



Ted Alejandro, County Superintendent

San Bernardino County

Superintendent of Schools

Transforming lives through education



RIVERSIDE COUNTY OFFICE OF EDUCATION

JUDY D. WHITE, Ed.D. County Superintendent of Schools

Monday, April 27

2:00pm

**The Amazing Body “Survive,” -
4th – 8th grade**

Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.

After watching this episode, choose from the following questions and/or tasks to extend your learning

Question Box 1

- Name three ways the human body fights against outside threats.
- What is the main message of this episode?
- What details are included to support the main message?
- Identify three new vocabulary words used in the episode. Define them and draw a picture to help you remember their definitions.
- What surprised you in this episode?
- What did you learn after watching this program?
- What is the program’s purpose? How do you know?
- What are some of miracles of the human body that are shown in this episode?

Question Box 2

- How do you help your body stay healthy?
- Has the way you take care of yourself changed in the last few weeks? How has it changed?
- How does taking care of you and keeping yourself healthy help your family, neighbors and community?
- What would you like to research further? Why?
- What might you want a friend to know about this program?
- Now that it’s over, what are my first thoughts about this episode?

Box 3 (Tasks)

- Describe the human Integumentary System and discuss how it helps keep the body safe.

Continued on the next page...

- Doctor's orders....when you are sick, drink plenty of water. Describe why humans need to drink plenty of water and/or clear liquids when they are sick.

Box 4 (Enrichment)

- Develop an infographic/public service announcement (PSA) that relays information on how to avoid getting a viral illness
- Compare and contrast the treatment of a bacterial infection versus a viral infection
- The body is composed of many different systems. Choose two to research at <https://kidskonnnect.com/health/human-body/> Compare and contrast the two.

Box 5 (Extend/Real-Life)

- Learn more about the body's immune system and test your knowledge. Go to: <http://studyjams.scholastic.com/studyjams/jams/science/human-body/immune-system.htm>
- Learn about other body systems click on See All Related Jams.
- There are doctors who specialize in each of the body systems. See if you can match the body system to the correct doctor.
 - Immune System_____
 - Skeletal System_____
 - Nervous System_____
 - Digestive System_____
 - Respiratory System_____
 - Muscular System_____
 - Circulatory System_____
 - Pulmonologist
 - Cardiologist
 - Gastroenterologist
 - Orthopedist
 - Neurologist
 - Immunologist
 - Orthopedist
- Select one type of doctor that you find the most interesting and explain why.
- Would you consider this for a career when you become an adult, why or why not?
- Develop a model that describes how a virus infects a human cell
- Describe at least three ways that your body protects you from outside threats.
- Social-Emotional Connection: Part of having a healthy body is also having a healthy mind. Mindfulness is a great way to keep your mind healthy. Practice each day taking time out to connect your mind and body. Practice taking deep breaths where you breathe in through your nose and out through your mouth. Go outside and listen to the nature around you.