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Introduction

Students begin a study of the body with a look at their teeth. The children check to see what teeth they presently have. They will learn how the eye adjusts to bright and dim light, as well as discover the parts of the eye. The brain is investigated through a variety of activities, including testing reflexes, relaying a message, and relearning how to write their names. Muscles will be investigated by examining a chicken thigh and leg, as well as watching what happens when the muscles in their own faces are used to make expressions.

The study of the skeleton leads students inside the body. Toy skeletons are used to help students see the shapes and placement of bones. These are compared to their own. Breathing is investigated through the construction of a lung model and blowing bubbles. The study moves on to the heart where students learn how blood circulates through the body by following a blood cell through this important muscle.

Children are always curious about what happens to the food they eat. The activities on walking through the digestive system and simulating the trip of a banana through the intestine will help them understand this process.

Next, students participate in activities that lay the foundation for good nutrition. They review the nutritional value of a variety of foods, examine their personal eating habits, and learn about the foods that contribute to a healthy diet.

As a culminating activity for this study, students will place the internal organs and bones inside a body outline.



A Look at My Teeth

Teacher Information

Look at the drawings and information about primary and permanent teeth on page 5, provided for the teacher as background. It is not important that students learn the terminology or predicted age of emergence of the teeth.

Overview: *Students will learn about their teeth and make a record of their present teeth.*

Materials

- x-rays of teeth (Ask your dentist for these.)
- examples of actual teeth
- mirrors (one per student)
- toothpicks
- Here Are My Teeth activity sheet (page 5)
- transparency of Inside a Tooth (page 6)

Lesson Preparation

- Ask your dentist for x-rays of teeth from children and adults.
- Also request teeth specimens, molds, and photographs, as well as booklets on growth and care of the teeth.

Activity

1. Ask students to feel their teeth with their tongues to see if all of them are exactly alike. Discuss the differences. Ask them if they have any missing teeth. If so, let them feel with their tongues to see if they can feel the new tooth pushing up through the gum. Discuss what it feels like to lose a tooth. Tell them that this is a natural part of growing up.
2. Give each student a mirror and the activity sheet. Show the transparency of this sheet and use it to show students how to place an X on primary teeth which are missing. Explain that they should use the toothpick along with the mirror to locate their teeth, counting from the centre front to know where these are on the chart.
3. Let students begin to examine their teeth and record those which are missing. If any of the students have begun to grow adult teeth (e.g., central incisors), have them circle these on the permanent teeth drawing. Use the transparency of this chart to show the most frequently missing teeth for the students. Place an X on those teeth on the transparency.
4. Show and discuss the transparency Inside a Tooth. Show the actual teeth specimens.
5. Show the teeth x-rays on the overhead projector. Point out the roots of the teeth which are hidden below the gum line and go deep into the jawbone. If any primary and adult teeth are on the x-rays, point these out to the students so they realise that the teeth they now have are mostly primary (baby) teeth which will be pushed out as the adult teeth grow into place.

Closure

Have a dentist or dental assistant visit the class to tell them about how their teeth grow and demonstrate how to care for their teeth.