



Body Basics II

Suggested CHEC-out activities

Books

- **“GeoTrivia Body,”** Rand McNally and company, 1996.
- **“Human Body (DK Eyewitness Books),”** Parker, Steve, DK Children, 2004.

Web sites

- Verb, www.verbnow.com
- KidsHealth, www.kidshealth.org
- American Dietetic Association, www.eatright.org
- USDA, www.mypyramid.gov
- Children's Health Education Center, www.bluekids.org
- Neuroscience for Kids, www.faculty.washington.edu/chudler/neurok.htm
- U.S. Department of Health & Human Services, www.hhs.gov

1 Fun facts

Have each student research two fun facts about the human body. As a class, combine all fun facts into one big “Did you know ...” list.

2 Make your own neurons

Have students create neurons using pipe cleaners or beads. See <http://faculty.washington.edu/chudler/chmodel.html> for more ideas and specific instructions. To take this project one step further, students could add a dendrite to their neuron each time they learn something new in class.

3 Healthy snacks

Bring in a healthy snack for the class. Try to find a snack that includes fiber, protein, and/or calcium. Review with the class why each of those nutrients is important. Students can then research a different nutrient and present to the class why their chosen nutrient is important for the body.

4 Human body scavenger hunt

Create a list of questions about the human body. Have students search for the answers within your school and/or on the internet. Questions could include: What is the strongest bone in your body? How long are your intestines? How many neurons do you have?