods, and speak differently based on where they were born and raised. Ethnicity tells about a person's race, where they come from, and their traditions.



People may also have different religious beliefs and practices.



Even though we are different, it is important to be kind and respect each other's differences.





Taking Care of Me

Having physical health is an important part of self-care. When you feel well, you will have the energy needed to accomplish your daily tasks and goals. Living a healthy life and building friendships are both very important.



There are many scriptures that tell us about healthy living and good friendships. 1 Corinthians 6:19-20 states that our bodies are “temples” created for God’s glory. Ecclesiastes 4:9-10 states that two individuals are better together. 1 Samuel 18:1-16 tells us about David and Jonathan, who were good examples of a healthy friendship.



Healthy Tips

To keep your mind healthy, you should think good and positive thoughts about yourself and others. (Philippians 4:8)

Eat a healthy, balanced diet with lots of vegetables and fruits.

A diet is the food that we eat or drink. A **balanced diet** gives the body all of the nutrients (carbohydrates, proteins, fats, vitamins, minerals and water) it needs to stay healthy. Dietary Guidelines are used to make healthy choices when planning meals. We should eat a variety of fruits and vegetables every day. We should also avoid eating too many sweets and fats. We should also be sure to drink lots of water to be healthy.

To build a strong body, we should feed our body good things and keep bad things away.



- **Vitamin A** – dark green vegetables, carrots, sweet potato, pumpkin, mango, eggs and liver



- **Vitamin B** – dark-green vegetables, nuts, beans, peas, cereals, meat, fish and eggs



- **Vitamin C** – fruits and most vegetables



- **Vitamin D** – eggs and milk



- **Vitamin E** – fish and spinach

- **Calcium** – milk and cheese





Discovering and Expressing Yourself

Unhealthy behaviors occur when people cannot control their emotions. Sometimes people act in ways that are not kind or helpful to themselves or others. It can be because they feel angry, not good about themselves, have different opinions, or are stressed. It can also be because they were not taught to respect others and their property. It is important to talk to each other when there's a problem.



To communicate, when there are problems or disagreements, we can follow some rules. First, agree there's a problem. Next, listen to what each person thinks. Finally, work together to find a solution. It is also good to avoid teasing others or bullying them and be aware of how they feel. Keep an open mind; show respect; and be kind.





Another way to communicate well is to remember that everyone is special because of their traits or characteristics. Characteristics are things that make us unique, like how we look or feel. Treat others like how you would like to be treated. (Luke 6:31)

Self-concept is how we see ourselves. If we feel good about ourselves, we have high self-esteem, and confidence and feel valued.



We should take pride in ourselves and make good choices. But if we do not feel so good about ourselves, we can make poor choices and feel less confident.



Caring For Yourself

Caring for oneself is very important. Having proper hygiene is an important part of self-care and protecting yourself. Proper hygiene protects you from sickness and disease. Here are some hygiene tips to follow:

✓ Have daily baths or showers.



✓ Dry all washed areas properly. Remember behind your ears and between your toes.

✓ Wash hands with soap after using the bathroom; after touching animals or dirty areas; and before you eat.



✓ Brush and floss teeth twice a day.



✓ Cover your nose and mouth when coughing or sneezing.



✓ Avoid contact with people who are ill with infectious diseases.



When you feel well, you will have the energy needed to accomplish your daily tasks and goals.

Caring for oneself also means you have strong self-esteem and think positively about yourself. Enjoy periods of relaxation, quiet time, or time alone with God as a part of self-care.



In the Bible, 1 Corinthians 6:19-20 states that our bodies are “temples” created for God’s glory. This means we must treat ourselves well and not allow anyone at all to mistreat us. Any mistreatment or ill-treatment is called abuse.

There are many forms of abuse. Abuse can be physical, verbal, emotional, or sexual. All forms of abuse are wrong and should not be tolerated. Physical abuse may be hitting, slapping, kicking, punching, biting, choking, burning, or pulling hair. Verbal abuse may be name-calling, threats, harassment, constant screaming, humiliation, and intimidation.

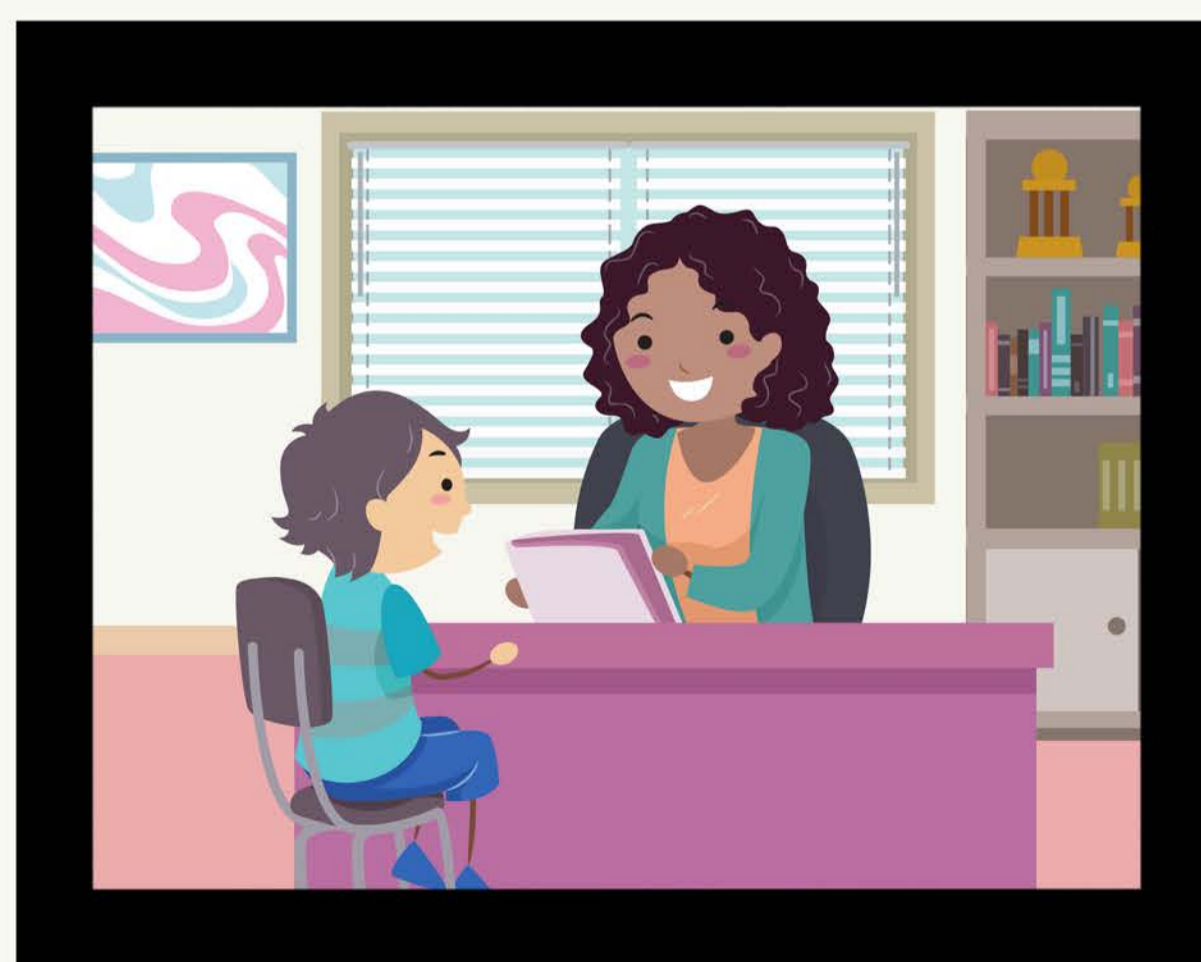


Emotional abuse may be withholding basic needs like food, money, clothing, privileges, isolation from family or friends, destroying items or pets, as well as refusal to communicate.



Sexual abuse may be inappropriate touching, kissing, holding on a lap, spanking on hips, cornering, assault, rape, or incest.

Victims of abuse can get help to cause the abuse to end by telling a trusted adult like a teacher or guidance counselor.





I am a Law - Abiding Citizen

Have you ever thought about what our world would be like without rules and law? That might be a scary thought.



There have always been rules and laws. In Exodus 20 God gave Moses 10 laws for the children of Israel to keep. He did this to keep the people safe and orderly. Knowing the difference between right and wrong helps us to be happy. In Matthew 5:1-12, Jesus taught the eight (8) beatitudes to living a blessed or happy life. These Beatitudes teach people to be meek, pure in heart, merciful and peaceful.



Laws are rules made to let everyone know what is right and acceptable. When we do things that are wrong or break the rules or laws, there are bad consequences. For example, if we are caught cheating on a test, we may get points taken off or a failing grade. However, when we do things that are good and follow the rules or law, there are good consequences or rewards. For example, if we find money that did not belong to us and find the rightful owner, then we might get a prize or treat for doing the right thing.





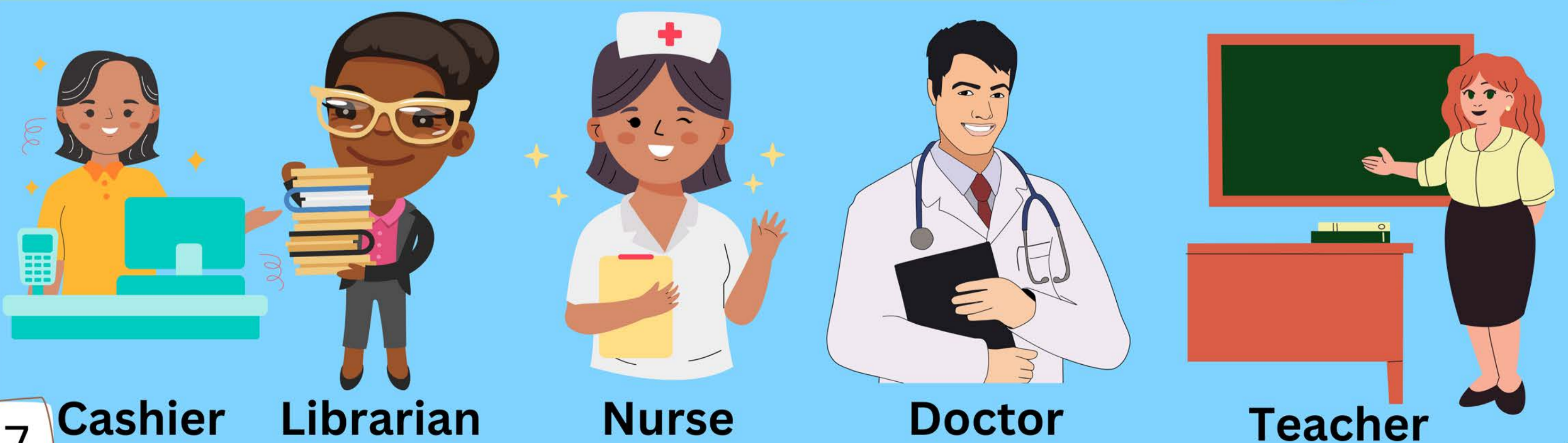
My Community

A community is a place where people live, work, play, and attend school and church.

In a community, you can find buildings such as houses, churches, libraries, clinics, police stations, shops, and schools. All communities have roads, and some may have parks.



There are many individuals, such as cashiers, librarians, nurses, doctors, police officers, teachers, and other community helpers, who work in a community to keep it healthy and safe.



Cashier

Librarian

Nurse

Doctor

Teacher

Families are also an important part of communities. The Bible states that parents should train children to be respectful, responsible, and God-fearing, as well as obedient. (Proverbs 22:6)

Respectful

Responsible

God-fearing

Obedient



Parents should also show children love, take care of them, and provide for them. Responsible children help parents around the home by doing chores. This helps them grow up into responsible adults who help build and make communities stronger.





Getting Along with Others



We are all a part of a community. To keep that community functioning well, we must show respect to others, show responsibility by caring for others and the environment, and find ways to resolve conflicts in a peaceful manner.

Respecting someone means caring about how the person feels and believing that the person's feelings and ideas are important. People deserve to be treated kindly and respectfully. Individuals should not be teased, called names, or bullied because they are different or because of their nationalities.



In the Bible Story "The Four Friends," four men carried their sick friend to Jesus to be healed. Although it was difficult to get to Jesus, they found a way by lowering their sick friend through the roof. They demonstrated responsibility by seeing the task through to the end.

There are scriptures that teach about respect and responsibility. Some of these scriptures include: Exodus 20:12, Matt. 7:12, 1 Pet. 2:17, 1 Thess. 12-13 and Heb. 13:17. We should respect others and commit to being responsible for them also. Matt. 7:12 states, "In everything, do unto others what you would have them do to you."



Conflicts are disagreements with others. If they are not resolved, they can lead to physical or verbal violence. Conflicts can be avoided by staying away from the person causing the problem, talking and listening to each other to work through disagreements, walking away if the situation is not getting better, and getting outside help when needed.

In addition to taking care of others and getting along with them, the environment in the community should be kept clean. This can be done by making sure that litter is placed in the garbage bins and not putting graffiti on the walls.





I Have Rights

All around the world, people have special rights just for being human! These rights are like important rules that help everyone live happy and healthy lives. They are written in a book called the Universal Declaration of Human Rights.

In The Bahamas, there are three important rights:

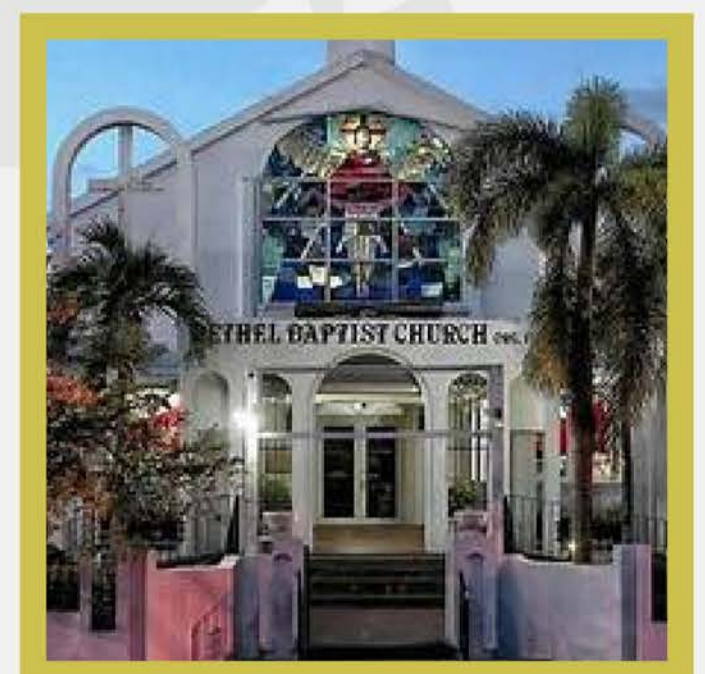
- ✓ A right to be educated and go to school.



- ✓ A right to good nutrition and proper health care.



- ✓ A right to worship freely.



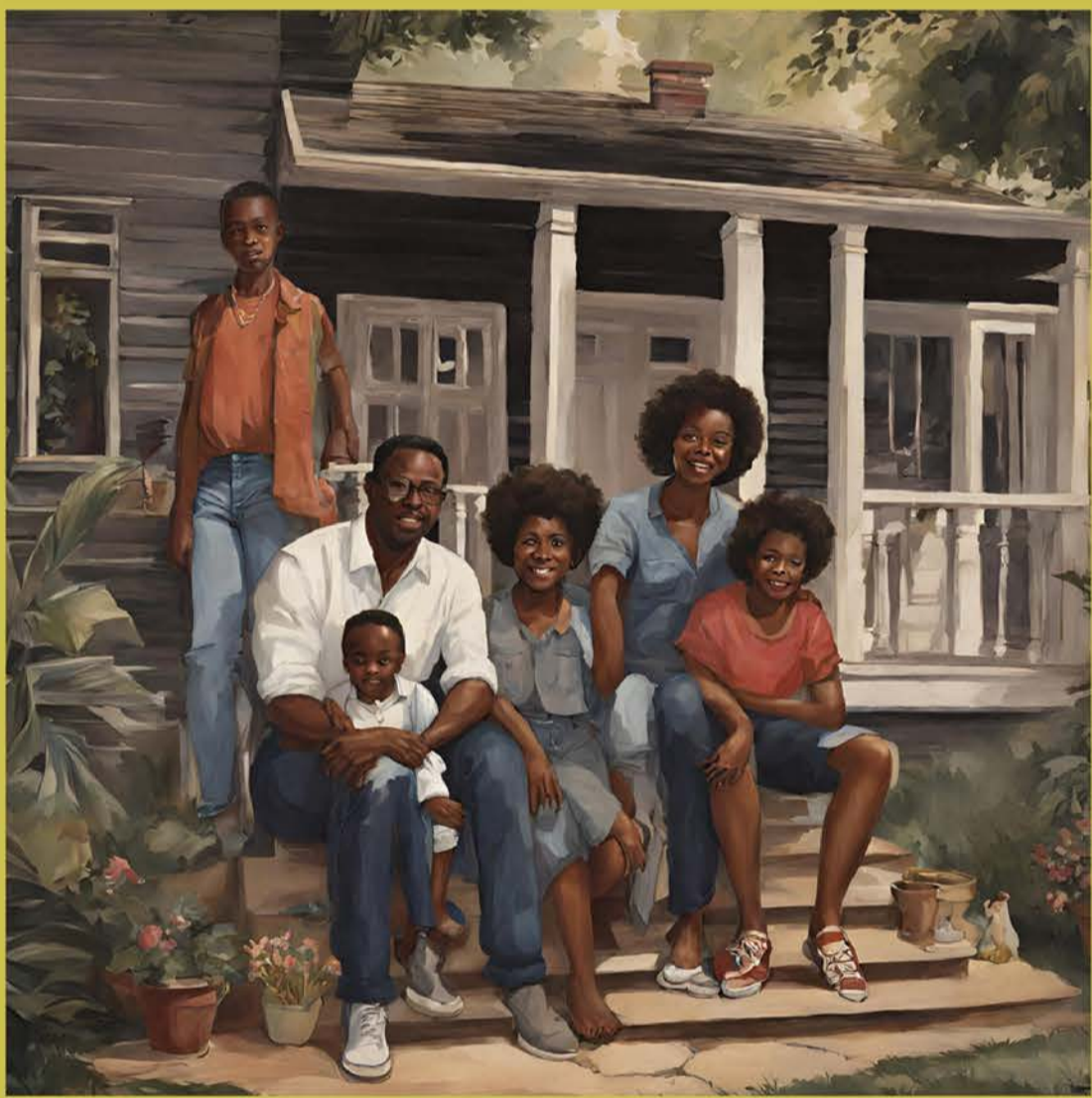


The Bible also teaches about the rights of human beings. These verses tell how we should be kind and helpful to others.

Psalm 82:3: "Help the weak and the poor, stand up for the helpless and the homeless."

Ephesians 6:4: "Fathers, don't make your children angry. Instead, raise them with the Lord's discipline and instruction."

Mark 12:31: "Love your neighbor as yourself."



We should be thankful for all the wonderful things we have, like our families, friends, and the freedom to learn and play. These rights help us grow and become the best people we can be.

Not everyone in the world gets to enjoy these rights. We can show our appreciation by doing our best in school, treating others kindly, taking care of our environment, and not wasting our food. By being good people, we can make the world a better place for everyone!





Easter



Easter is the time of year when Christians focus on the death, burial, and resurrection of Jesus Christ. Many churches celebrate the events of Holy Week as it is a reminder of Jesus' sacrifice and love for the world.

Let's journey through Holy Week.

Holy Sunday



(Palm Sunday) Jesus rode through Jerusalem on a donkey. People waved palm branches as He passed by them.

Holy Monday

Jesus' feet were anointed at Bethany by Mary Magdalene.

Holy Tuesday

Jesus told his disciples about His death.

Holy Wednesday

Judas plots with the religious leaders to betray Jesus.

Holy Thursday

(Maundy Thursday) Jesus meets with His disciples for the Last Supper and is later arrested.

Holy Friday

(Good Friday) Jesus went on trial and was crucified on the cross and buried in the tomb.

Holy Saturday

Jesus' body rested in the tomb.

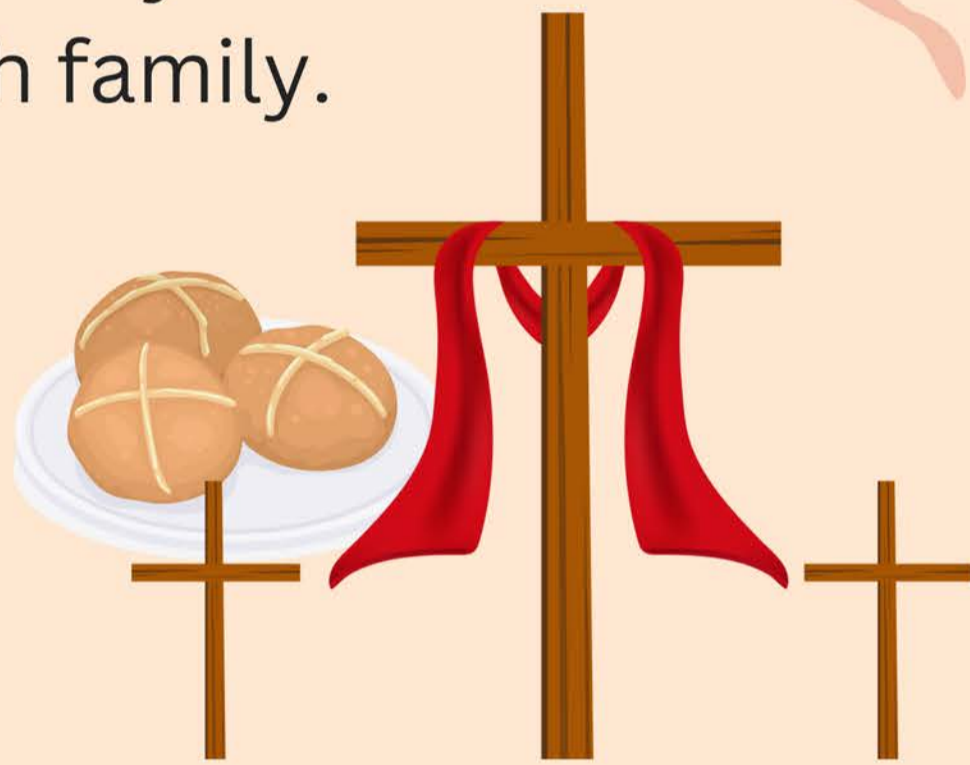
Easter Sunday

Jesus rose from the dead.





Here in The Bahamas, Easter is an important celebration. Good Friday and Easter Monday are public holidays. Lots of Bahamians go to church on Good Friday and Easter Sunday. Since Jesus died on Good Friday, Bahamians eat lots of fish and hot cross buns. Easter Sunday is called Resurrection Day as He rose from the dead. Easter Monday is a holiday when Bahamians usually go to the beach or spend time with family.



During Easter, there are many Christian symbols that are used to remember God's plan of salvation.



Lilies – symbolizes new life and purity.



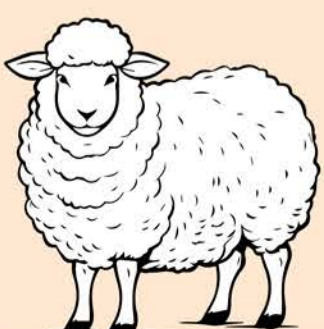
Palms – symbolize victory and peace.



The Cross – symbolizes Jesus' crucifixion and death.



Empty Tomb – symbolizes Jesus' resurrection.



Lamb – symbolizes Jesus as the Lamb of God.



The Bahamas, My Country

I am proud to be a Bahamian!



Bahamians live in a special place called the Commonwealth of The Bahamas. The Bahamas gained its Independence from Britain on the 10th July, 1973. This meant that the country was no longer being ruled by Britain, but was free to govern itself and to create its own identity.

The country helped to create its national identity by the following:

The National Anthem

Lift up your head to the rising sun,
Bahamaland; March on to glory your
bright banners waving high. See how the
world marks the manner of your bearing!
Pledge to excel through love and unity.

Pressing onward, march together to a
common loftier goal; Steady sunward,
tho' the weather hide the wide and
treacherous shoal.

Lift up your head to the rising sun,
Bahamaland, 'Til the road you've trod
lead unto your God, March On,
Bahamaland.

National Anthem

Written by Mr. Timonhy Gibson

The national pledge shows dedication and commitment to one's country. When saying the pledge, we should stand at attention with our right hand across our left breast.

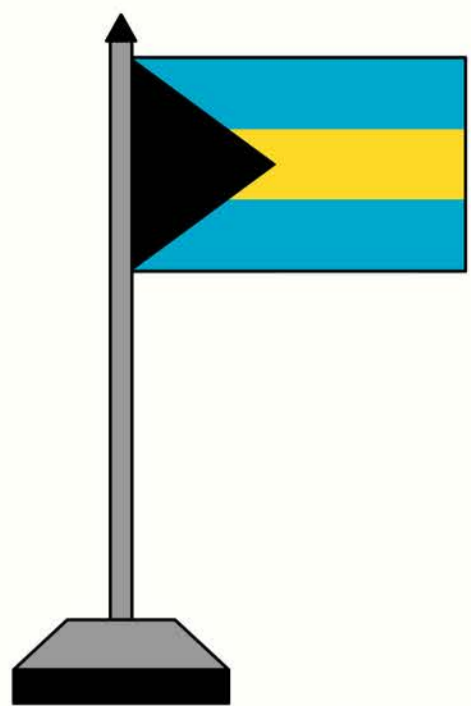
The official song that identifies a country is called its National Anthem. It is often played at assemblies, official ceremonies, and sporting events. "March on, Bahamaland" is the official National Anthem of The Bahamas. When the national anthem is played, we should stand at attention with hands to our sides and eyes facing forward. There should be absolutely no movement or talking.

The National Pledge

I Pledge my
allegiance to the flag
and to the
Commonwealth of
The Bahamas for
which it stands, one
people united in love
and service.

National Pledge

Written by Rev. Phillip Rahming



National Flag

The National flag has three colours: gold, black, and aquamarine. **Gold** is for the bright sun shining down on our beautiful beaches! **Black** is for the strong and determined people of The Bahamas! **Aquamarine** is for the colour of our beautiful waters.



National Fish
Blue Marlin



National Flower
Yellow Elder



National Bird
Flamingo



National Tree
Lignum Vitae



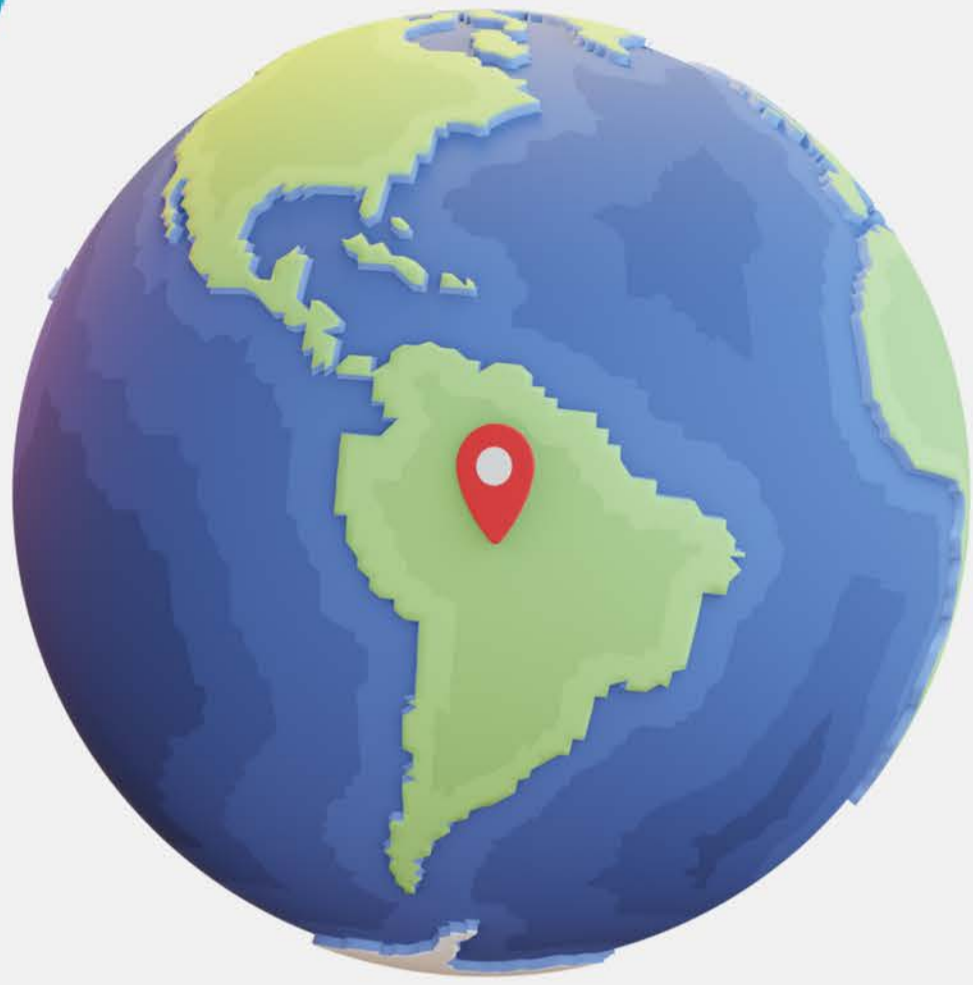
A Coat of Arms is made up mainly of things that can represent a country. It is used on official documents for that country.

The following can be found on the Coat of Arms for The Bahamas:

- Pink conch shell - marine life
- Palm branches - plant life in the community
- Shield - sun (wonderful climate)
- Santa Maria (flagship of Christopher Columbus)
- Flamingo - national bird
- Blue marlin - national fish
- Waves - waters of The Bahamas
- Motto - "Forward, upward, onward, together"



Bahamian History



Long ago, a peaceful people came from South America to live in The Bahamas. They were called **Lucayans**.

They spoke the Arawak language and lived near the sea. Like Bahamians now, the Lucayans fished and ate crops like cassava, sweet potatoes, and corn. They lived in huts made of tree branches, grass, and leaves and slept in hammocks.



Source: www.teacherspayteachers.com

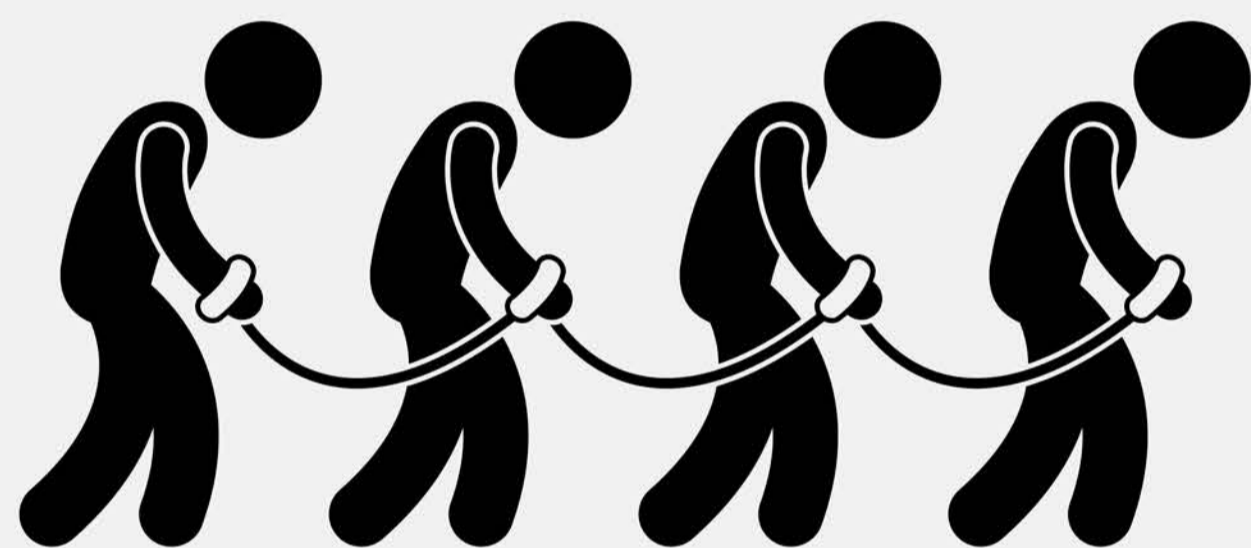


After Christopher Columbus landed in The Bahamas in 1492, things changed for the Lucayans. Many of them were killed or made slaves. Soon, very few Lucayans were left.



In 1648, some English people settled in Eleuthera. Just like the Lucayans, they became good fishermen and farmers. Other people came from Europe, North America, and Bermuda.

They brought their slaves with them. These slaves were from Africa. Unlike the Lucayans and the English settlers, the slaves were forced to come to The Bahamas. They were sad to leave their home in Africa to come to work on plantations.



Much later, Africans who were on their way to Cuba were freed. They decided to come to The Bahamas.

The Bahamas

Together, these Africans from West and Central Africa brought with them many of their traditions like Junkanoo, asue, the way food is cooked, as well as the Anansi and Brer Bookie and Rabbee stories.

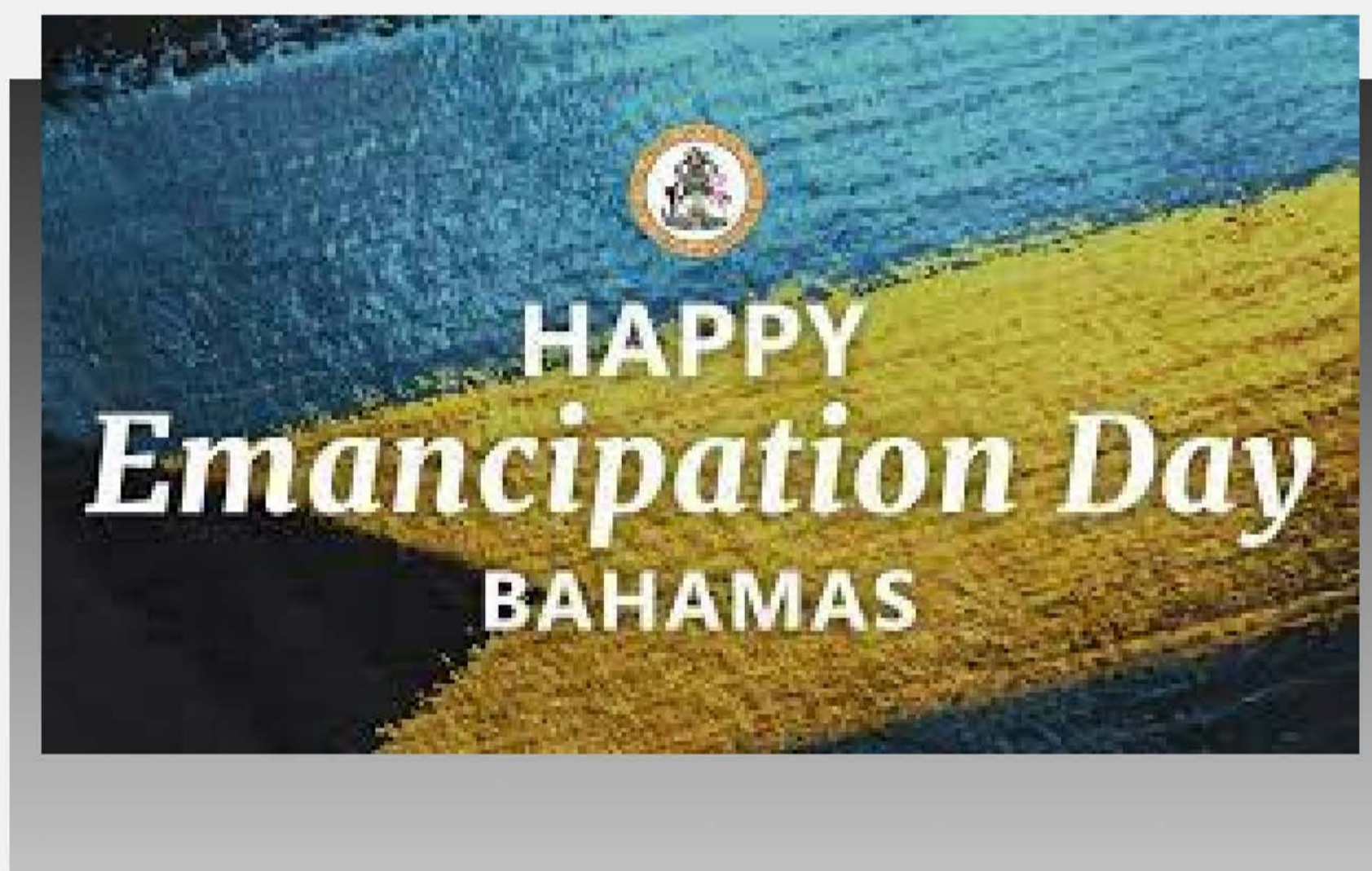


We Celebrate Our History!

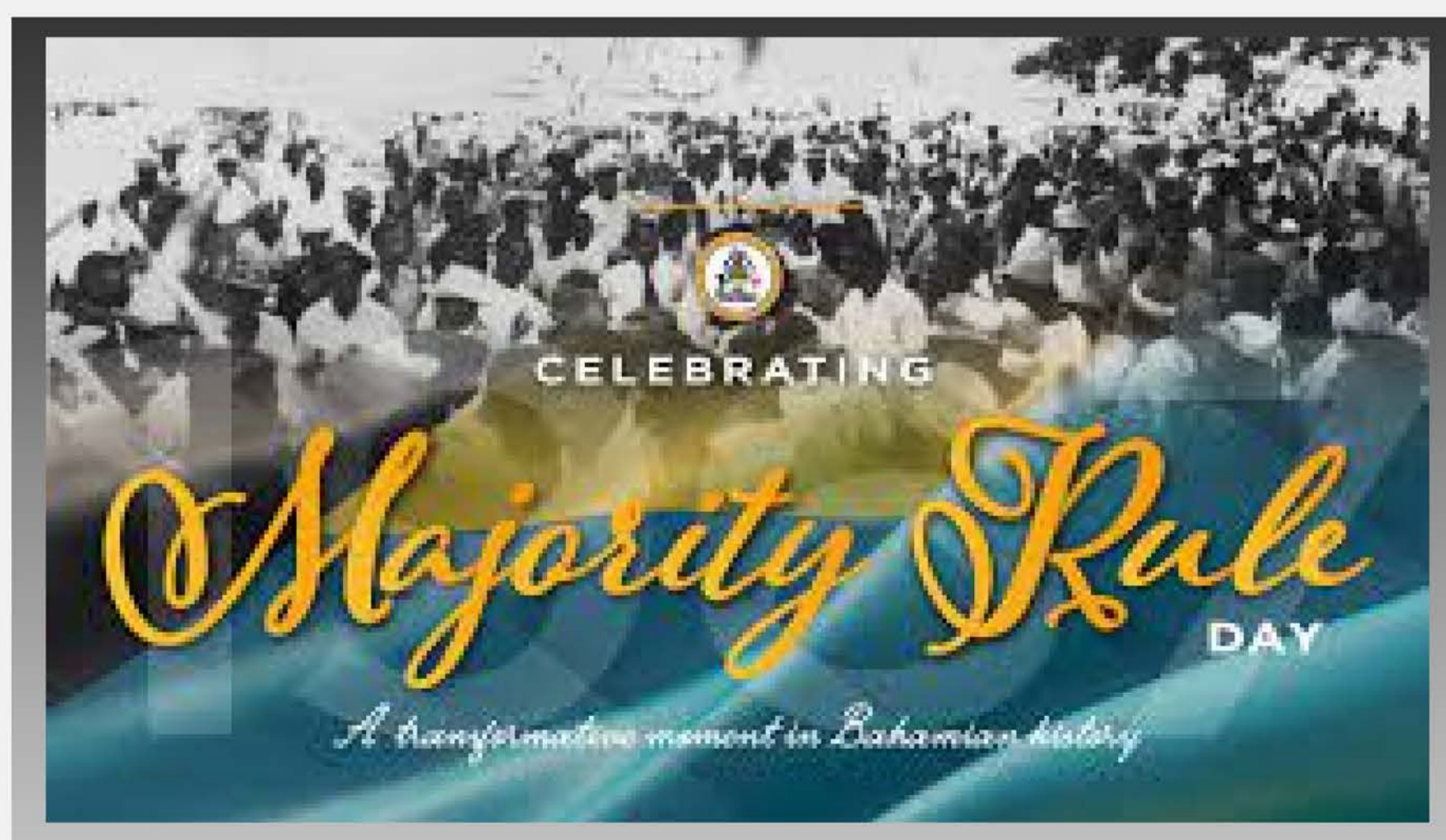


Because of this history, there are several holidays Bahamians enjoy. October 12th was celebrated as Discovery Day in remembrance of Columbus's landfall in The Bahamas.

Now, it is National Heroes' Day, and it is celebrated on the second Monday in October. On the first Monday in August, we celebrate Emancipation Day to remember the freedom of the slaves.

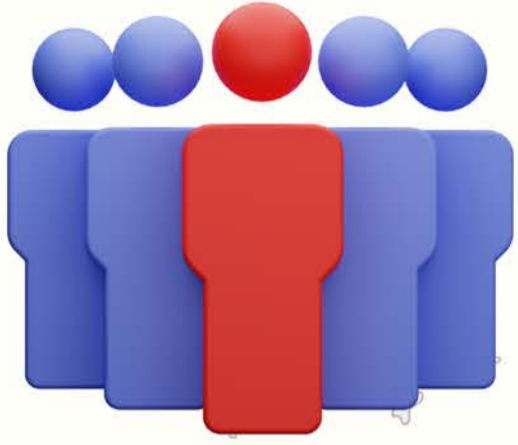


There are two other days to celebrate freedom: Majority Rule Day (January 10th) and Independence Day (July 10th). These two days commemorate independence and self-governance.





Leaders and Nation Builders



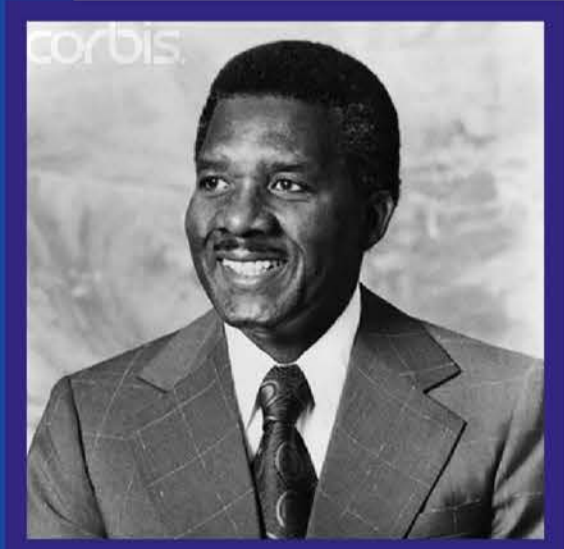
Leaders are people in charge that others must follow. Leader's guide and direct. Just like in schools, there may be prefects who assist teachers or leaders in clubs such as Brownies or Scouts; there are leaders in communities and in government that help to lead the country.

There are many outstanding Bahamian leaders. They are often referred to as nation builders. Schools and other buildings are sometimes named after nation builders to honor them for their accomplishments. Nation builders are men and women with different talents who used their skills to lead and help develop the country.



Sir Milo Butler was appointed the first Governor General of The Bahamas. He served from 1973 – 1979. Governors General used to be representatives of Her Majesty Queen Elizabeth. Due to her death, they are now representatives of His Majesty King Charles.

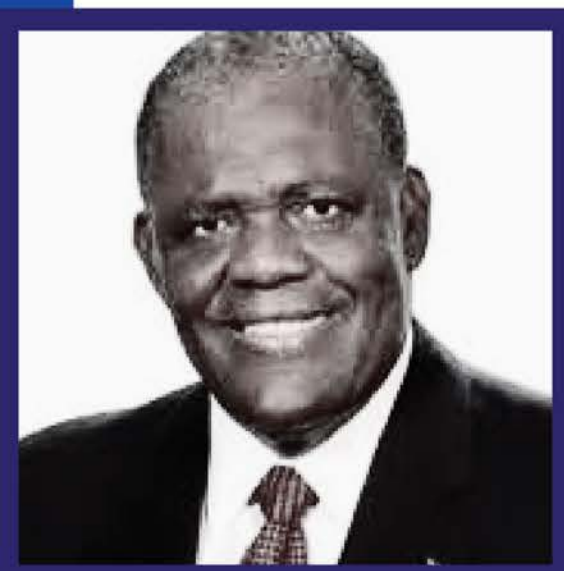
Do you recognize these names?



Sir Lynden Pindling was the first Prime Minister of The Bahamas. He was Prime Minister from 1973-1992.

Other nation builders include:

- Timothy Gibson
- Carlton Francis
- Doris L. Johnson
- Charles I. Gibson
- Robert M. Bailey
- T.A. Thompson
- Cecil V. Bethel
- Mabel Walker
- Dame Bertha Isaacs



Hon. Hubert A. Ingraham was the second Prime Minister of The Bahamas. He served from 1992 – 2002 and 2007-2012.

Do you know the current Prime Minister of The Bahamas?



Bahamian Culture

Culture refers to how a group of people behave and what they believe. It includes food, music, language, and sports. Every culture has its own traditions that have been passed down from one generation to the next. These traditions may center around particular celebrations, storytelling, or ring plays, as well as things in the environment like plants.

Plants in our environment have become a part of our culture. Cerasee is a bush you pick from a running vine. You boil it and drink it to get rid of the cough, cold, or flu. You boil the sage bush and bathe in it if you are getting chicken pox.



Cerasee



Sage

Christian celebrations/festivals have helped to shape our culture in many ways. The Christmas festival has created cultural practices such as going to church to attend concerts, dramas, or plays, gift-giving, decorating homes, shopping, spending time with family members, and attending Junkanoo or the carnival. Special foods like ham, turkey, peas and rice are eaten.



Bahamian Food



Bahamian Sport



Bahamian Music

He is Risen



The Easter season has also impacted our culture. Easter is a time of reflection and self-sacrifice. On Good Friday, many Bahamians attend church and eat hot cross buns and fried fish to remember Jesus's death. On Easter Sunday, some Bahamians attend church dressed in bright colors to symbolize the new life of the resurrected Savior. During Easter, Bahamians also enjoy beach picnics, Easter egg hunts, regattas, and homecoming.

On Pentecost Sunday, Bahamians go to church to mark the coming of the Holy Spirit. They often wear white to represent the purity of the Holy Spirit. The next day, Bahamians enjoy the holiday known as Whit Monday by going to the beach and spending time with family members.





Exploring the Map of The Bahamas

The Bahamas is made up of a chain of 700 islands and cays. That is why The Bahamas is called an **archipelago**. New Providence is the main island. All the other islands are known as Family Islands. Nassau, which is located on the island of New Providence, is the capital of The Commonwealth of The Bahamas. The Bahamas is divided into three sections: Northwestern Bahamas, Central Bahamas, and Southeastern Bahamas. The islands are grouped into these sections based on where they are located.

Northwestern Bahamas

Grand Bahama
Abaco
Bimini
Berry Islands
Andros
New Providence



North
Atlantic
Ocean

Central Bahamas

Eleuthera
Long Island
Exuma
Cat Island
San Salvador
Rum Cay
Ragged Island



Southeastern Bahamas

Crooked Island
Acklins
Mayaguana
Inagua





<https://airports-worldwide.com>

The Bahama Islands are made of limestone. When you look at a map of The Bahamas, you will see that it rests in the Atlantic Ocean. Therefore, people travel from island to island by plane or boat.



On a map, you may see symbols for docks, roads, and airports. The color blue is used to show ponds, lakes, or the ocean. Green is for the land. On the land, you will see dots that show the settlements. Left, right, above, below, up, and down; Use these directions to help you move around. Andros is the biggest island in The Bahamas.

Andros



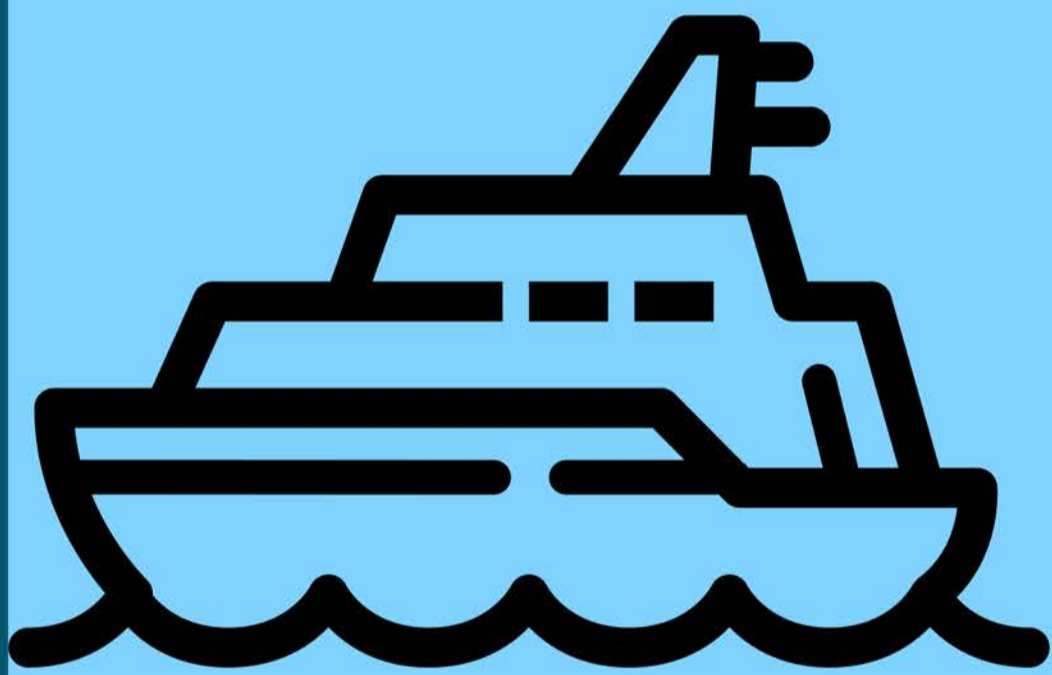
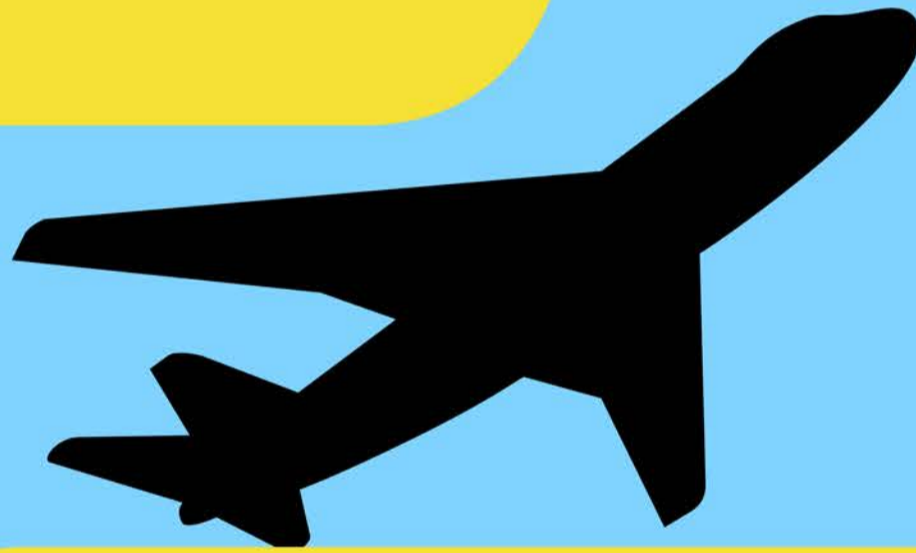


Getting Around Our Islands

The Bahamas is an archipelago, a group of islands, rocks and cays, separated by water. Some islands and cays are close together and bridges are used to connect them, like New Providence to Paradise Island, or East Grand Bahama to Central Grand Bahama. There are other ways to go from island to island.



The quickest way to travel is by air. There are many airlines that fly passengers from one island to the next. Some of them are Bahamasair, Pineapple Air, Western Air and Southern Air.



There are also fast ferry boats that travel between New Providence, Eleuthera, Andros, Abaco, Exuma and Grand Bahama. These fast ferry boats carry people, vehicles and other goods.

The mailboat is another way to travel by sea. It is not as fast as the fast ferry boats, but they go to more islands than the fast ferry boats do. Mailboats are like cargo ships that transport goods and passengers between islands.



Because of these modes of transportation, we can move from island to island taking goods, providing needed services and bringing families and friends together.



Vertebrates

God created a variety of animals. Some He created with backbones. Animals with backbones belong to a group of animals that we call vertebrates. Mammals, birds, and fish belong to this group.

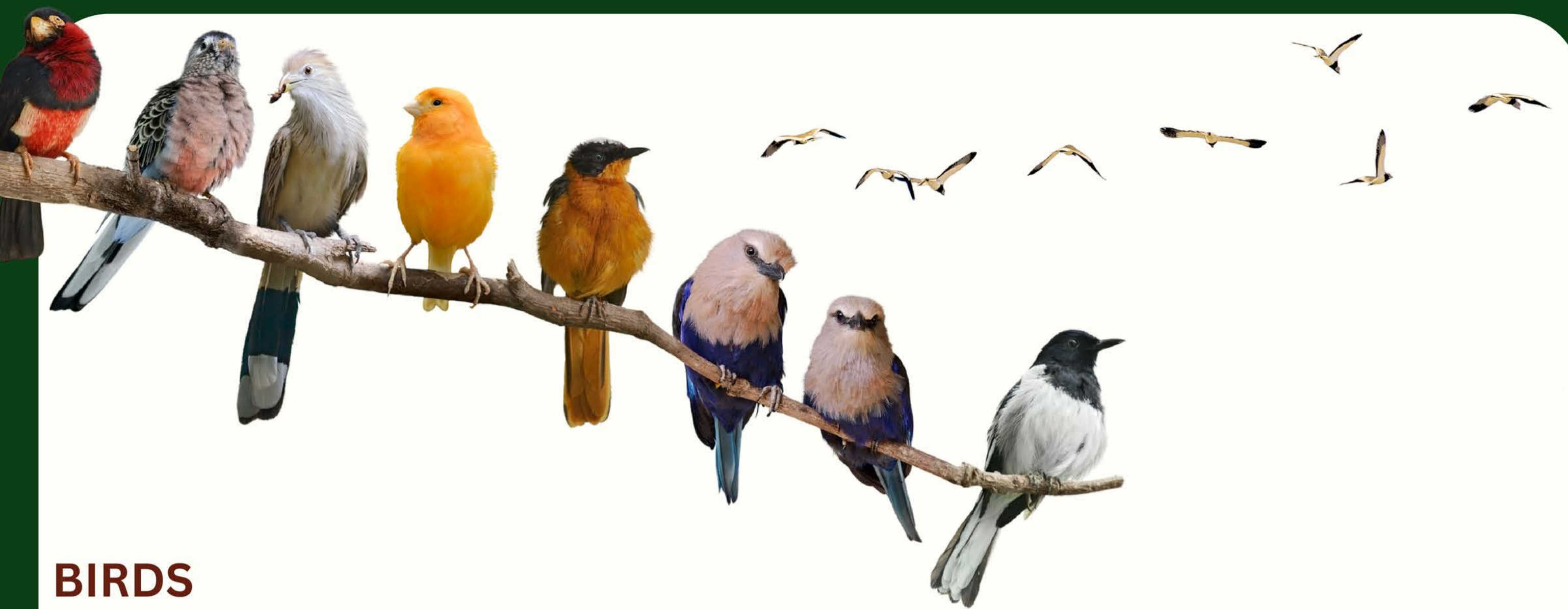


MAMMALS

Mammals are covered with hair or fur. They give birth to live young and feed them with milk. They use lungs to breathe. Mammals are warm-blooded. This means that their body temperatures stay the same no matter how cold or how hot it might be.

Some mammals live on land. Humans, goats, sheep, lions, elephants, tigers, dogs, cats, monkeys, rats, and mice are land mammals. Some mammals live in water. Dolphins and whales are mammals that live in water.





BIRDS

Birds are covered with feathers. Feathers help to keep birds warm. Birds' feathers and wings help them to fly. Birds have two feet. The shape of a bird's foot can be used to tell where a bird lives. Birds reproduce by laying eggs.



Birds are warm-blooded. Like mammals, birds have lungs to help them breathe air. Many birds also care for their young for a while after they are born. Unlike most young mammals, young birds hatch from eggs. Birds have beaks that they use to help them eat. The shape of a bird's beak determines what they eat. Flamingoes, seagulls, and pigeons belong to this group of animals.





FISH

Fish live in water. They are covered with scales and have fins. Fins help them move through the water. Fish breathe through gills and lay eggs. Fish are cold-blooded animals. This means that their body temperature changes with the environment.



The Nassau Grouper is one of the largest fish on the reef. It has five (5) dark brown bands on its body.



The grouper changes colour depending on the environment it is in. This helps it to hide so it can ambush fish to eat. Humans are the predators that have the biggest impact on the grouper population. To protect the Nassau Grouper, a closed season from December to February was established. Other measures include the enforcement of the minimum legal harvest size of three pounds.



Natural Resources

A natural resource is something found in nature or earth that people can use to meet their needs. Natural resources include air, water, soil, plants, animals, minerals, and fuels. Natural resources are used in many ways.



Air is found above the earth's surface. Air is a mixture of gases. Oxygen is a gas found in the air that animals need to breathe in. Plants need carbon dioxide gas from the air.



Air dries wet clothes, fills tires and balls, and helps things to fly like hot air balloons. Moving air, which is wind, can be changed into electricity. Winds turn the blade of a windmill, which when connected to a generator produces electricity.





Water is a natural resource that is also needed by all living things. Without water, living things would die. There are two kinds of water on earth: salt water and fresh water. Salt water is found in the ocean.

Fresh water can be found in rivers, ponds, streams and lakes. Some water on the earth is solid. Water in its solid form is called ice. This kind of water can be found at the North and South Poles where it is always cold. There, the ice and snow are called glaciers and ice bergs.



Water also has other uses. It is needed for drinking, bathing, cleaning, washing clothes and dishes, swimming, boating, and for transporting things on the ocean. Water is also used to make electricity at power plants.

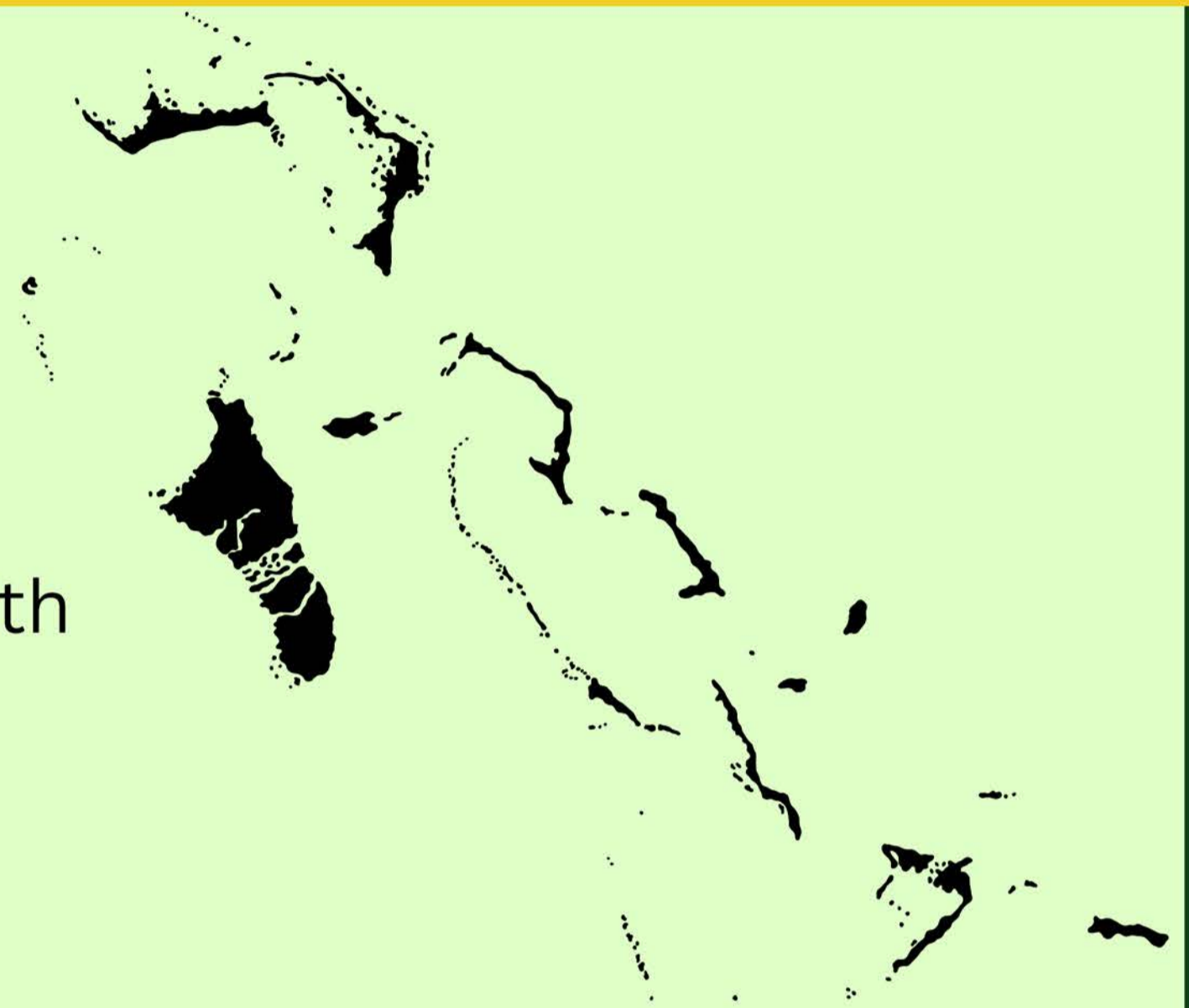
Minerals and fuels are also natural resources. These are used to make coins, furniture, and jewelry. Fuel is used to run engines of cars and trucks. Fuel is also used in factories and power companies.





Soil and plants are also natural resources that help us to survive. Soil is used for growing crops and making bricks for buildings. Plants can be used for food making, furniture, paper and clothes.

Here in The Bahamas, we can find many natural resources. There are some islands that are associated with specific natural resources.



New Providence, Andros, Bimini, Berry Islands, and Grand Bahama are known for crystal clear waters, beautiful coral reefs, pine forests, and tropical fish.



Abaco is known for its farming.



Andros is known for its crabs.



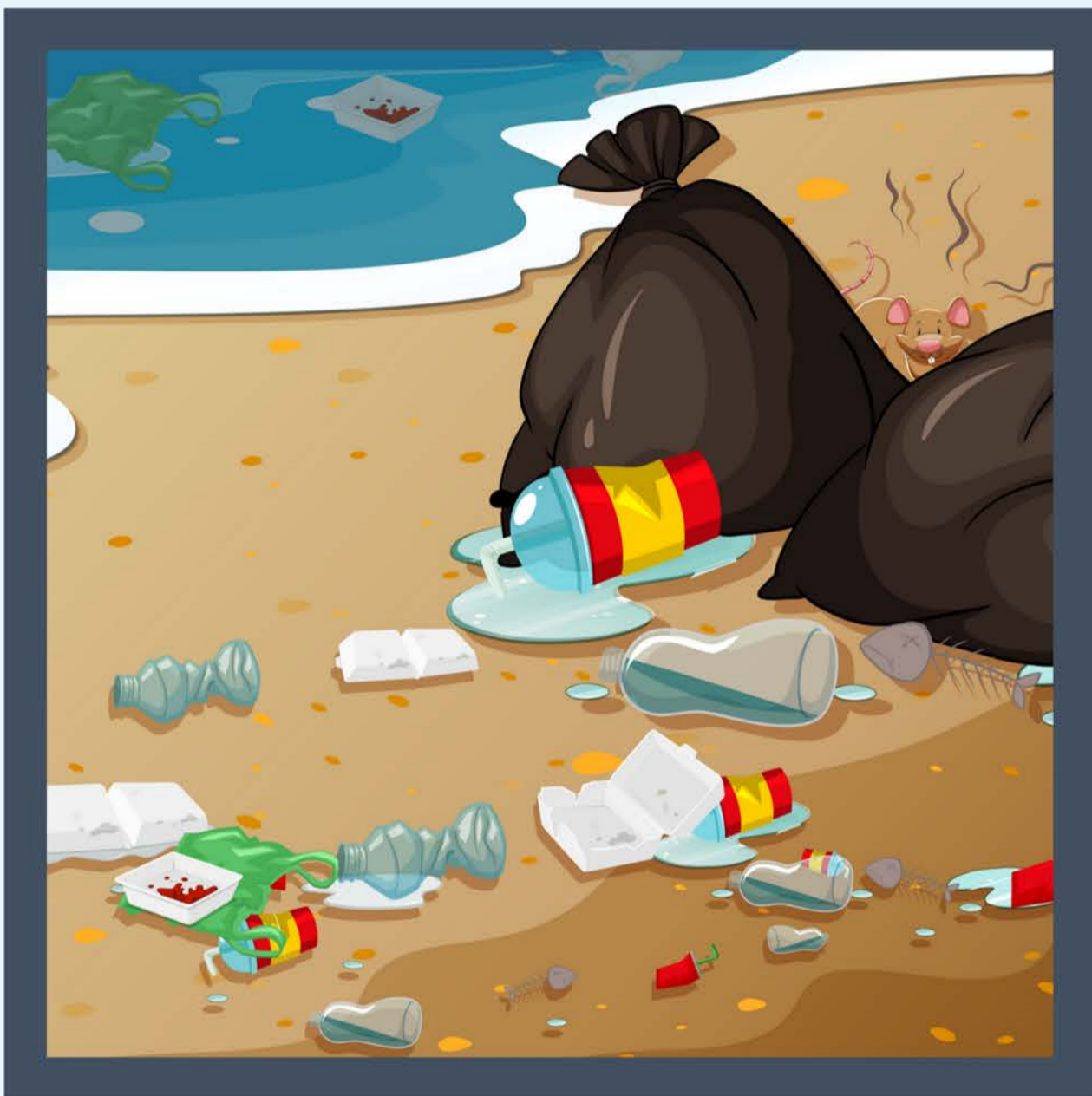
Grand Bahama is known for citrus fruit, onions, corn, sponge, cement, and medicine.





Protecting Our Resources

In The Bahamas, there are many natural resources to protect. These include the sun, sand, sea, people, lakes, blue holes, parks, water, animals, plants, land, and many other resources. Bahamians can enjoy and appreciate the beauty of many of our natural resources. Natural resources also help us by providing protection, health, employment, and income for many.



Can you imagine your favorite beach with the sand covered with trash and the water filled with bottles, boxes, and plastic bags? How awful! That's what happens when pollution gets into the air, water, and land!

Pollution is the unwanted things that make the planet sick. It can be trash, chemicals, and other things that cannot be seen. When these unwanted things end up in the water, it can make it unsafe for humans and animals to drink and swim.



When the land is polluted, it can make it hard for plants and animals to grow. This is why natural resources need to be protected. This can be done by remembering three simple words: Reduce, Reuse, and Recycle.

Reduce
Reuse
Recycle



Reduce means to use less. Having less things means that there are less things around to cause pollution. Reuse means finding new ways to use old things instead of throwing them away. For instance, instead of throwing the newspaper away after reading it, it can be used to help potty train the dog.



Recycle means to take some things that are thrown away and change them into new products. We can do this with aluminum and paper. By doing these things along with keeping our environment clean and planting trees, we can protect our natural resources and take care of our environment.

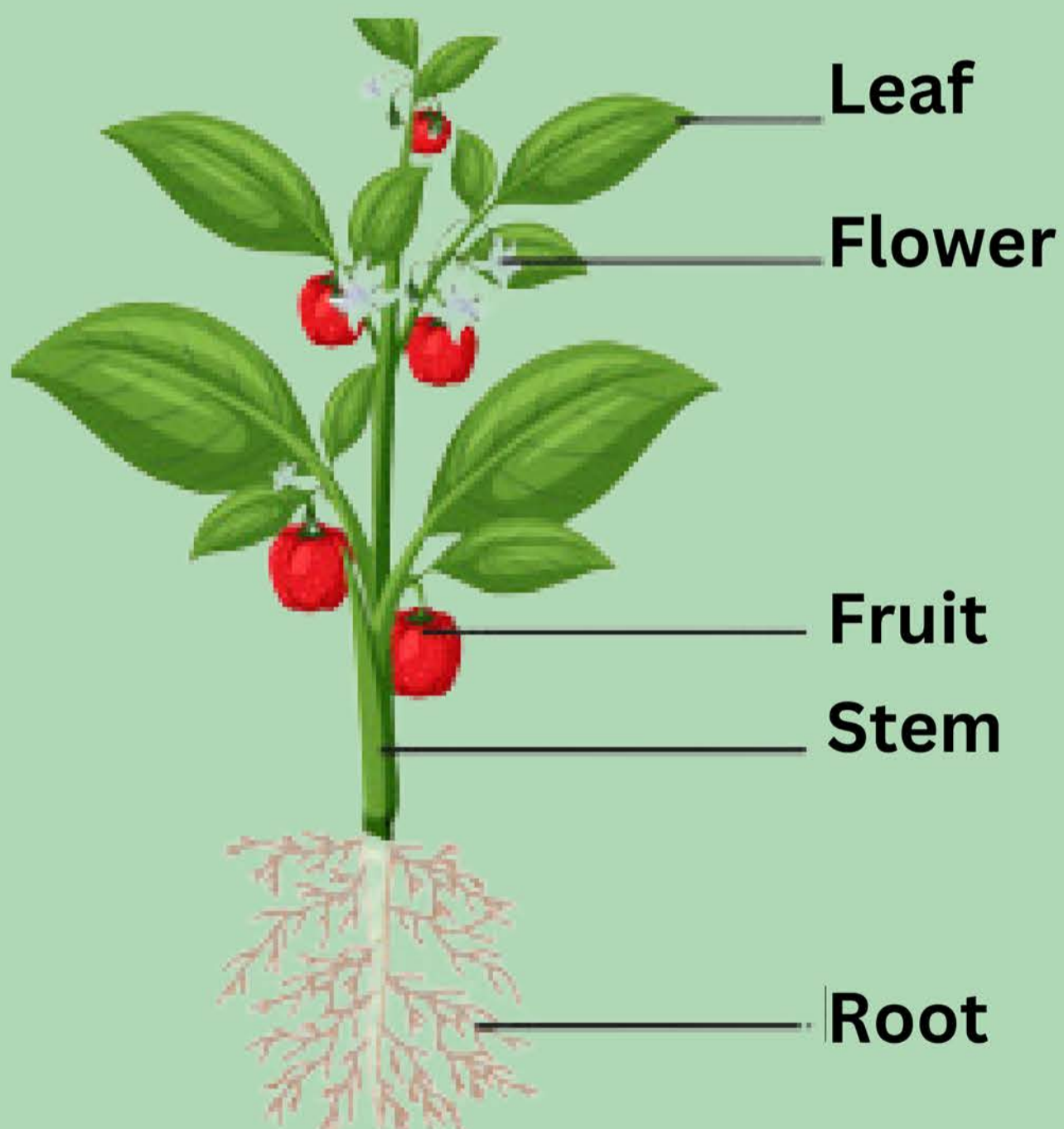
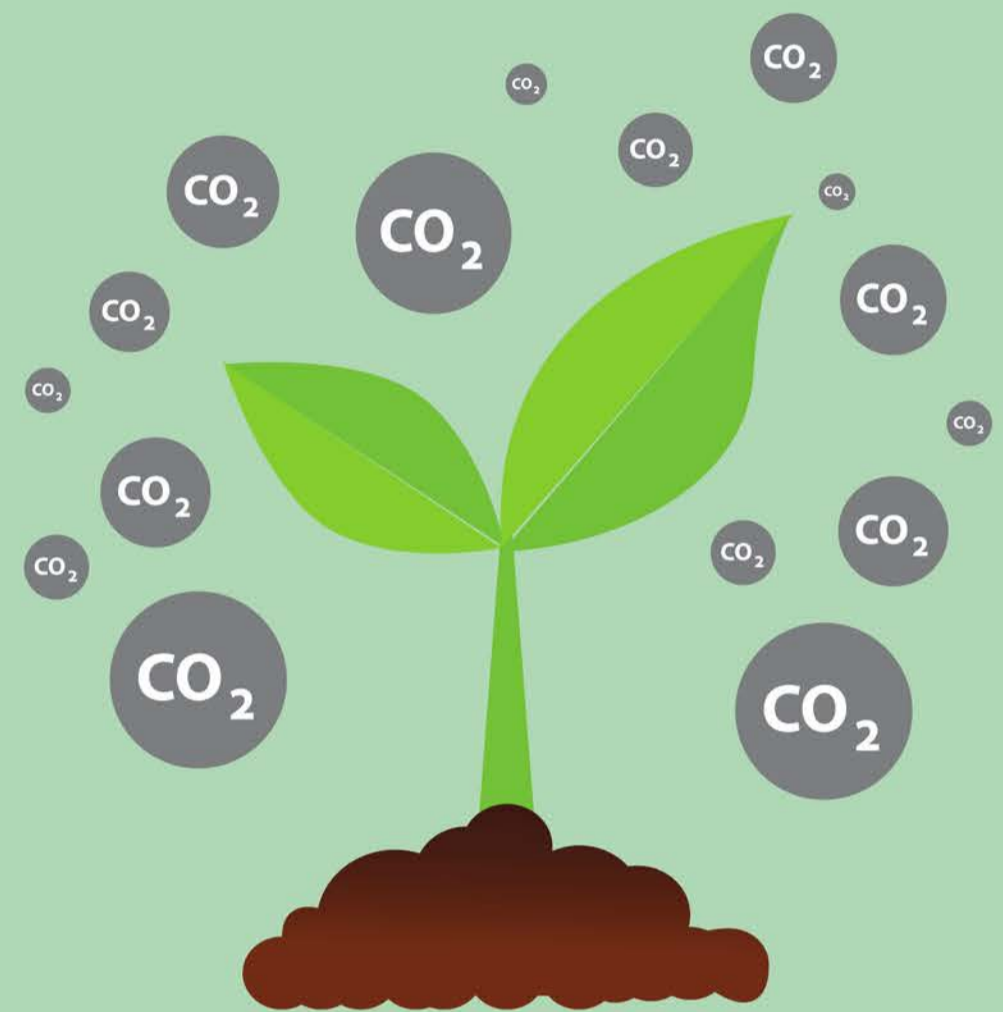




Plants

Plants are a very important part of this world. They are a natural resource that helps to keep the air clean by taking in carbon dioxide through small holes on the underside of leaves.

Carbon dioxide is used to make food for plants. When this happens, the plant gives out oxygen, which is what humans and animals breathe. If the plant has no leaves, it makes food in the stem and stores it there.



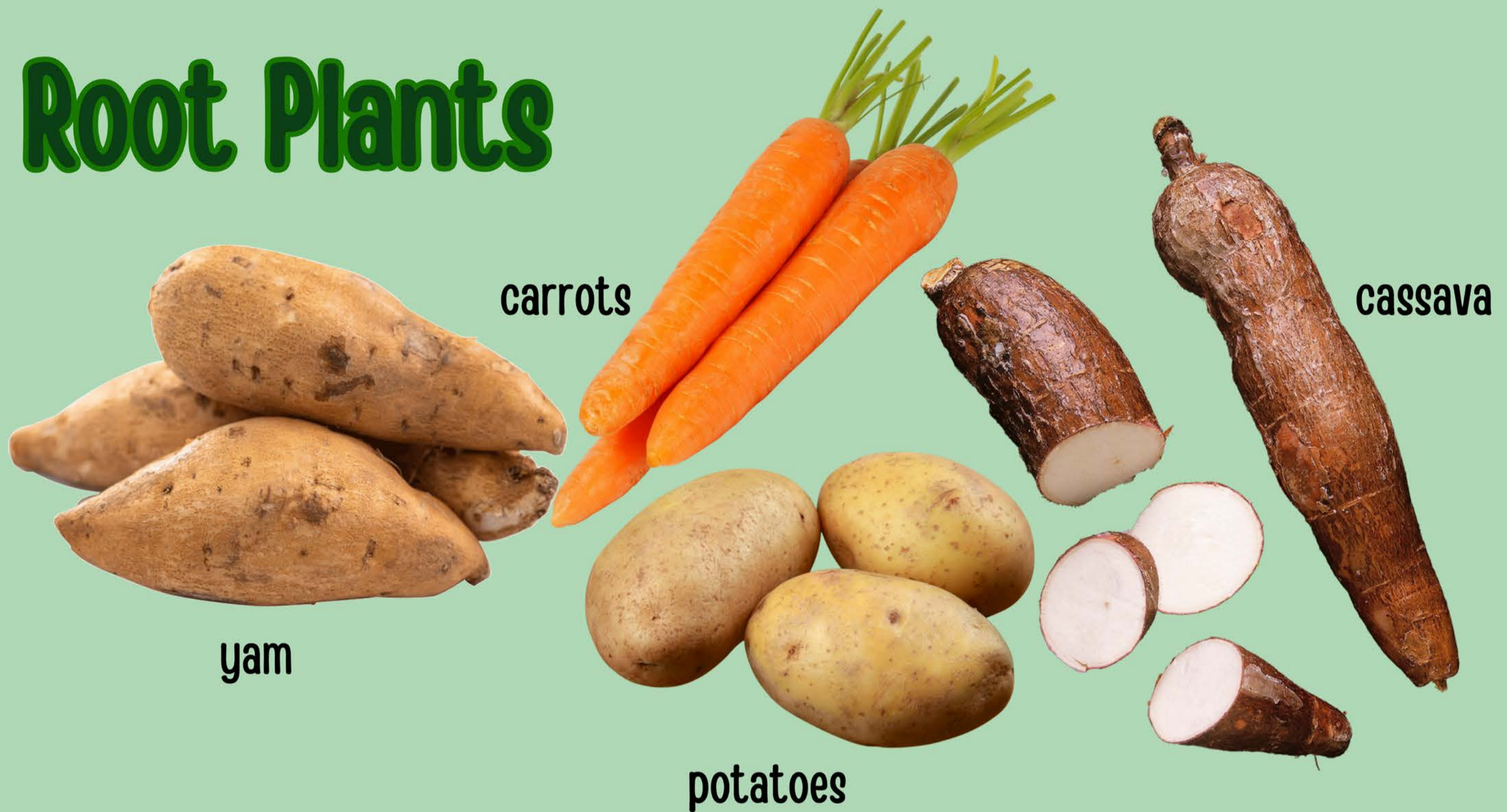
In addition to the stem and leaves, the plant has roots, fruits, and flowers. These are the main parts of a plant.



Each part of the plant has a job to do. Roots hold the plant in place and help to keep the soil from washing away. Roots also take in water and minerals from the soil for the plant.

Some foods that we eat, like carrots, potatoes, yams, and cassava, are actually the roots of the plants.

Root Plants



The stem supports the plant and transports materials from the roots to the leaves. They also hold out the branches and leaves to catch the sunlight. Leaves have veins that carry water and nutrients.

Plants that can be eaten are an important part of a healthy diet. It is important for citizens of a country to be able to grow enough food to feed themselves. The Bahamas imports almost 80% of its food. Bahamians are now being encouraged to grow their own food. Many families grow food on their own plots of land. This is called backyard farming.

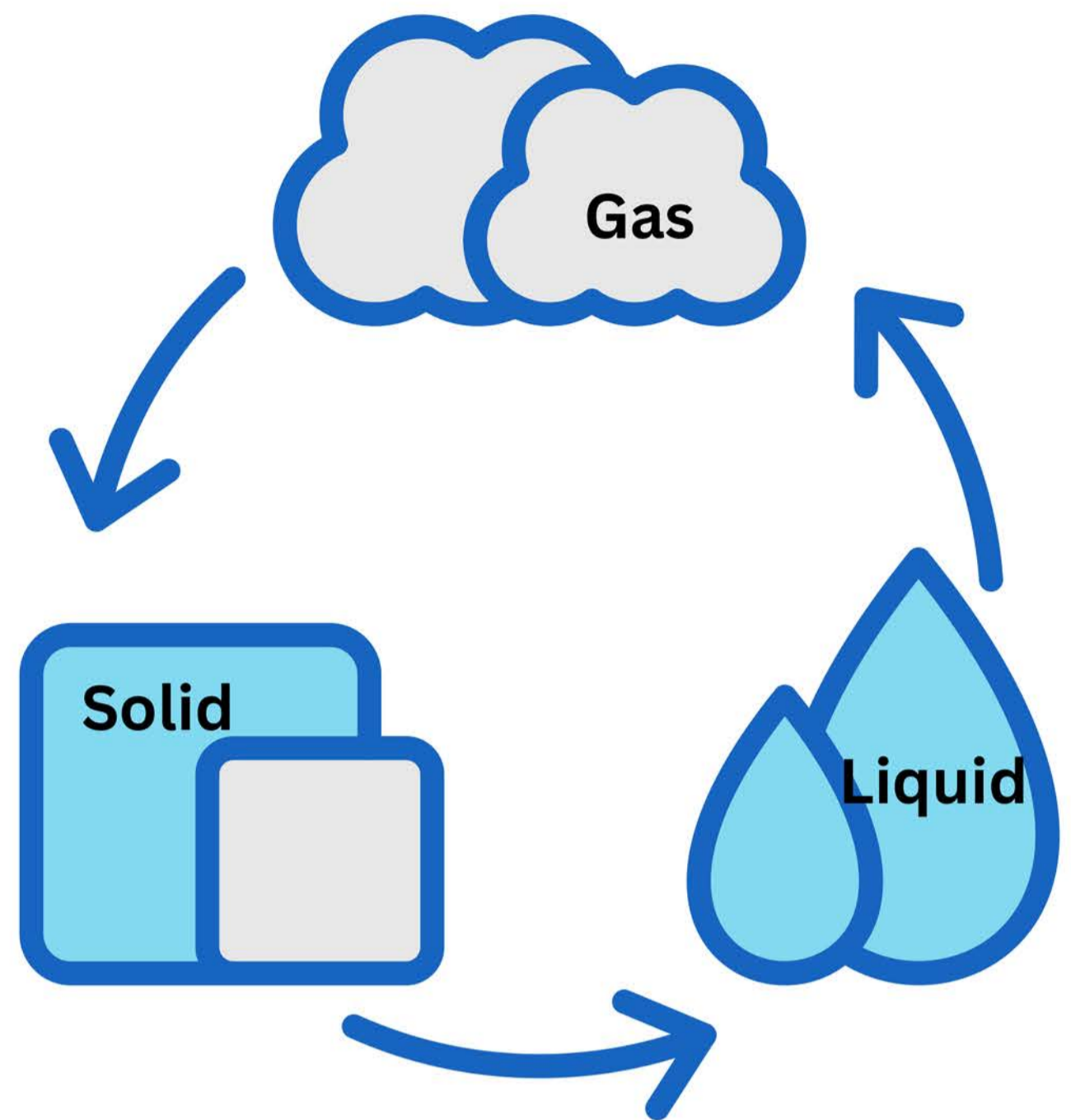




Matter

Matter is anything that takes up space and has mass. It can also be in three different states:

- **Solid:** It has a definite shape and does not lose it. Think of a rock!
- **Liquid:** It takes the shape of its container, like water in a cup!
- **Gas:** It fills up its container and does not have a definite shape, like the air around you!



Water is like a shapeshifter! It can be three different things:

- **Solid:** ice cubes or snow
- **Liquid:** water you drink or in which you swim
- **Gas:** steam rising from a hot cup of tea.



Adding heat or taking it away makes things change!

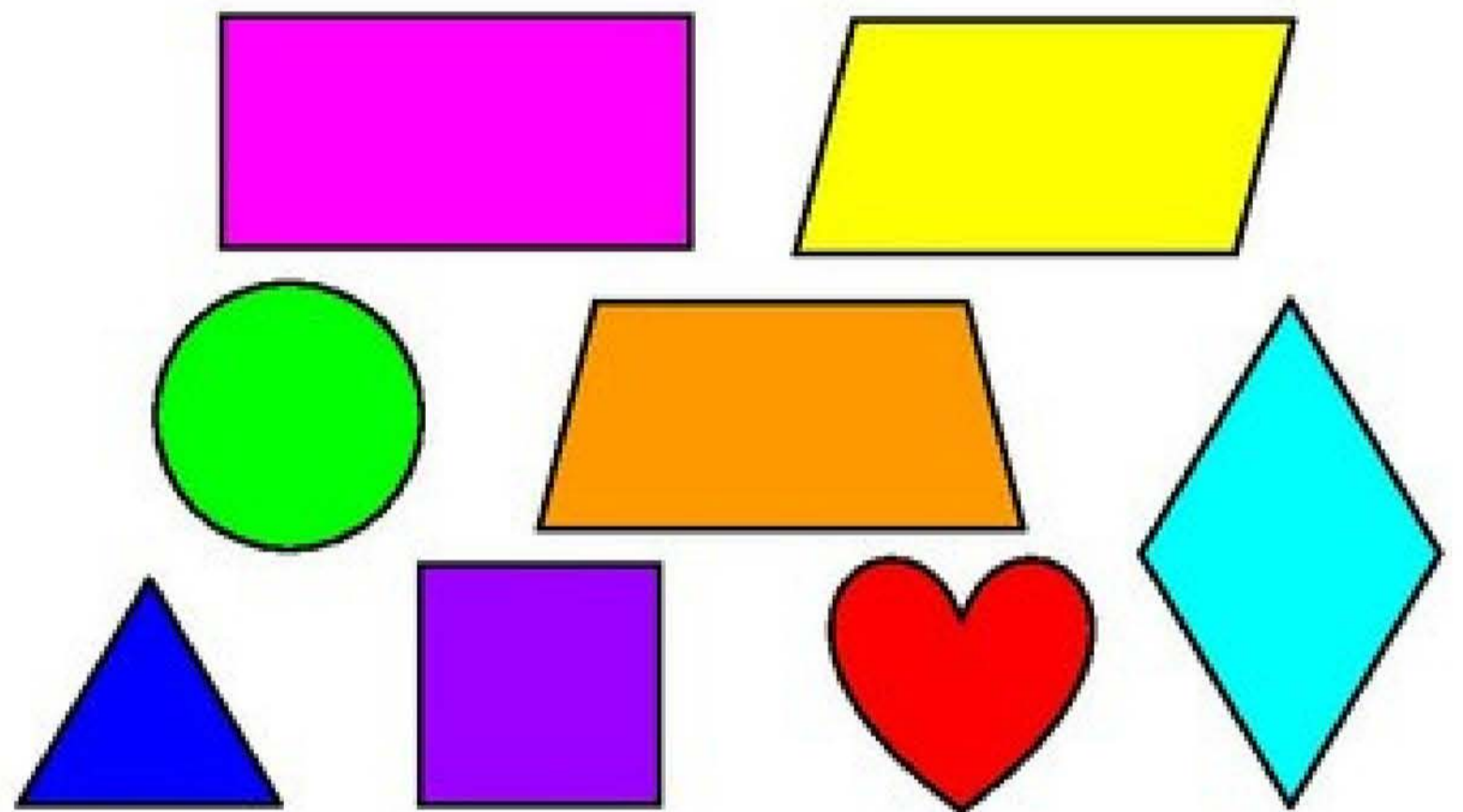
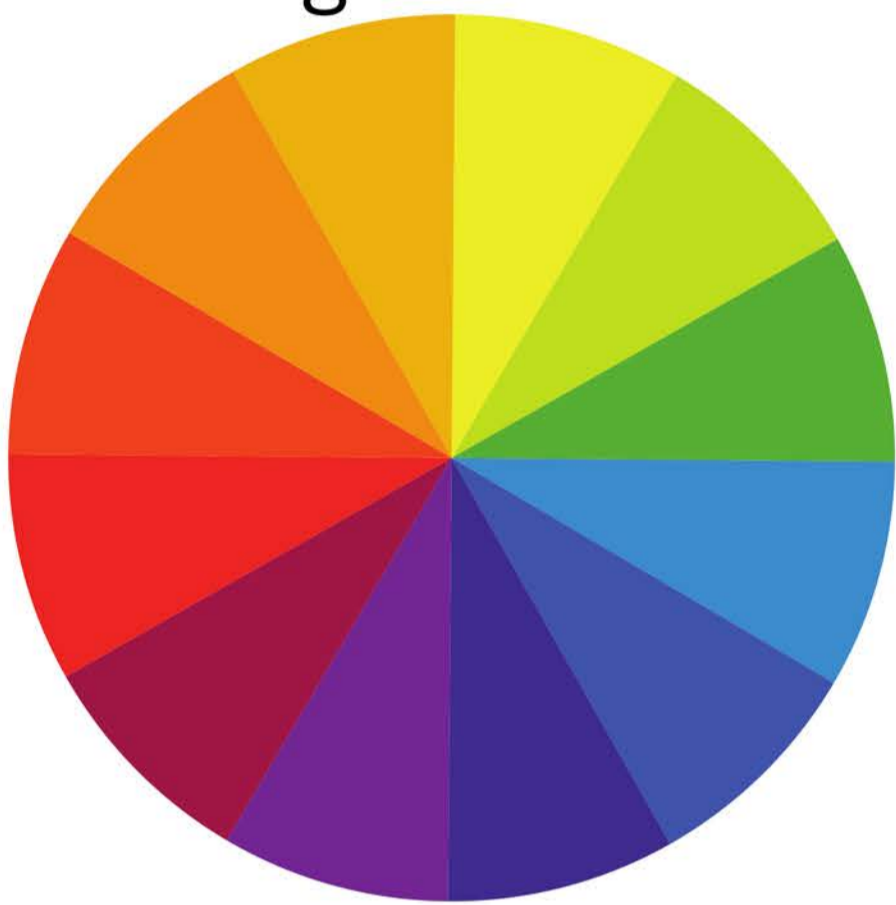
- Heat makes things move faster. Think of how water boils when you heat it!
- Cooling makes things slow down. That is why ice melts when it gets warm!



Materials can have different properties we can discover with our senses!

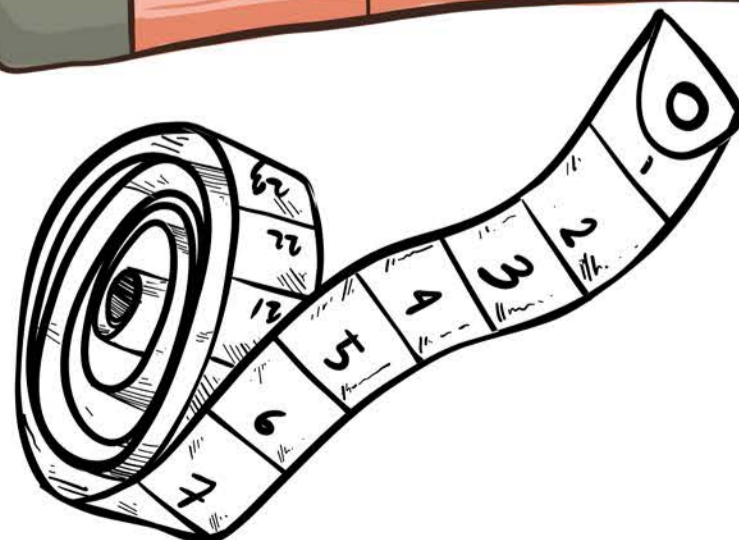
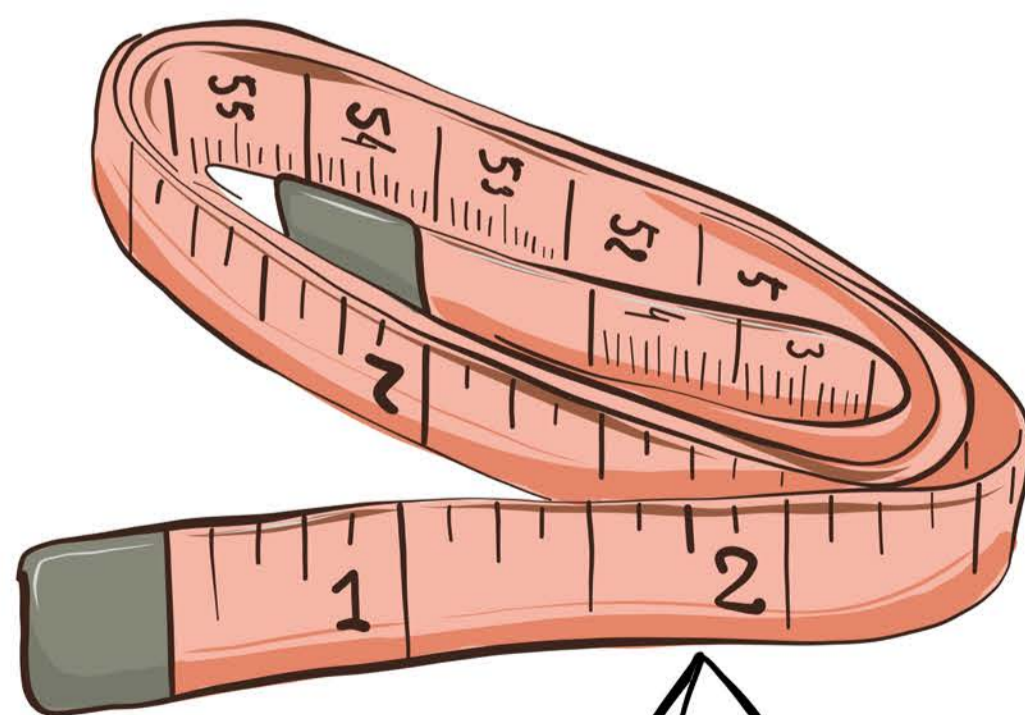
- Color: Is it red, blue, or something else?
- Size: Is it big, small, or somewhere in between?
- Shape: Is it round, square, or another shape?
- Texture: Is it smooth, rough, or something else?

Some things can even bend, stretch, or break! Magnets can attract some things made of iron!



We can measure things using special tools!

- Length (How long something is) can be determined using rulers or measuring tapes. Some units of measurement used are centimeters, meters, yards, feet, or inches.



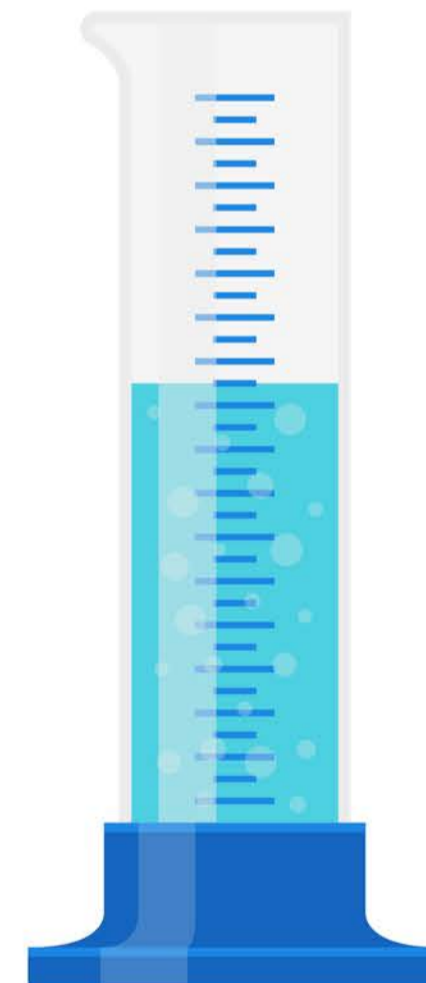
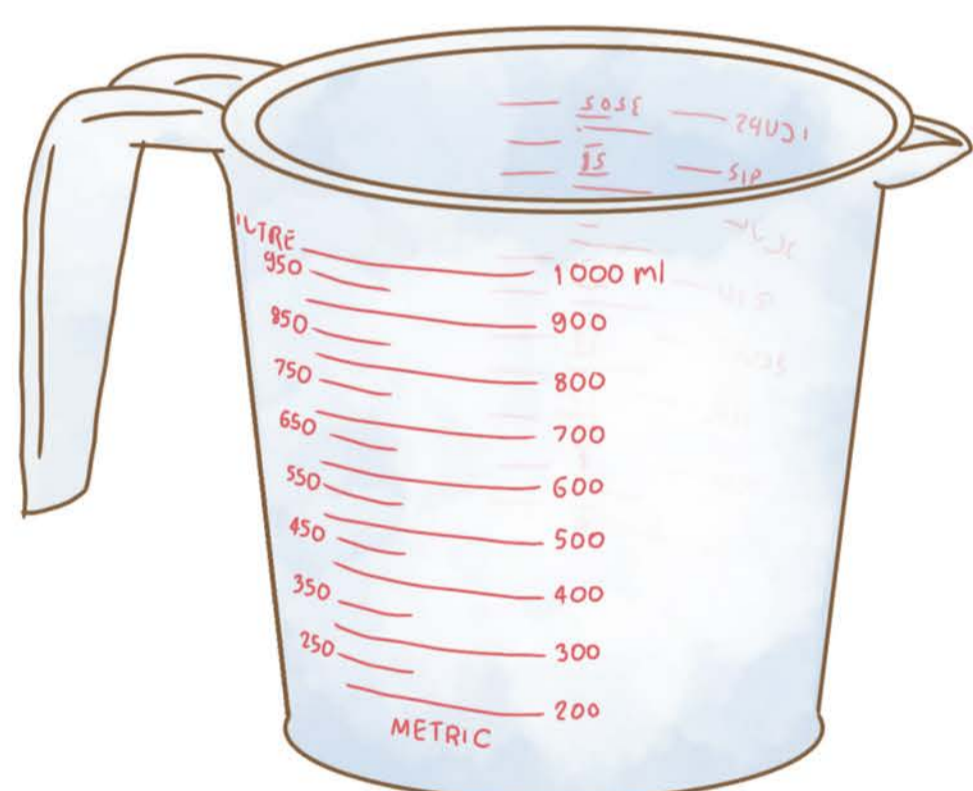
Mass

Mass tells how much matter is in something. Mass can be determined by using scales or balances. Some units of measurement used are grams, kilograms, ounces, or pounds.



Volume

Volume tells how much space something takes up. Measuring cups or graduated cylinders can be used to determine volume. Some units of measurement used are millilitres and litres.



Remember, all matter has its own unique properties!



Gas



Liquid

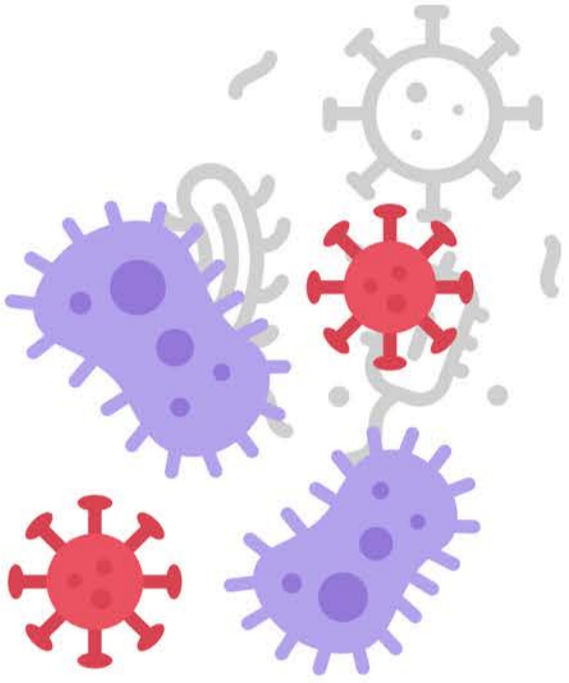


Solid



Beware of Vectors and Spreading Diseases

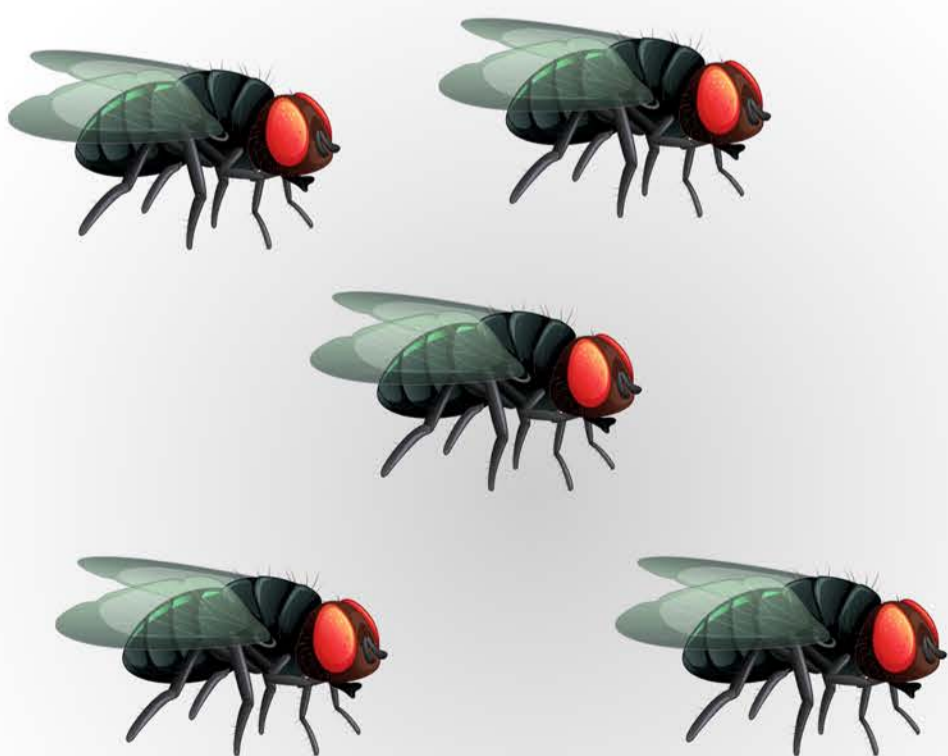
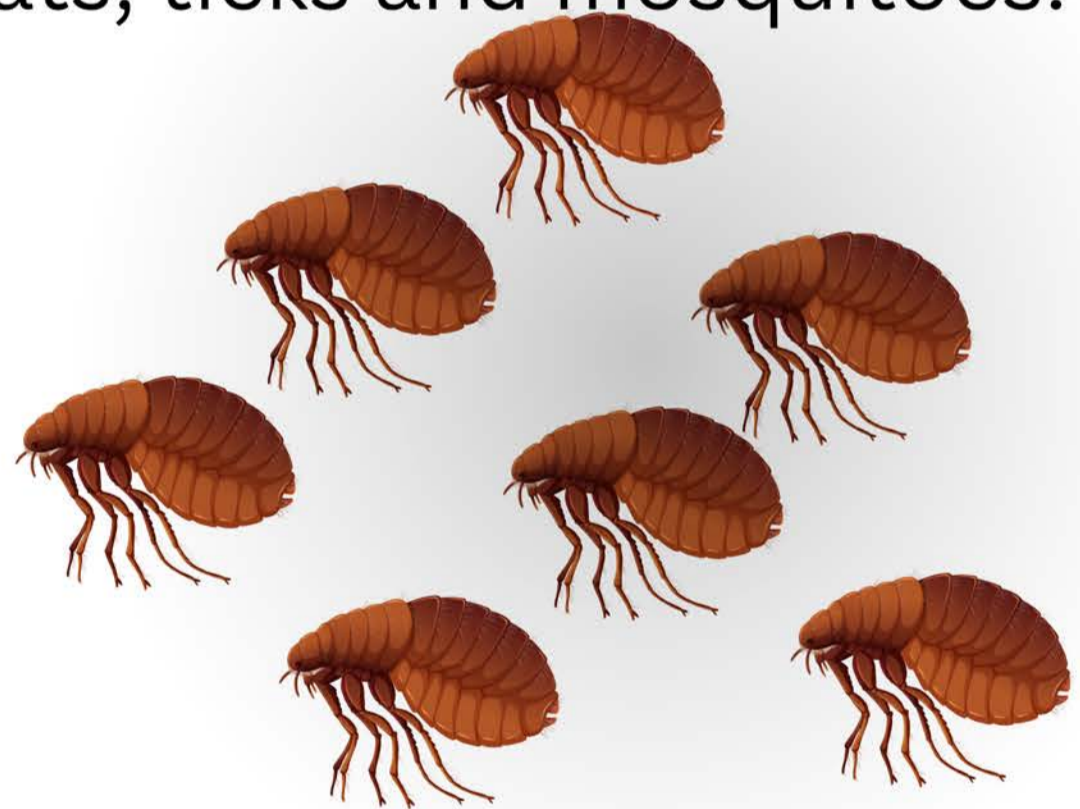
A disease is a condition that damages or weakens parts of the body. There are many reasons why we get diseases that can make our bodies sick.



Some sicknesses are caused by tiny organisms called pathogens. Pathogens or viruses that can make us ill. They spread sickness when they go from one person to another. Pathogens only make us sick if they grow inside our bodies.

There are some animals that can also make people sick by spreading diseases. These animals are called **vectors**. In the Bahamas, some common vectors are fleas, houseflies, rats, ticks and mosquitoes.

Fleas are tiny bugs that can bite and make people and pets uncomfortable. The cat flea is a problem for humans and pets like cats and dogs.



Houseflies are insects found in homes and restaurants. They can carry many germs that make people sick by causing stomach problems and other ailments.

Rats can contaminate food and spread diseases when they leave their droppings, like feces and urine on food, which is then consumed by humans. There are two types of rats: roof rats (black rats) and Norway rats (brown rats).



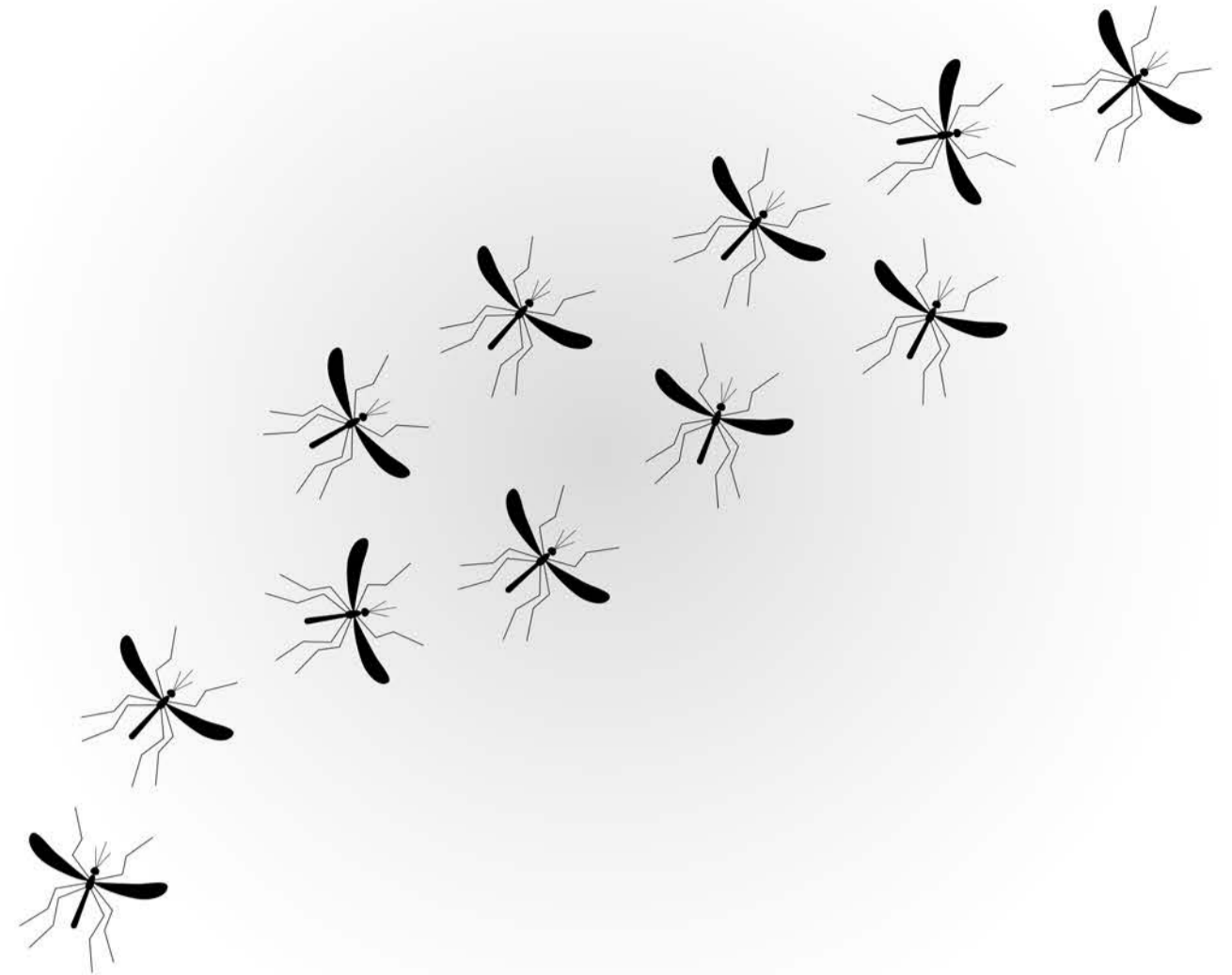
Ticks are tiny bugs that can carry germs. They might be on animals like dogs or in the woods. One disease they can spread is called Lyme disease.



Cockroaches are bugs that can carry germs that make people sick with infections like typhoid fever, cholera, and leprosy.

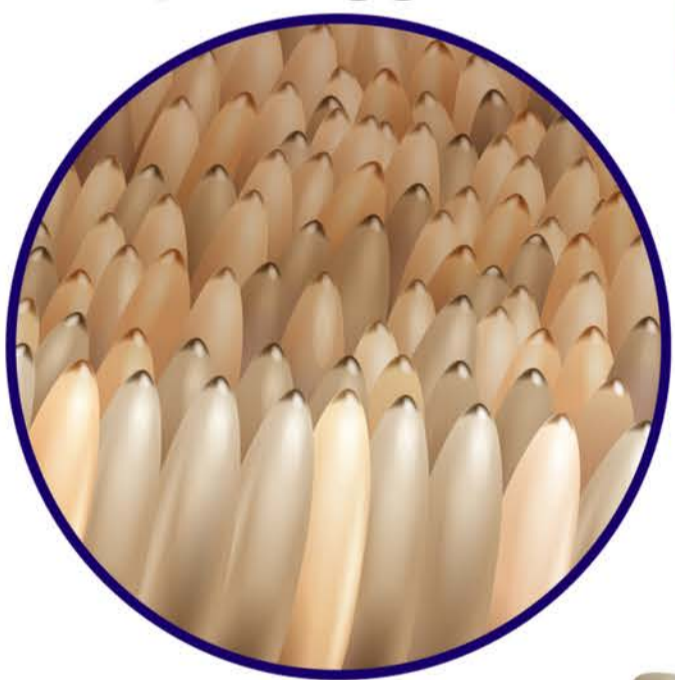


Mosquitoes are bugs that bite people and animals to get blood. They can spread diseases like the West Nile Virus, Zika, and Dengue Fever.



Mosquito Life Cycle

1 Eggs: Mosquito lays eggs in water, and they float in clumps (egg rafts).



4 Adult: The final stage is when the mosquito sheds, is fully grown, and can fly.



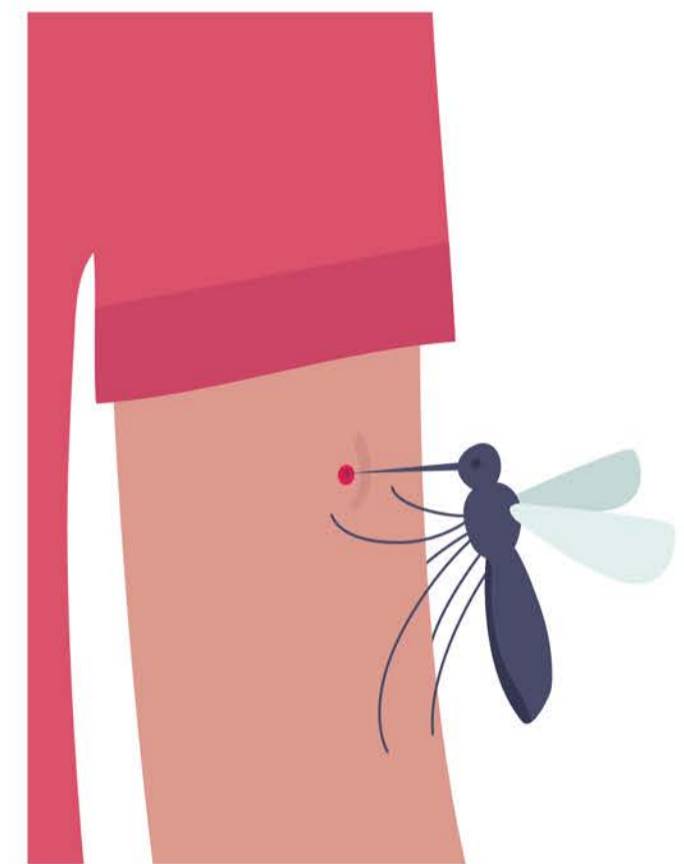
3 Pupa: This is the stage where the mosquito is changing, but it does not eat or move.



2 Larva: This is the baby mosquito that doesn't have wings yet.



Mosquitoes lay their eggs in stagnant water. If there are containers in your yard that collect rainwater, mosquitoes can lay eggs there. When mosquitoes get the food they need, they change from babies to grown-ups. They breathe through the water's surface and eat like underwater vacuum cleaners. Both male and female mosquitoes eat fruit and plant nectar, but females need blood to feed their young. Mosquitoes, like other insects, have an exoskeleton that protects their soft internal organs.



Keeping our homes clean from trash and standing water can slow down the vector population as well as prevent people from getting sick.





The Earth



Did you know that the earth is the only planet in our solar system that supports life? Earth is the third planet from the sun. It orbits around the sun. An orbit is the path an object takes as it moves around another object. When the Earth moves around the sun, it circles or makes a revolution. Earth makes one revolution around the sun every $365\frac{1}{4}$ days (one year). The earth rotates or spins on its axis. It takes 24 hours for the earth to make one full rotation. This movement causes us to have day and night.



Did you know that the sun is the biggest star in our solar system? It is a giant, hot ball of glowing gases that give off radiant energy like other stars. It is much, much bigger than earth—like a million times bigger! The sun is right in the middle of our solar system, providing great light to all.



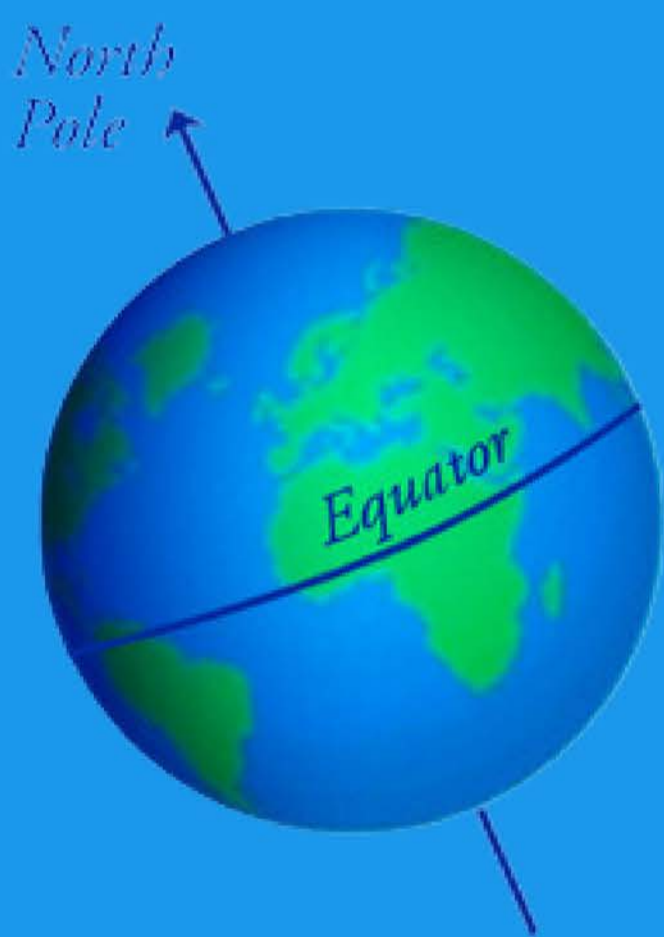


Weather and Seasons

Have you ever wondered why it is hot for parts of the year and cold at other times? It is because we have different seasons.

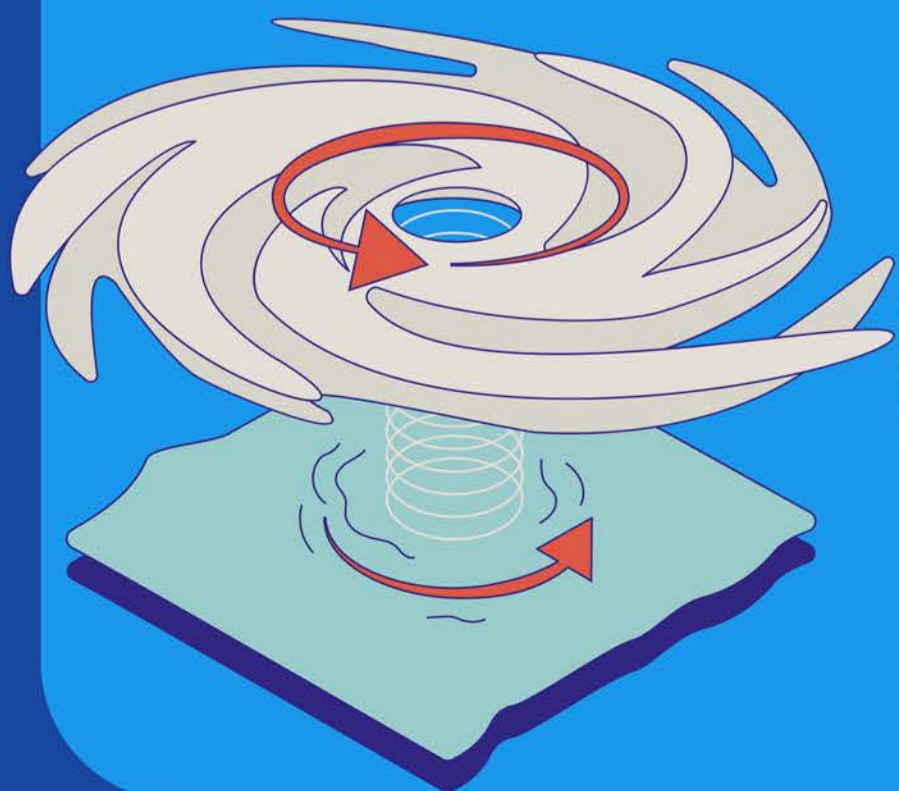
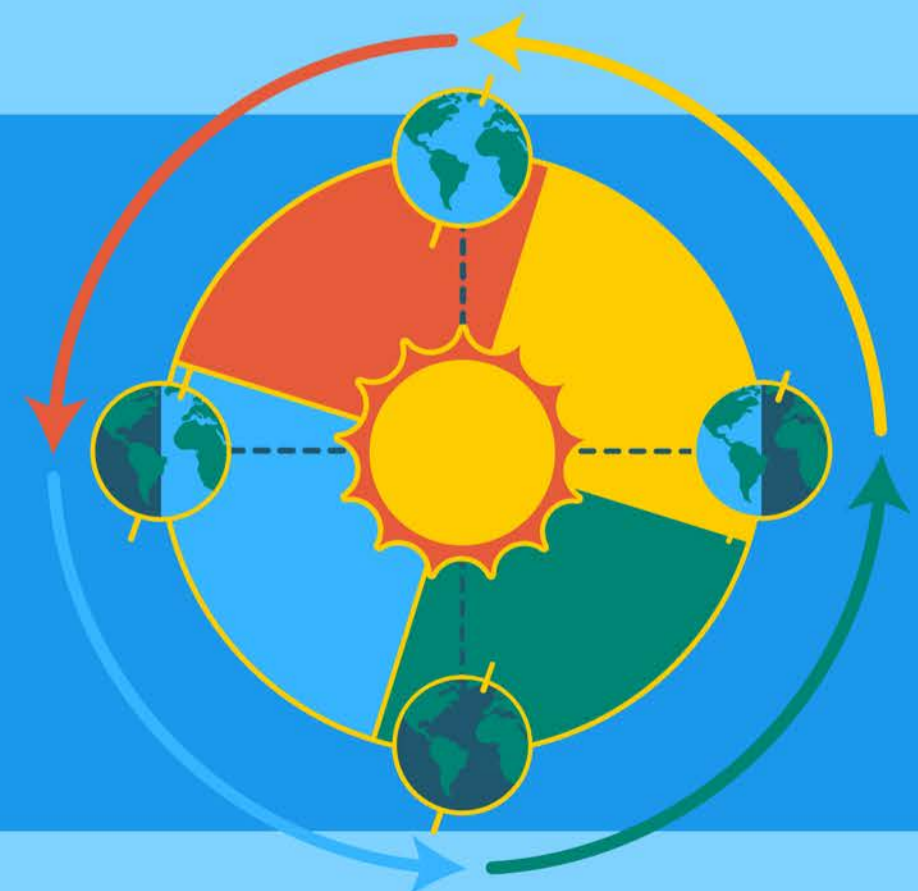


Earth has seasons because its axis is tilted. This means Earth is tipped to one side. The tilt changes how the sunlight hits Earth at different times of the year. This changes the amount of light and heat Earth's surface gets.



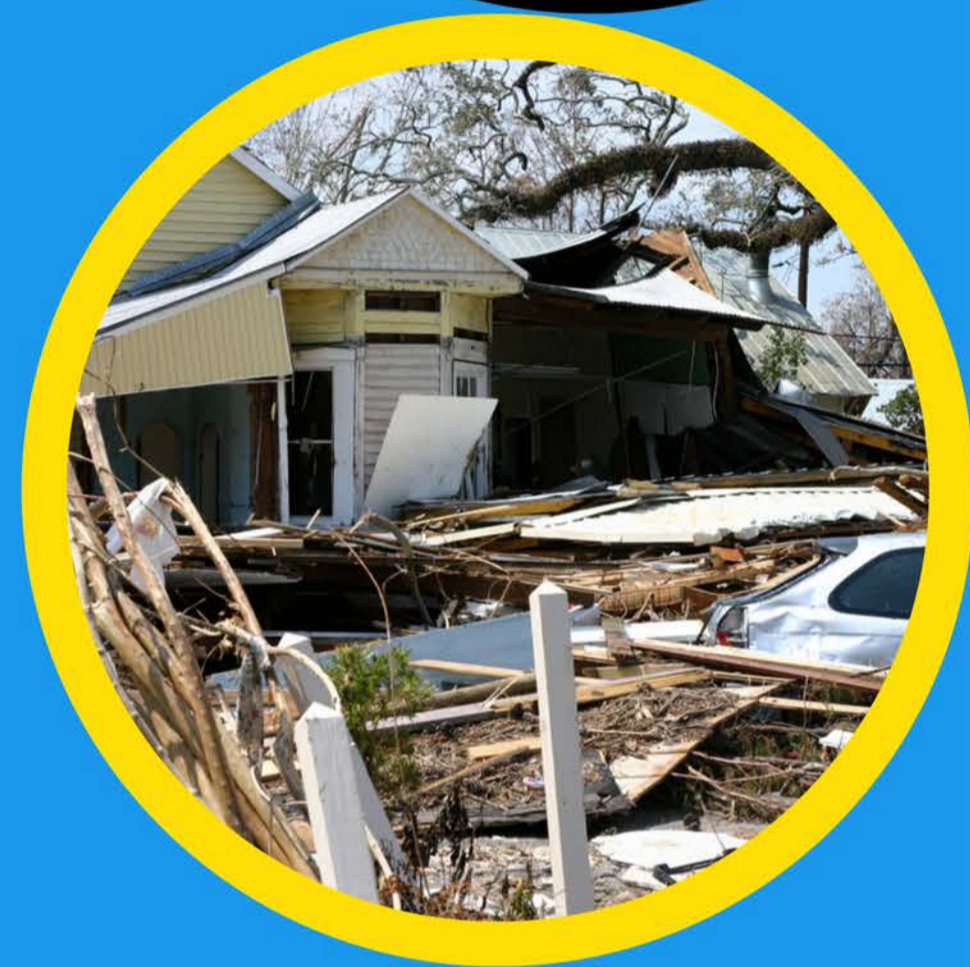
For part of the year, the top of the axis (North Pole) points in the direction of the sun. This is summer in the northern half. During that time, the bottom of the axis (South Pole) points away from the sun.

When Earth is in this position, it is winter in the southern half. Each season lasts three months.

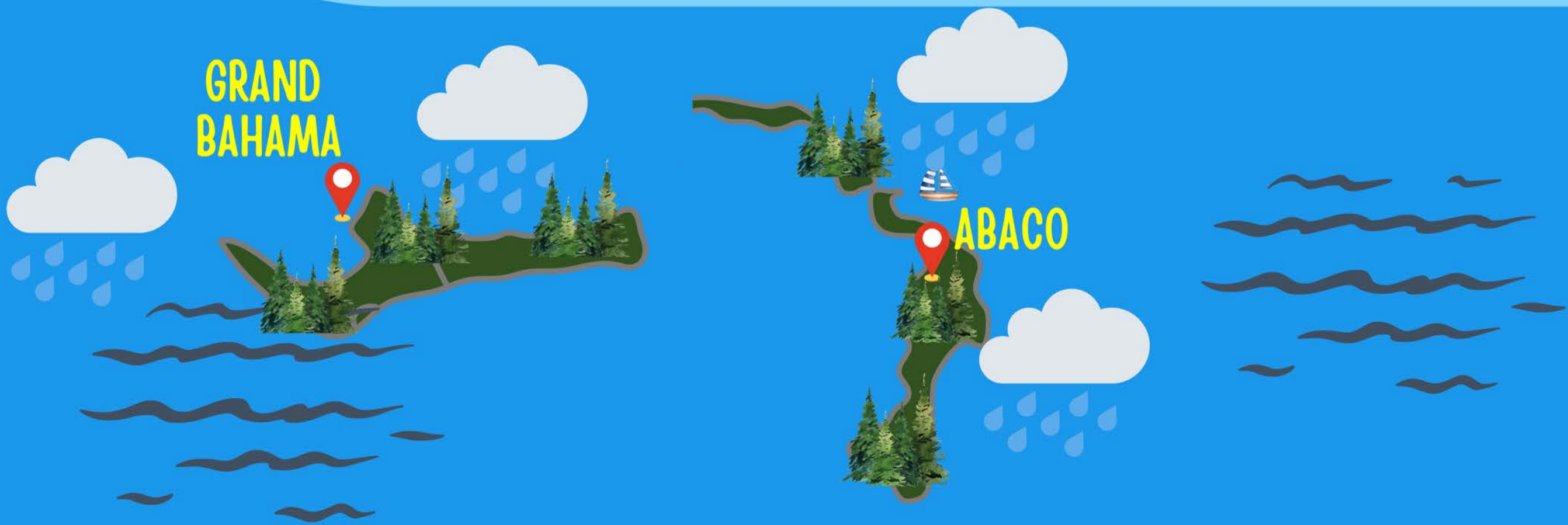


Hurricane season in The Bahamas is from 1st June to 30th November, but hurricanes can occur out of season. Hurricanes mainly form in the summer and fall months.

Hurricanes sometimes cause beach/coastal erosion. The most devastating hurricane to date was Dorian, which struck The Bahamas on September 1st, 2019, and devastated parts of Abaco and Grand Bahama. Many lives were lost, and homes and businesses were destroyed.



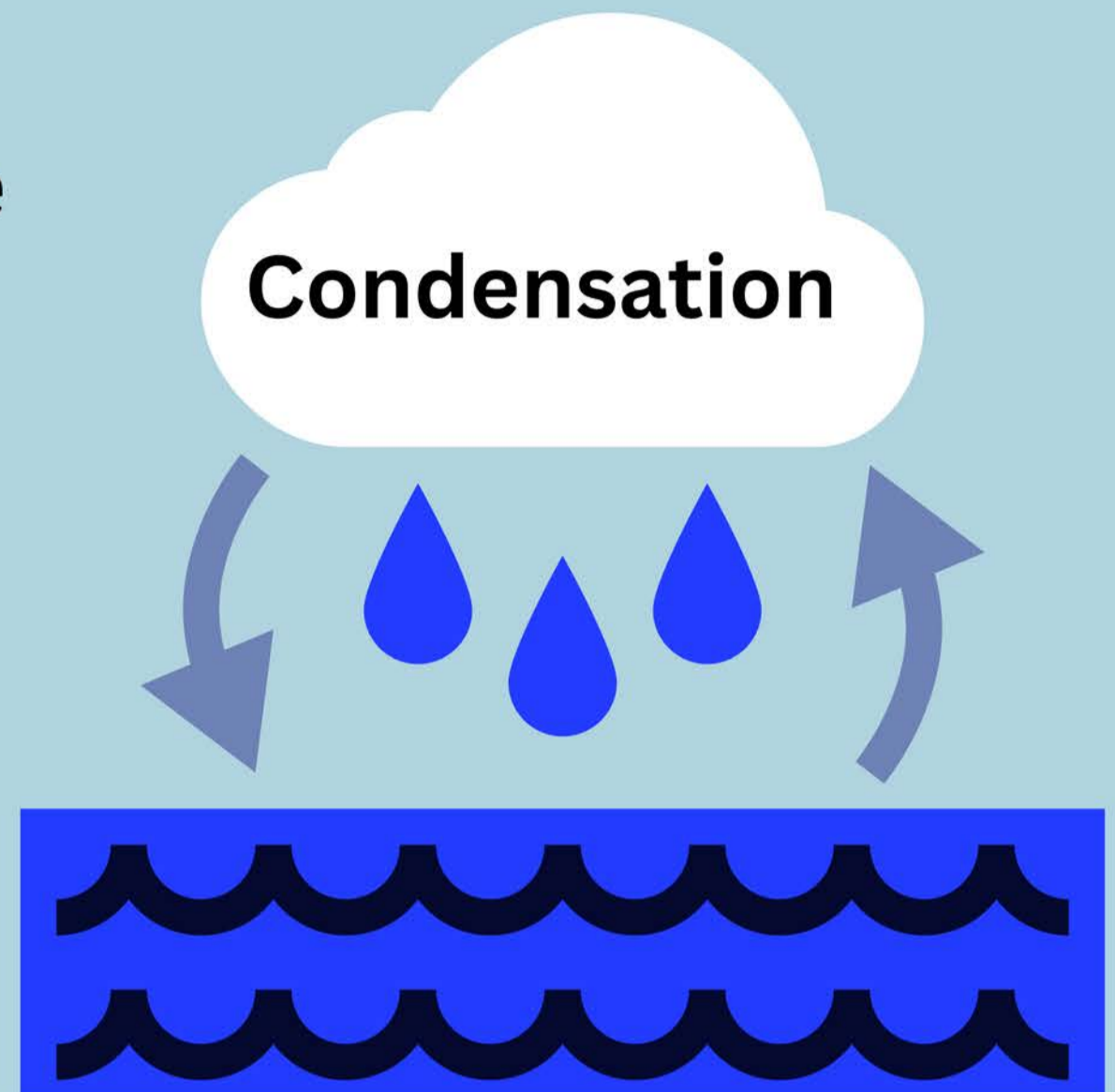
Abaco and Grand Bahama are in the Northwestern Bahamas. The Northwestern islands receive more rain than any of the other islands in The Bahamas. As a result, they have pine forests.





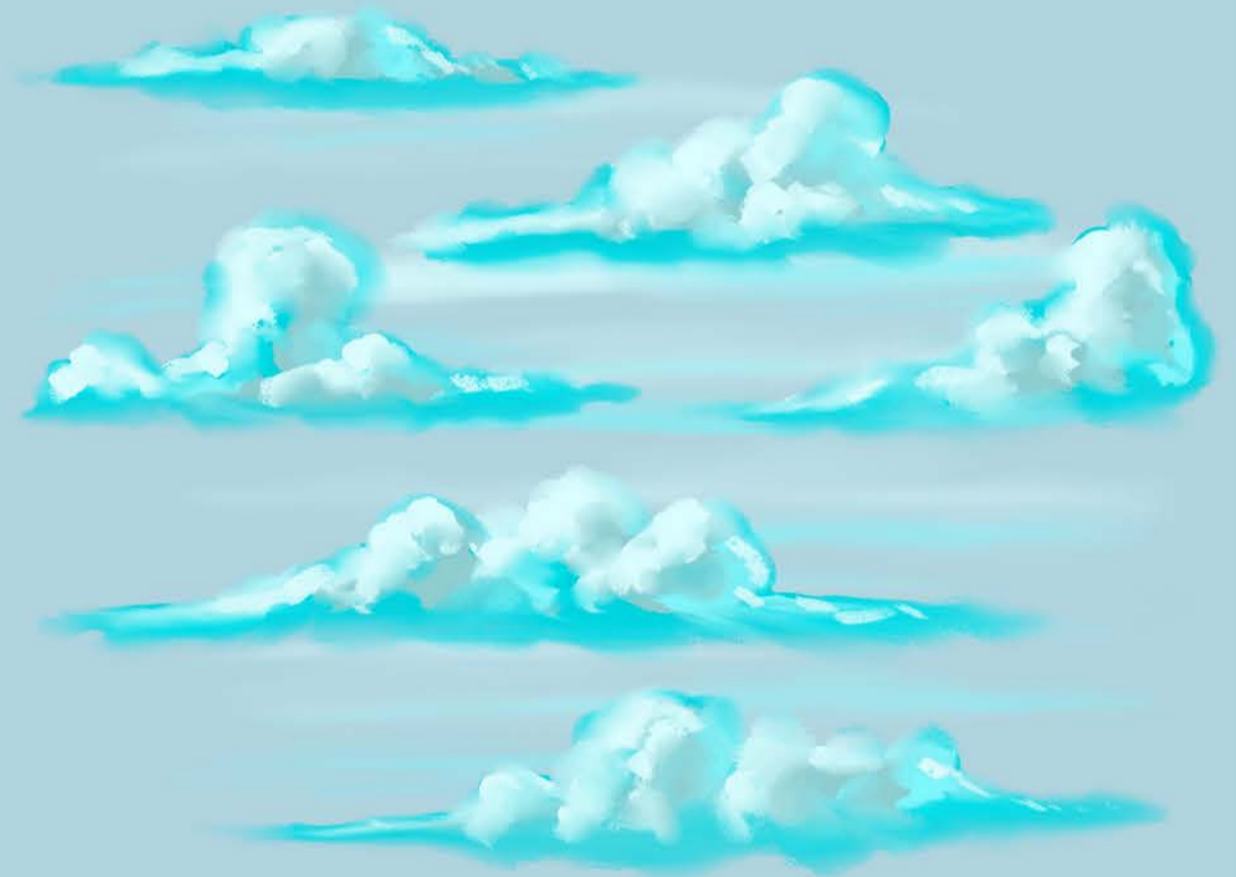
Clouds and the Water Cycle

A cloud forms when water vapour in the atmosphere condenses. Condensation happens when the water vapour rises, cools, and changes from a gas to liquid water. These drops of water in a cloud are so small they stay up in the air.



There are different types of clouds.

Cirrus Clouds are thin, feathery clouds that form high in the sky and bring rain or snow.



Cumulus Clouds are big and fluffy and are usually associated with fair weather.

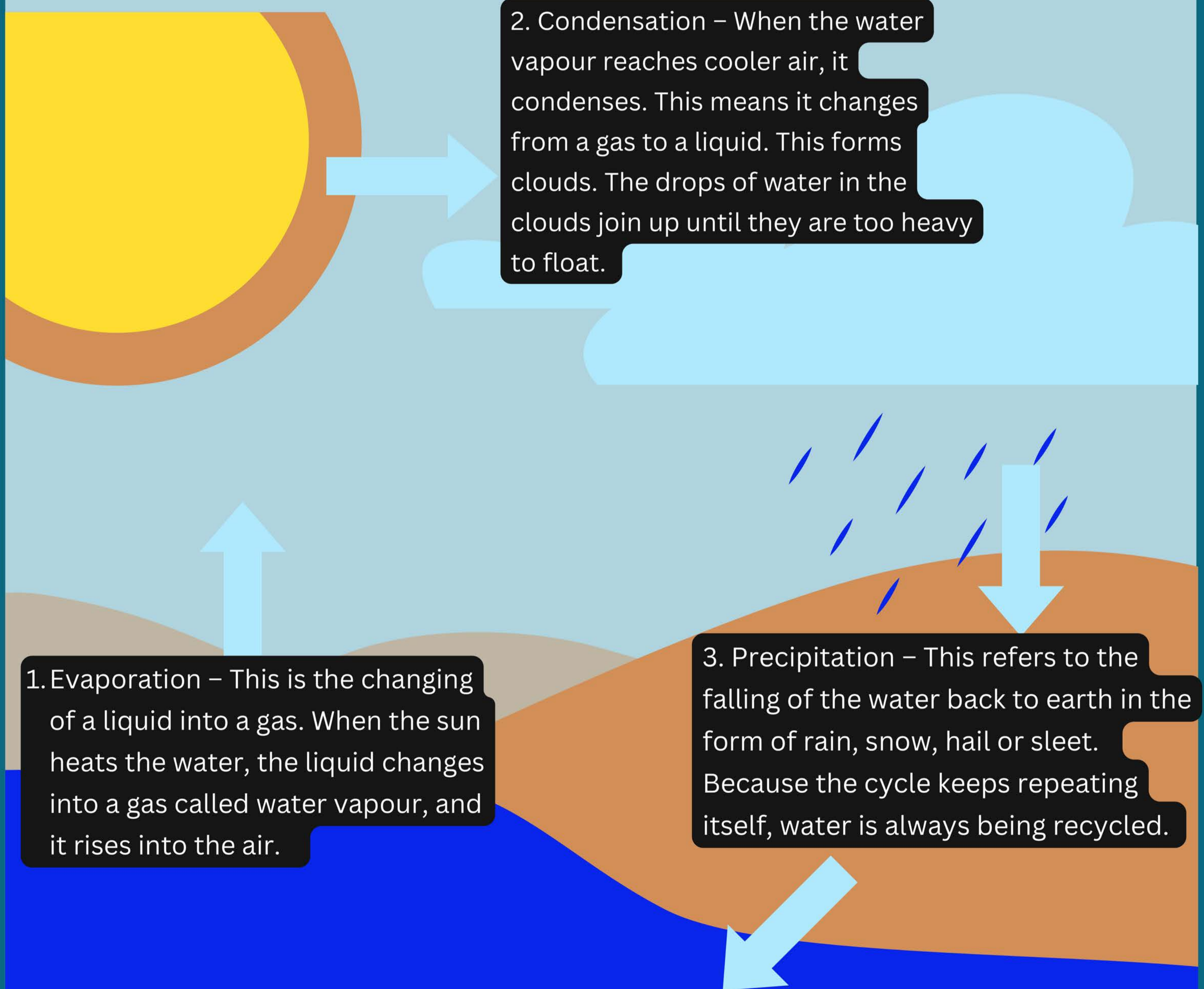


Stratus Clouds look like a dull grey blanket. They form close to the ground and bring rain.



Water is continually moving from the earth's surface into the air and back down to earth again. This movement is called the water cycle. There are several steps in the **water cycle**.

The Water Cycle





How We Worship

Worship is a way to show love, adoration, and thankfulness to God. People can worship God anywhere. We worship by singing songs, saying prayers, bowing heads, and lifting hands. God wants true worshippers, according to John 4:23. These are people who worship God by how they live.



The church is like God's holy house. It is a place where people can go to learn about Him and worship with others by praying, singing, listening to sermons together, and serving in special ways. This is called corporate worship.



Sometimes, people worship God alone. This is called "personal worship," and it can be done in various ways. They can sing, pray, read the Bible, or sit quietly and think about God.

An important part of how we worship is praying. Prayer is talking and listening to God. People can tell Him everything that is on their minds, and He listens carefully. He even talks back to them sometimes, but they must listen carefully to hear His voice.

Hannah, one of the Bible characters, prayed for a baby and God answered her prayer and blessed her with a son, Samuel. People can pray for anything they want! Before people talk to God, they should clean their hearts according to Psalm 24:4. They can do this by being quiet and still, singing worship songs, or forgiving someone who hurt them.



At school there are prayers students pray, like the Lord's Prayer, the school's prayer, and prayers for lunch and dismissal. At home people pray to bless their meals and at bedtime.

When people pray, they can talk to God like a friend. They do not have to use special words. They can use their own words from the heart. They can also use a little model called "P.R.A.Y." to help them remember what to say:

P - Praise God for being so amazing!

R - Repent of mistakes and ask for forgiveness.

A - Ask God for what they need and want.

Y - Yield to His will and trust His plan for their lives.

Remember, God always loves people and wants to hear from them, no matter what!

Sometimes, people have special days and festivals to celebrate. Their parents and grandparents did them before, and it is a tradition! Churches also have special days to show honour to God. These special days bring everyone together like a big family!

One special day is Harvest. It is when people say "thank you" to God because, as our Creator, He protects, provides, and cares for us.

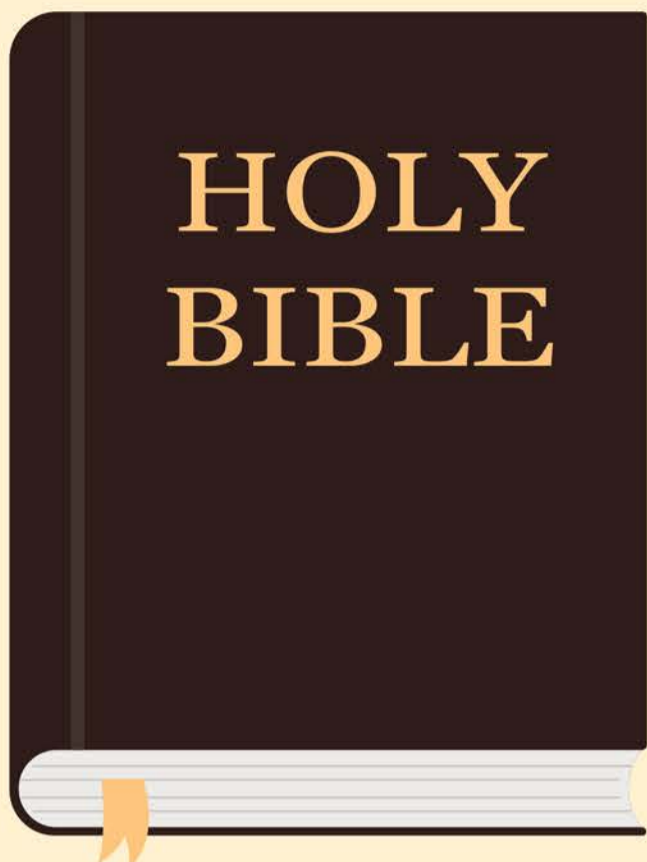


The Bible tells people to thank God lots of times. In Psalm 107:1 it says, "Give thanks to the Lord, because He is good; His love is eternal." It means people should always remember to thank God for everything He gives them. As a part of worship, people can use scriptures of thanks when they pray. Some scriptures to use are Psalm 100:4, Psalm 106:1-2, and I Thessalonians 5:16-18.





The Bible



The Bible is the Holy Word of God. Second Timothy 3:16 tells us that “All scripture is inspired by God.” Second Peter 1:21 states that people were under the control of the Holy Spirit as they wrote the message that came from God.

The Bible is like other books because it has stories; however, it is quite different. Most books are written by one author, but the Bible was written by many authors who were inspired by God. The Word of God is true (John 17:17).



Moses parts the Red Sea



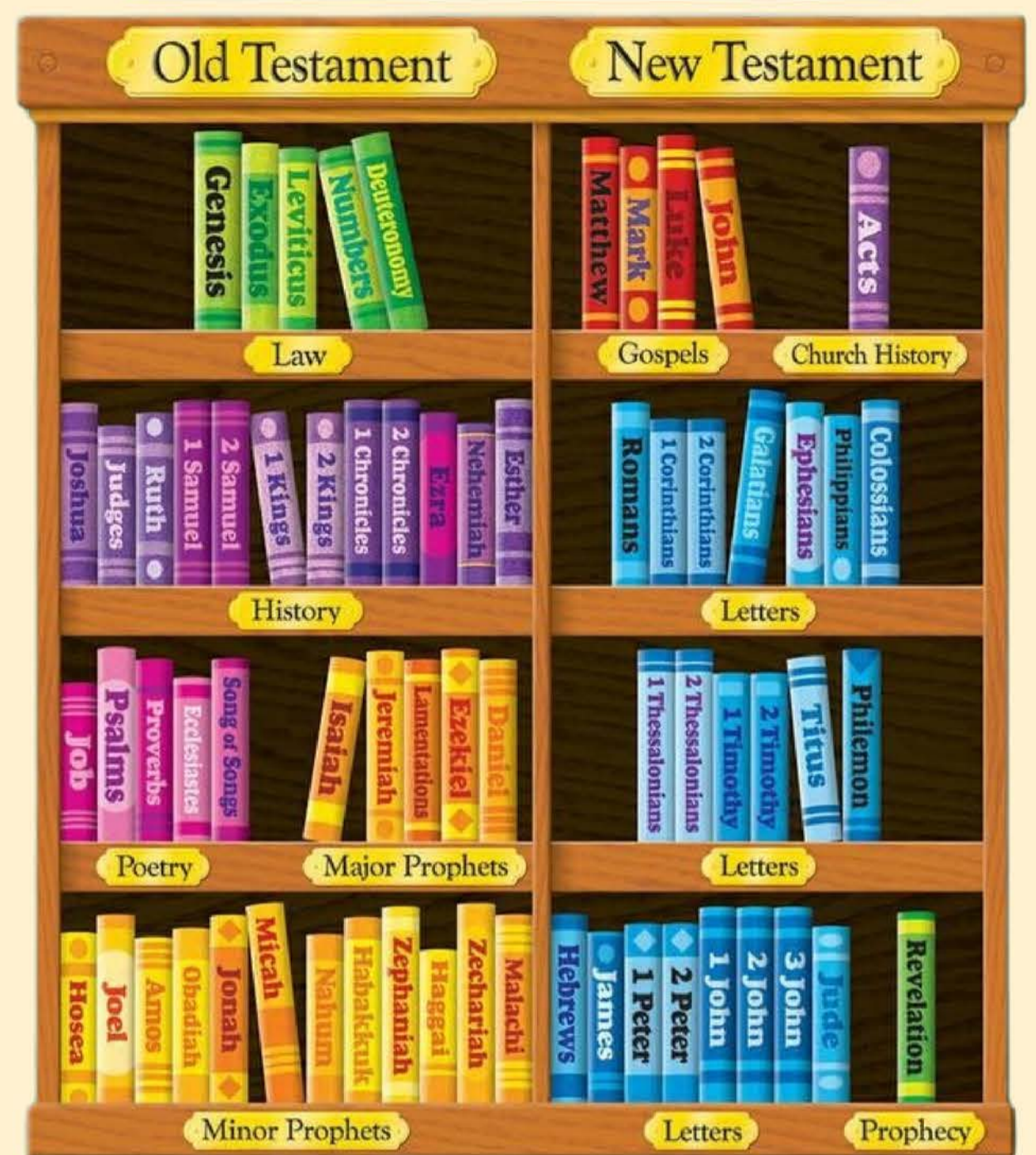
Noah's Ark

The Bible is an important guide that teaches us how to live. It teaches us to live joyfully, to be peaceful, kind, patient, and to have self-control. Galatians 5:22-23 tells us about the characteristics we should have. The Ten Commandments are rules/laws that govern how we should live.



Books of the Bible

The Bible is a collection of sixty-six books. Each Book is made up of chapters, and each chapter is made up of verses. The Bible is divided into two parts: the Old and New Testaments. The Old Testament has 39 Books, and the New Testament has 27 Books.



<http://bib.irr.org/understanding-different-parts-of-bible>

This organization allows readers easy access to stories and important teachings.

Some popular Old Testament books are Genesis, Psalms, and Jonah. Some popular New Testament books are Matthew, Mark, Luke, John, and Revelation. Psalm 23 and Mathew 6 are well-known chapters. Well-known Bible verses are Genesis 1:1 and John 3:16.



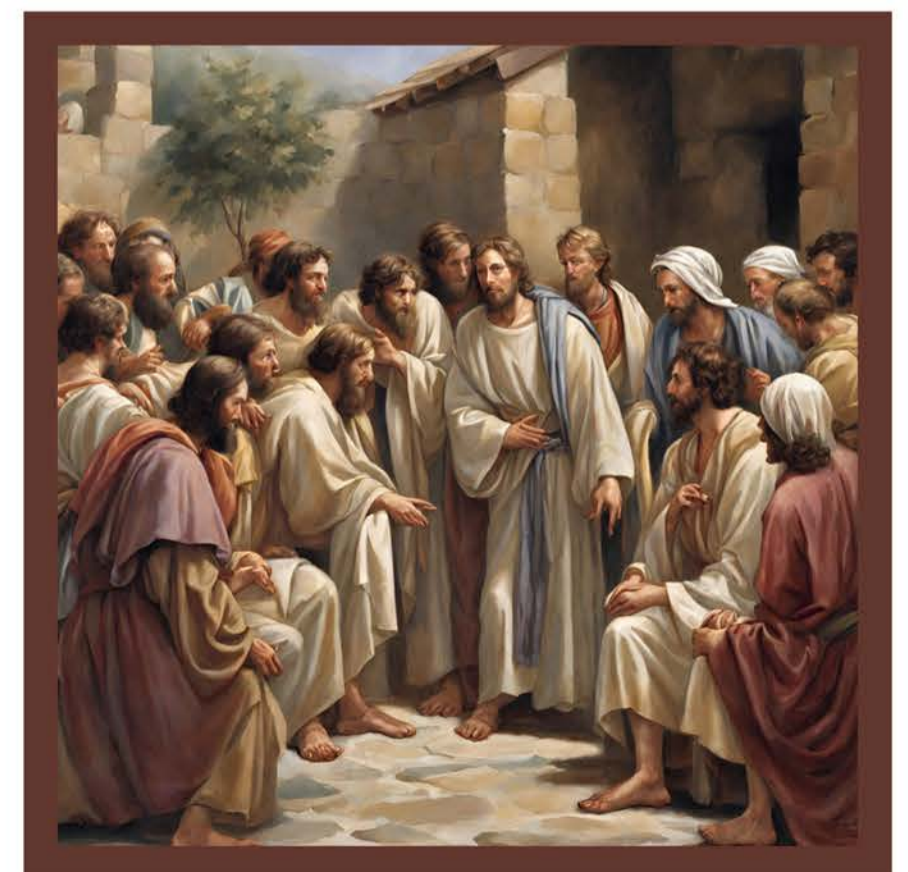
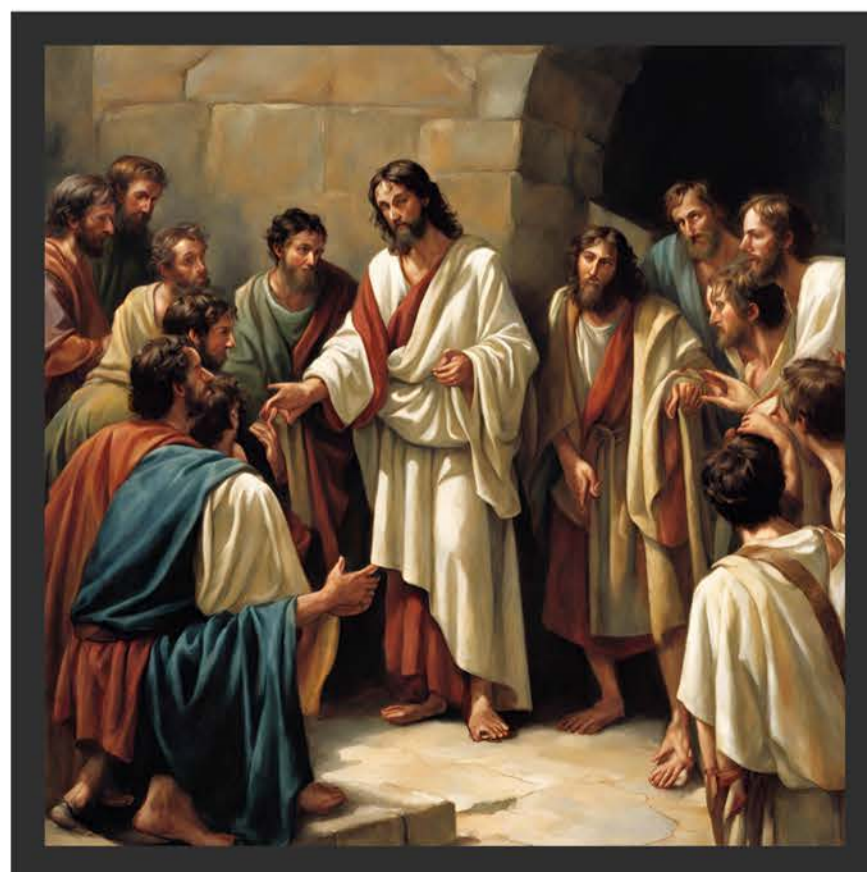


Miracles and Teachings of Jesus

The New Testament is a record of Jesus Christ's life and teachings. Jesus taught us how to love God, our neighbours, and our enemies. He taught important lessons about how to pray and forgive. He also taught believers not to worry.



Jesus had many disciples. Some of them were: James, Philip, Bartholomew, Matthew, Thomas, Thaddeus, Simon, and Judas. The disciples heard Jesus teach about God's kingdom and watched Him perform many miracles, which they would also later do.



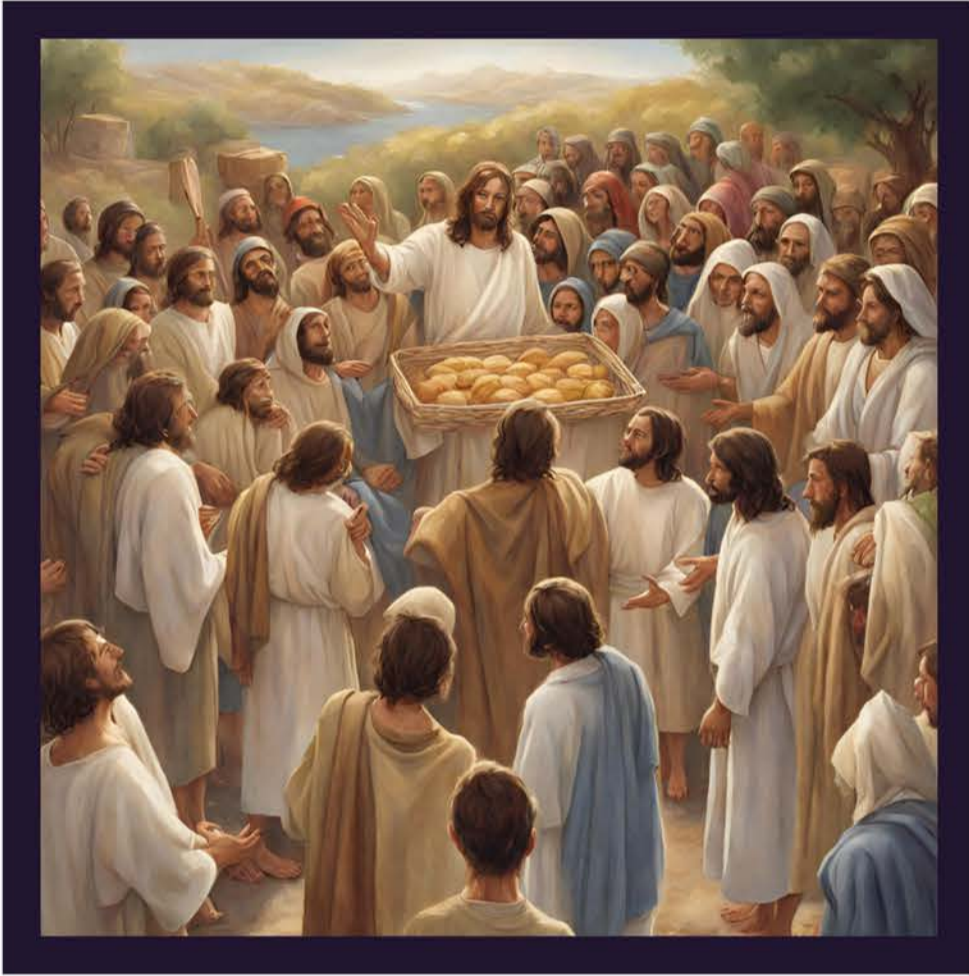
Water to Wine

The first miracle Jesus performed was turning water into wine at a wedding in Cana. The quality of the wine was very good. People wondered why the host had waited until the end to serve the best wine. Their tradition was to serve the best wine first.



Feeding the 5000

Jesus also fed over 5,000 people. A crowd had gathered to hear Jesus' teaching. After they had been with Him for some time, the disciples asked Jesus to send the crowd away so that they could get food. Instead, Jesus took the five loaves and two fish that the disciples had collected, blessed the food, and divided it so that everyone in the crowd was able to eat until they were filled. They even had 12 baskets of food left over.



Calming the Storm

Jesus also calmed a storm. He had instructed His disciples to go to the other side of the lake to get away from the crowd so that Jesus could rest. While they were on the lake, a terrible storm arose. Water was coming into the boat. Alarmed, the disciples awoke Jesus. He spoke to the wind and the waves, and they became still. The disciples wondered who is this man that the wind and the waves obey Him.



Jesus performed many other miracles that included casting out demons and healing many people. Even more amazing, He raised Lazarus and the widow's son from the dead.



Celebrating Christmas



Christmas is an important festival for Christians as we take time to celebrate Christ's birth. It is celebrated on December 25th. Every time we celebrate Jesus Christ's birth, we are reminded that He was God's greatest gift to mankind. Jesus was born so that He could eventually die for the sins of mankind.



The story of Jesus Christ's birth is very exciting. Mary, a young virgin, was engaged to Joseph, a carpenter. One day, God sent the angel Gabriel to Mary and told her she would have a son by the power of the Holy Ghost. Later, they traveled to Bethlehem for a census, and Jesus was born there.

Jesus Christ's birth brought peace, love, and joy to the world. Jesus was the Prince of Peace, so He brought peace to earth (Isaiah 9:6). The angels brought "good news of great joy" to the shepherds and people everywhere (Luke 2:10). Jesus was God's gift of love to mankind (John 3:16).



Christmas is a time to share love, joy, and peace with our family, friends, classmates, and neighbors. We can show love by offering a meal or buying a gift for someone in need. We can also spend time with others so that they can feel the joy that Christ has brought.



A Bahamian Christmas involves lots of family gatherings, church services, a great feast, and Junkanoo. Junkanoo is a festival that is associated with this time of year. There are two main times when Junkanoo is held. The New Year's Day Parade is held on January 1. The Boxing Day Parade, held on December 26th, the day after Christmas Day.

Some of the major Junkanoo groups are Saxons, Valley Boys, One Family, Roots, Music Makers, and Prodigal Sons. These groups compete to see who can make the best costumes and produce the best music!



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