



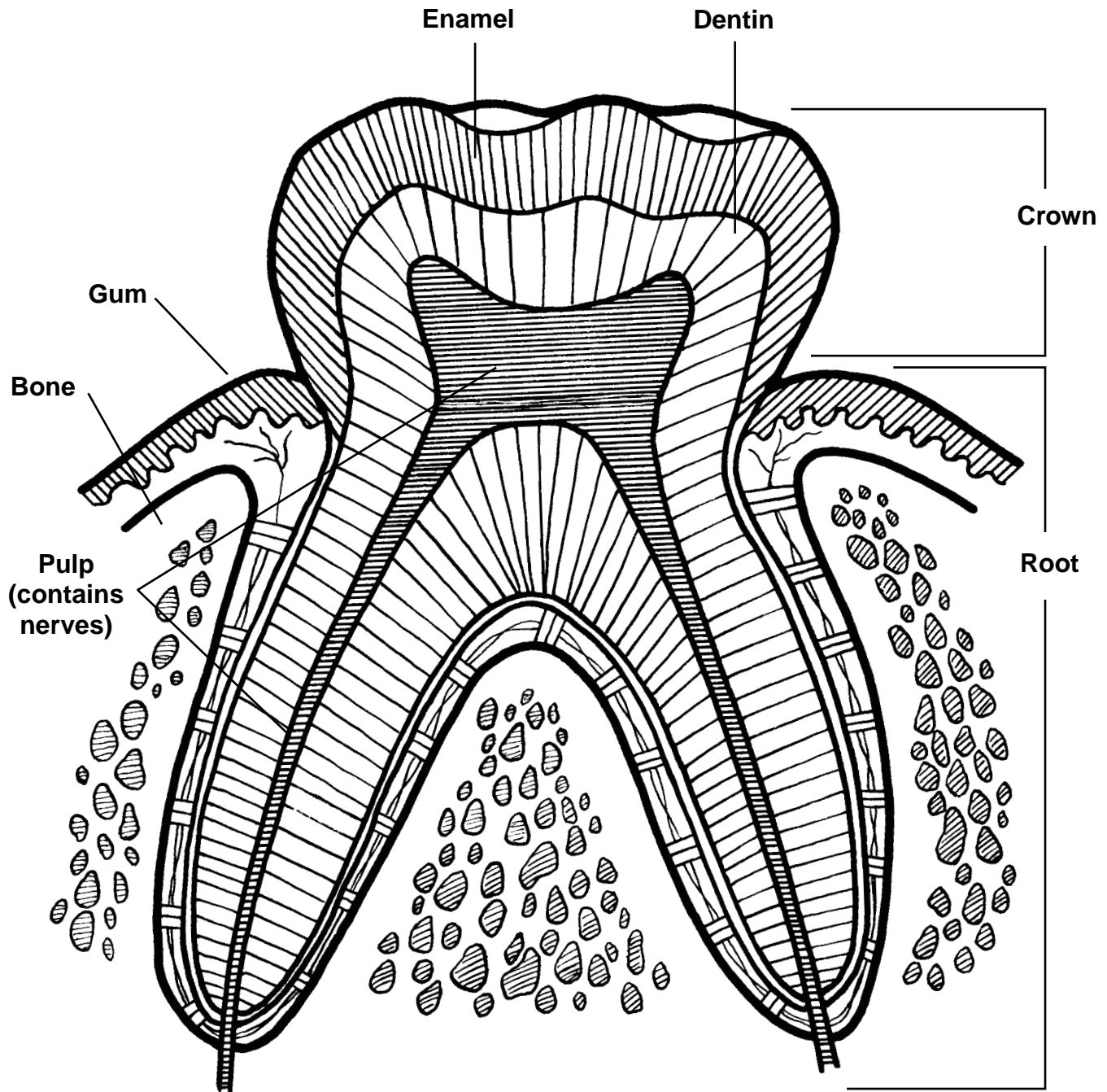
# Table of Contents

<b>Introduction</b> .....	3
<b>Lesson: A Look at My Teeth</b> .....	4
Here Are My Teeth .....	5
Inside a Tooth .....	6
Sequence of Eruption of Teeth .....	7
<b>Lesson: Look Into My Eyes</b> .....	8
The Parts of the Eye .....	9
Functions of Parts of the Eye .....	10
<b>Lesson: Control Center—The Brain</b> .....	11
<b>Lesson: Muscle Power</b> .....	13
<b>Lesson: Dem Bones</b> .....	15
Bone Identification Key .....	17
Vole Skeleton .....	18
The Human Skeleton .....	19
<b>Lesson: How Do We Breathe?</b> .....	20
How You Breathe .....	22
Take a Deep Breath .....	23
The Lungs .....	25
Graph of Air Exhaled from the Lungs .....	26
<b>Lesson: This is Your Heart</b> .....	27
Diagram of the Heart and Lungs .....	29
The Blood Cell’s Journey (Script) .....	30
<b>Lesson: Where Does Food Go?</b> .....	31
The Digestive System .....	32
Food Travelogue .....	33
<b>Lesson: Moving Out</b> .....	34
<b>Lesson: Nutrition and You</b> .....	35
Nutritional Facts .....	36
My Product Chart .....	37
Breakfast Chart .....	38
What Your Body Needs To Be Healthy .....	39
Healthy You Puzzle .....	40
Eating for Good Health .....	43
Making Healthy Choices .....	44
How Healthy Is Your Diet? .....	45
<b>Lesson: This is My Body</b> .....	46
Body Parts .....	47
<b>Teacher and Student Resources</b> .....	48

# A Look at My Teeth *(cont.)*

## *Inside a Tooth*

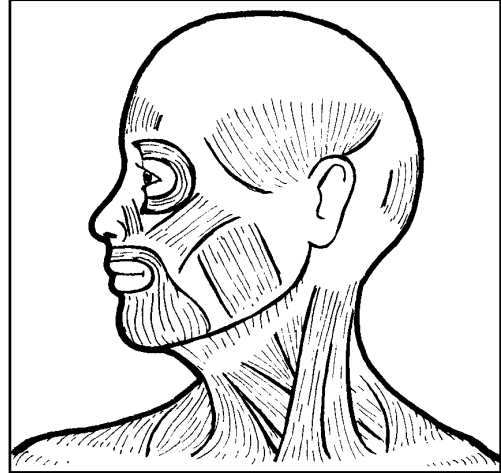
The tooth is held tightly in the jawbone.



# Muscle Power *(cont.)*

## Activity #2

1. Explain that there are muscles beneath the skin in one's face to control facial expressions. Have them close their eyes and place their hands on their foreheads as they frown. Ask them to describe what they feel. (*The skin and muscles move.*)
2. Distribute mirrors to students and tell them they are going to watch what happens as they use muscles in their faces. Tell them to do the following:
  - ✓ Open and then close the nostrils.
  - ✓ Raise and then lower the eyebrows.
  - ✓ Raise and lower the ears.
  - ✓ Wink one eye and then the other.
  - ✓ Open the mouth as wide as possible and then close it.
  - ✓ Stick out the tongue and then roll it.
  - ✓ Push down the lower lip.
  - ✓ Push up the lower lip.
  - ✓ Turn the corners of the mouth up and then down.
  - ✓ Make faces which show they are happy, sad, mad, and scared.
3. Discuss how they used their muscles to do all of this with their faces.



## Closure

- Do this activity with the students so they can follow. Tell them each to sit in a chair some distance from their desks. Have them stand up. Ask them to repeat this and see how their thigh muscles feel as they rise. Discuss this so they realize that their bodies push forward and thigh muscles contract as they stand.
- Repeat this activity but this time have them fold their arms across their chests and stand while keeping their backs straight. Have them try again, checking to see if the thigh muscles are contracting. (*They are.*)
- Ask students what happens when they try to stand with arms folded. (*They can't stand.*)
- Ask what is different about the positions in the two experiments. (*They lean forward in the first but not in the second.*)
- Explain that gravity pulls us down, even when sitting. When we stand, we lean forward, shifting the pull of gravity over our feet. The thigh muscles contract and pull the legs to a standing position. If we keep the back straight, the pull of gravity is over the hips. The thigh muscles contract but can't pull hard enough against gravity to make us stand.