



Digestive System

Suggested CHEC-out activities

1 Nutrient scavenger hunt

Give the students a list of nutrients and vitamins (calcium, vitamins C, A, D, potassium, etc.) to research. They can bring in pictures of food that contain nutrients or they could bring in actual food labels that show the nutrient and its amount.

2 Healthy fast food choices

Have students find fast food menus on restaurant Web sites. Have them work in small groups to choose one to three healthy meals from the menus.

3 Water, water, water

Discuss with the class the importance of water to their bodies. Talk about the times we may need more than the recommended eight to ten glasses of water during the day (for example, when we are exercising, sweating or have diarrhea). Have the students keep track of the number of glasses of water they drink each day for one week and compile classroom results on a bar graph. For an interesting comparison, students may also record the other beverages they consume during the week. These results can also be graphed.

4 Digestion concentration

Make game cards on 3"x 5" index cards with vocabulary words or concepts on them. Use these for matching, spelling or another class game. Students can use the cards to review before a unit test on the digestive system.

Books

- "The Incredible Human Body," Weiner, Esther. Scholastic, 1999.
- "What Happens to a Hamburger?" Showers, Paul. Harper Trophy, 2001.
- "The Magic School Bus Inside the Human Body," Cole, Joanna, Scholastic, 1990.

Videos

- "The Magic School Bus Lunch," Scholastic, Inc. www.amazon.com
- "National Geographic: The Incredible Human Body," 2002, VHS, www.shoppbc.org

Web sites

- Discover Communications, Inc., <http://yucky.kids.discovery.com>
- Science NetLinks, www.sciencenetlinks.com
- Kids Health, www.kidshealth.org
- How stuff works, www.howstuffworks.com