

# My Health, My World

News and Resources  
for Teachers and Facilitators  
Spring 1999

## Field test NEW MHMW Unit Unit 4: Food and My World!

Training Workshop  
Saturday, October 16, 1999  
8:30am - 3:00pm

Brainstorming Session  
January 2000 (TBA)  
8:30am - 11:30am

Field test teachers are the first to use the draft unit with their students and supply feedback to the writers of the units to be incorporated in the final product.

**Riff and Rosie are on the Web.** Check out the Baylor University *MHMW* website. The site contains great information on *MHMW* and the BrainLinks project for middle school students.  
<http://www-sbp.bcm.tmc.edu>

### *My Health, My World Newsletters On-line*

This newsletter is available on-line!!!! Check it out!

Look for all of the *MHMW* newsletters to be on-line soon on the APS Education website:

<http://faseb.org/aps/educatn/myhealth.html>

The site will be updated monthly with new information on dates and opportunities for you. The newsletter will, of course, continued to be sent by "snail" mail, as well.

### **Certified Facilitators Available**

We are excited to announce that we currently have over 30 certified facilitators in Units 1, 2, or 3. Do you have a group of educators (teachers, daycare providers, homeschoolers, parents or students) interested in doing hands-on science with children? A *MHMW* facilitator is available to meet with groups interested in using the *MHMW* curriculum. We can help you in arrange a workshop for any group.



### **SPRING CLEANING**

We did some Spring cleaning and moving of offices and have older issues of *Science* and *Children* Magazines available on a first come, first serve basis. Call before you come! Katie's new number is (301) 571- 0651.

My Health, My World is a Baylor College of Medicine Curriculum development project sponsored in conjunction with The American Physiological Society, Education Office, 9650 Rockville Pike, Bethesda, MD 20814-3991, (301)530-7132, FAX (301) 571-8305, e-mail: [educatio@aps.faseb.org](mailto:educatio@aps.faseb.org). Funding is provided by the National Institutes of Health, National Environmental Health Sciences.



## 5 MINUTE SCIENCE!

*Got 5 minutes before lunch or recess?* Has it been too cold, too hot or rainy and your kids need to MOVE? Do a little science! This quarter's idea is on the sense of smell...

### Sniff Out Good Taste

Background: To taste something, it is very important to smell it, too. The sense of smell is very much involved in the sense of taste. Try the following activity to see if this smell/taste combination makes sense to you.

Materials:

M&Ms®

Reese's Pieces®

1. Wash and dry hands.
2. Hold your nose closed and place an M&M in your mouth. While keeping your nose closed, chew the M&M but don't swallow yet.
3. While the chewed-up M&M is still in your mouth, let go of your nose and see if the taste seems to change. What did you notice? Repeat the same activity and concentrate on the taste you sense with your nose closed compared with the taste you sense with your nose open.
4. Repeat steps 2 and 3 with a Reese's Piece. What do you taste with your nose closed. How about with your nose closed.
5. Repeat steps 2 through 4. This time, when you are ready to open your nose breathe IN through nose then OUT through your nose to see which has more effect on taste. Do you notice a difference? How can you explain it?

Adapted from WonderScience, Volume 13, No. 1, Fall 1998, American Chemistry Society

### Unit 1 IDEAS!

**Activity 1, Gases Matter:** To add more quantitative measurements, measure the amount of time it takes for the soda water to stop bubbling. What effect does more baking soda have?

**Activity 2, About Air:** Things to do instead of popcorn.

1. Have students wearing different color construction paper hats.
2. Use torn pieces of construction paper to create a bulletin board collage. (Marsha likes this one!)

## Teacher to Teacher: Ideas from your colleagues

### WRAP REVIEW, Kolene Krysl, Omaha, NE

A great way to review key concepts covered in a lesson.

1. Write 1 review sentence of major unit concepts for each student.
2. Using a second sheet of paper, divide the sheet into rectangles, 1 per student.
3. Write review sentences on each rectangle, BUT write the first half of the sentence on the bottom half of one rectangle and the second half on the sentence on the top half of the next rectangle (see enclosed examples).
4. Mark the first review sentence with an asterisk (\*). The last half of the last sentence on your list will be on the top half of the first rectangle, so when you get back to the first student you are done!
5. To start the review, the student with the asterisk (\*) sentence reads the bottom half of his/her card. The students must figure out who has the second half of the sentence, s/he reads it, and then reads the first half of the next review sentence, which is on the bottom of their card. This continues until all the sentences are complete (and you are back to the student who started). Your original review sheet is important in case the students get stumped or a sentence is incorrect.

We are enclosing two WRAP Reviews for Unit 3: My Home the Planet Earth. One for middle school students and one for elementary students.

### SNEEZE POEM: Thank you Carol Parent, Rockville, MD AND Ann Titherington, Olney, MD.

When the colds start popping in your classroom and flu season is just around the corner a fun activity to do with students is the face, hand, and tissue. This is best for early elementary students but is great for older students who tend to forget. On a face cut out (8 1/2" X 11") have your students draw and color their features. Have them trace their hand and cut that out. Glue a tissue to the hand. Staple the hand (at the wrist) to the chin or the neck of the face cut out. Now the hand can cover the mouth. I have seen 2 poems used.

#1 When you sneeze cover your mouth please!

#2 Please cover your mouth with a tissue or two  
If you have to cough or sneeze an "AH-CHOO!"  
Please toss them away after one sneeze or blow  
Then wash hands and dry them so cold germs will go.

When you have a cold in your chest or head  
Put on pajamas and climb into bed  
Pull up the covers and snuggle down deep  
Drink lots of juices and get plenty of sleep.

**WRAP REVIEW: Unit 3, My Home, The Planet Earth**  
(Middle School)

of our review.  *The sun is the source	of the Earth's energy.  Visible light consists of
a mix of wavelengths that we detect as different colors.  The atmosphere consists of	layers of gases surrounding the Earth.  Fossil fuels are found
within the Earth's crust.  Petroleum was formed	from tiny marine organisms that were buried in layers of sediment.  Fuels are made from living materials that
contain carbon.  All organisms need	a source of energy.  Skin is a vital part
of the body.  Skin must be protected	from sun damage.  Skin is especially vulnerable
to the effect of the ozone depletion in the atmosphere.  The atmosphere keeps the planet	warm enough to support life.  Heat from the sun can be
used as an energy source.  Carbon dioxide is one of the gases	responsible for trapping heat near the Earth's surface.  Rainfall is also an
important part of climate.  There are 3 major	climate zones on the planet.  This is the end

Thank you, Kolene, for sharing this great idea!

**WRAP REVIEW: Unit 3, My Home, The Planet Earth**  
(Elementary School)

of our review.  *The sun is the source	of the Earth's energy.  The light we see
is a mix of different colors.  The atmosphere consists of	layers of gases covering the Earth.  Fossil fuels are found
within the Earth's crust.  Geologists study	the layers of the earth.  Fuels are made from living materials that
contain carbon.  All living things need	a source of food (energy).  Skin is an important part
of the body.  Skin must be protected	from sun damage.  Skin is the body's
largest organ.  Many different gases	make up the atmosphere.  Sunlight passes
.through the atmosphere to warm the earth.  Heat from the sun can be	used as an energy source.  Rainfall is also an
important part of climate.  There are 3 major	climate zones on the planet.  This is the end

Thank you, Kolene, for sharing this great idea!