



INTRODUCTION

A Note to Teachers

Thank you very much for purchasing the Human Body Detectives (HBD) curriculum. You will be very happy with your purchase, as it is an ideal elementary teaching tool that will greatly enhance all human body science curricula.

I created the HBD book series, and subsequently the curriculum, after spending time in my children's preschool and elementary classrooms teaching about the digestive system and nutrition. The kids were so enthusiastic and excited about learning about their bodies that it led me to search for books about the human body, healthy eating, and food choices. In my search for books and resources, I discovered few books out there promoting kids' health in an unconventional way, and none designed to teach kids about health by focusing on specific body systems. I wanted to fill that void in the marketplace, hence HBD was born.

Each unit is designed to revolve around each of the HBD books and the physiological system the story is about. For example: HBD: *The Lucky Escape*, an imaginative journey through the digestive system, has 4 separate lessons and offers engaging, entertaining activities that will reinforce what the children have learned. In addition, several downloadable activity pages and worksheets are offered for teachers to use as homework, extra credit, or time-fillers if need be.

As an extra bonus, I am offering a four-lesson-plan unit on nutrition. Given the recent media attention regarding childhood obesity and health awareness, as a naturopathic physician, I realized that if kids had a better understanding of how the food they eat plays a direct role in how their bodies function, they would be more inclined to make healthy food choices. It seemed the perfect match to mesh these important topics together.

Please feel free to email me if you have any questions or if you are interested in having me visit your classroom as a guest speaker via Skype.

Thank you again.

Be well,

Dr. Heather

