

Activity Book











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- **1. Worms do not have eyes**, but they have receptor cells. This lets them know that they are in, or too close to, light. They don't like the light and will die if left in sunlight for too long.
- **2. Worms do not have lungs**, they breathe through their skin. Worms must remain wet at all times so dissolved oxygen can be absorbed into their skin.
- **3. Worms do not have teeth**, but they do have a mouth. Since they don't have teeth, they suck food through their mouths by the use of a powerful pharynx. They have a gizzard, much like a chicken, which helps them grind their food.

Food List

Worms like their food chopped as small as possible!

- All vegetables (table and preparation scraps, peels, and veggies that are past their time)
- All fruits (table scraps, peels, and cores)
- **Fibre:** shredded paper, egg cartons, peanut shells, magazines, napkins, cardboard and junk mail

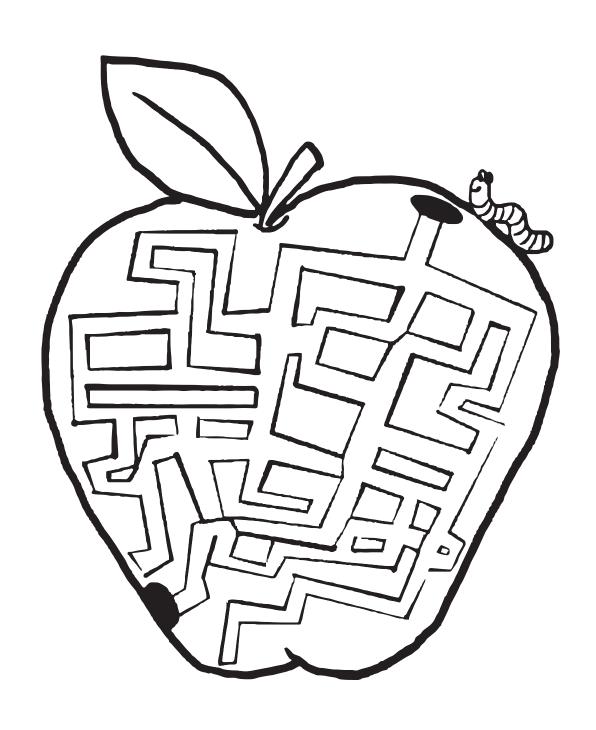
Healthy Snacks:

Coffee grounds and filters, crushed egg shells, tea bags (without staples), dead flowers and plants, leaves and plant trimmings.

Colour the picture of Alex the Earthworm



Help the worm eat through the apple



Colour the picture of Alex and his mom

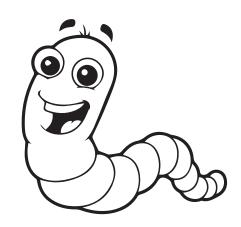


Worm Word Search Puzzle

d u e g U r r 0 b е W h o t W r q C V f h е u S a 0 X a k g r m g m U 0 m u V f b С b g t е i p V a r h t е m S 0 W X b h t t t S n a V r u W b u 0 t g S r g r Ζ q m r m Ζ S 0 b b r m p е 0 У Z p n k X d S g t Ζ n W u i d k k 0 S d r m r U

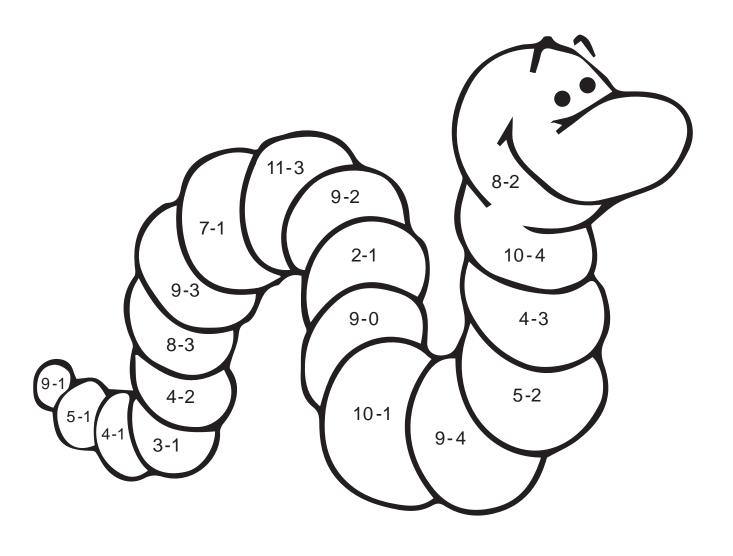
earthworm compost manure soil

underground vegetables organic roots



Answer me, colour me!

Colour the answers in the picture using the key below.



| 1 | = Red | 6 = Yellov |
|---|---------|------------|
| ı | i = Rea | o = reliov |

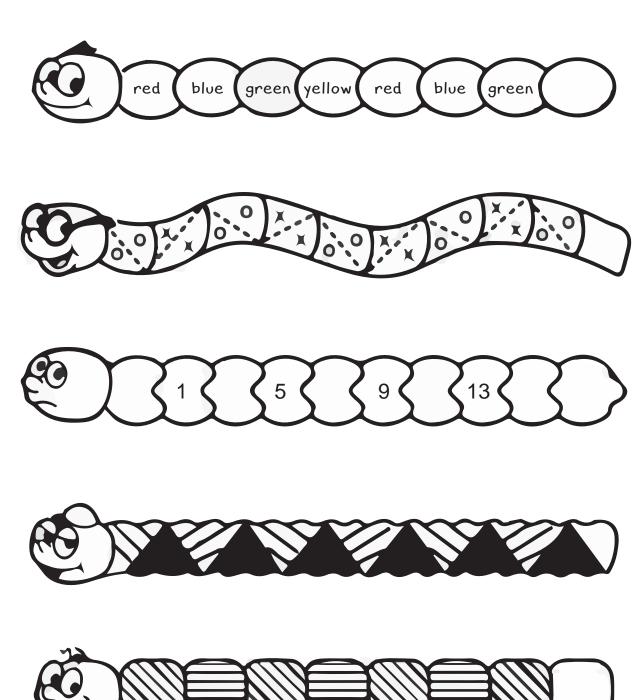
$$2 = Brown$$
 $7 = Orange$

$$3 = Blue$$
 $8 = Gray$

$$5 = Purple$$
 $10 = White$

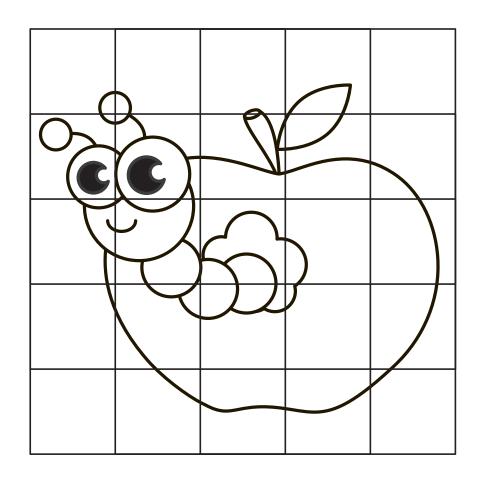
Worm Pals!

The worm has many friends. Each one has a different pattern. Finish each worm pattern by colouring, drawing, or writing in the missing design.

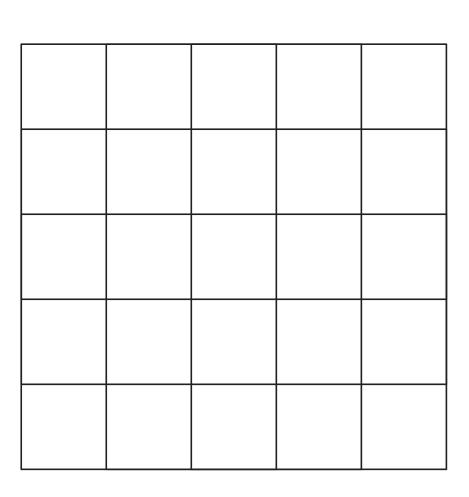


Worm Art!

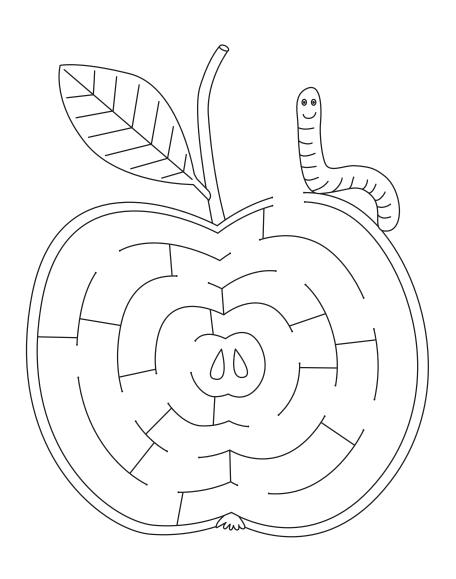
Copy the picture of the worm in the apple using the grid pattern.



Here is your drawing.



Can you help the worm find its way to the centre of the apple

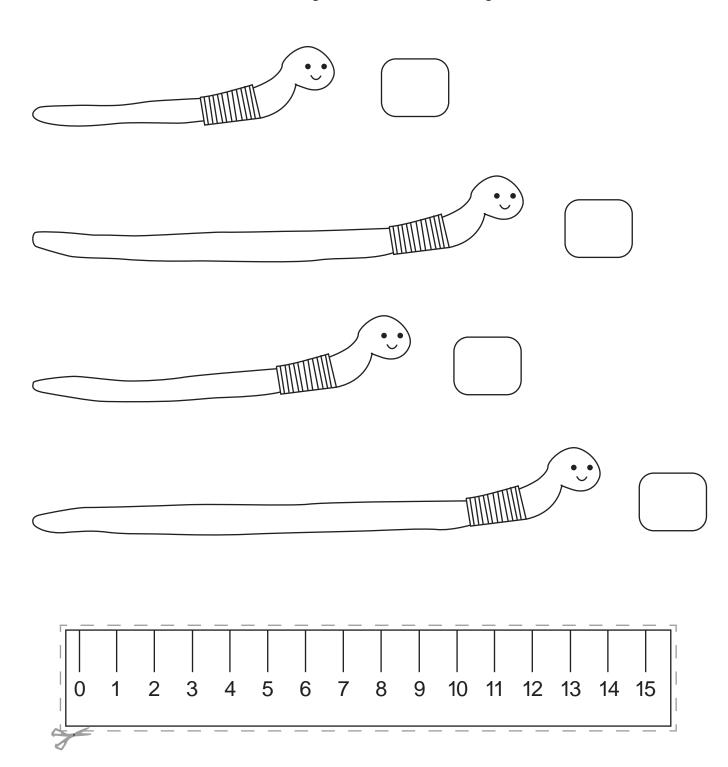


Earthworms!

Cut out the ruler. Measure each earthworm. Write the number of centimeters in the box next to each earthworm.

Circle the shortest earthworm in red.

Circle the longest earthworm in green.





Yummy!

Yucky!



Anything green especially the leafy stuff! Citrus - no orange, lemon or lime





Fruits

Fats, Oils, Salad dressing



Vegetables

Breads & Cereals can attract gnats





Coffee grounds & filters Salts - no seasoned food





Tea bags

Meat - creates odors





Brown Paper, Black & White newspaper

Sugars- no processed food



Eggshells – crushed; adds calcium

Garlic, Onions creates odors

