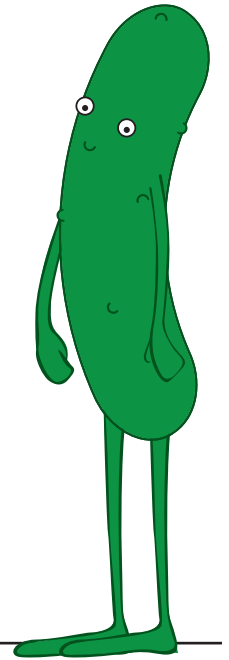


Human Body Detectives

Human Body Detectives Go to School Elementary Curriculum



Instructional Objectives:

The student will have a solid introductory, working knowledge of the digestive system, the immune system, and the circulatory system. The student will be able to identify the important organs and components of each system and understand the role good nutrition plays in maintaining the health of these systems. From the nutrition unit, the student will understand the basics of good nutrition, the importance of selecting healthy whole, and when possible, organic foods, and how good nutrition equals good health.

Long Range Objectives:

The student will understand how three important systems of their bodies work: the digestive system, the immune system, and the circulatory system. Through this understanding, they will make the connection of how healthy food choices and a healthy lifestyle contribute to keeping these systems functioning properly for optimal health.

Suggested Grades: 3 to 5

Overview of Content:

Each unit is comprised of four 50-minute lessons. For continuity throughout each unit, students will each have a "Human Body Detective Case File Folder" where they will store their notes and work pages. In addition, by the end of the last lesson in each of the first three body systems units, they will have completed a "System Self-Portrait Diagram" for each system. For the nutrition unit, they will have a completed food diary and food plan folder to take home.

Unit 1:

A Journey through the Digestive System

Lesson 1: introduction; the role of the nose and mouth

Lesson 2: the role of the esophagus and the stomach

Lesson 3: the role of the small intestine, pancreas, liver and gallbladder

Lesson 4: the role of the large intestine; importance of nutrition; conclusion

*During each lesson in this unit, students will work on their own Digestive System Self-Portrait Diagram. At the conclusion of lesson 4, the diagram will be complete and students will be able to take home their diagram.

Unit 2:

A Journey through the Immune System

Lesson 1: introduction; white blood cells and their importance

Lesson 2: antibodies; antigens; the roles of different types of blood cells

Lesson 3: other immune system defenses

Lesson 4: nutrition to support the immune system; conclusion

*During each lesson in this unit, students will work on their own Immune System Self-Portrait Diagram. At the conclusion of lesson 4, the diagram will be complete and students will be able to take home their diagram.

Unit 3:

A Journey through the Circulatory System

Lesson 1: introduction; role of blood and passageways through which it travels

Lesson 2: the role of the heart; the heart cycle

Lesson 3: the role of the lungs

Lesson 4: nutrition to support a healthy heart; conclusion

*During each lesson in this unit, students will work on their own Circulatory System Self-Portrait Diagram. At the conclusion of lesson 4, the diagram will be complete and students will be able to take home their diagram.

Unit 4: ^{bonus!}

All About Nutrition

Lesson 1: introduction; whole foods vs. processed foods

Lesson 2: nutrients: vitamins; minerals; and phytonutrients

Lesson 3: food labels

Lesson 4: organic foods; conclusion