

# HEALTH AND THE PHYSICAL BODY

## 3-8 Science Unit Study



THE GOOD AND THE BEAUTIFUL

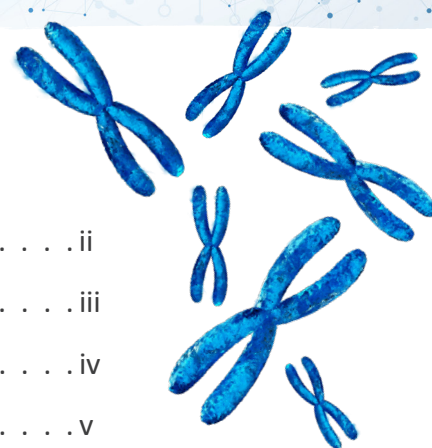
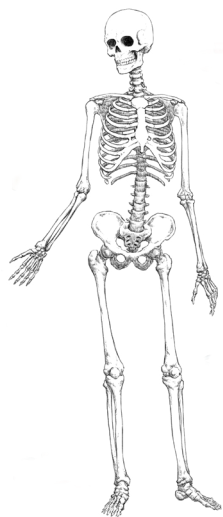


# Health & the Physical Body

CREATED BY THE GOOD AND THE BEAUTIFUL TEAM

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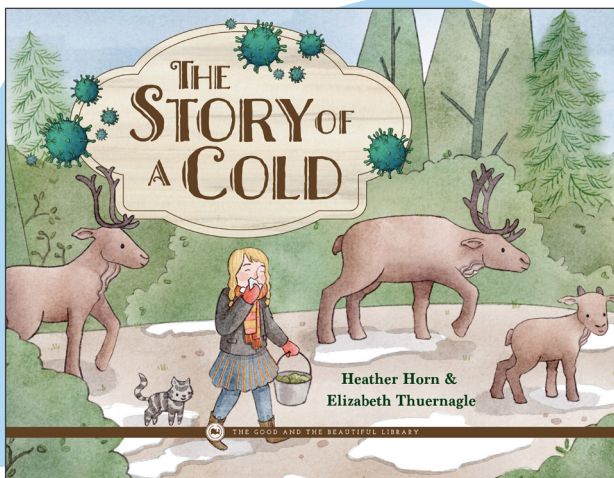


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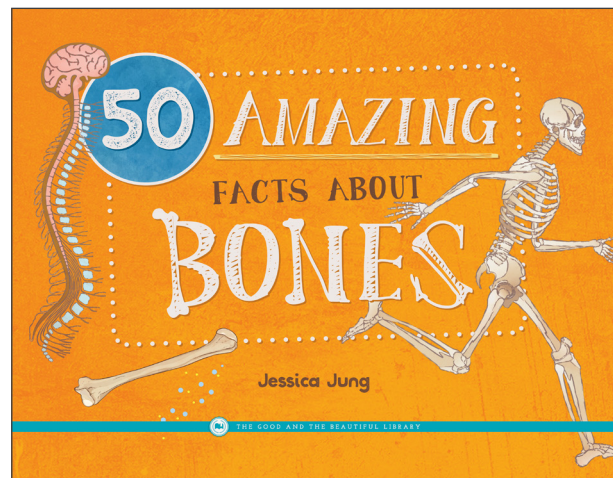
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# Read-Aloud Book Pack

The books below are optional read-aloud books that complement this unit. These books can be purchased as a book pack by going to [goodandbeautiful.com/science](http://goodandbeautiful.com/science) and clicking on the *Health and the Physical Body* link.



*The Story of a Cold*  
by Heather Horn and Elizabeth Thuernagle



*50 Amazing Facts About Bones*  
by Jessica Jung

## CORRELATED BOOKS

The Good and the Beautiful Library has several books that correlate well with the *Health and the Physical Body* unit. It can be a wonderful experience for children to read books on their level related to the subjects they are learning in science. The library includes both fiction and nonfiction books organized according to reading level. Find these correlated books by going to [goodandbeautiful.com/science](http://goodandbeautiful.com/science) and clicking on the *Health and the Physical Body* science unit product page.

# Lesson Extensions

## How the Extensions Work

Each lesson has an optional lesson extension for children in grades 7–8. Complete the lesson with all the children, and then have the older children complete the self-directed lesson extension. These extensions are located in the *Grades 7–8 Health and the Physical Body Student Journal*.

## Answer Key

The answer key for the lesson extensions can be found on the free Good and Beautiful Homeschool app in the science section. Visit [goodandbeautiful.com/apps](https://goodandbeautiful.com/apps) for information on accessing the app. The app can be accessed from a computer, phone, or tablet.

## Flexibility

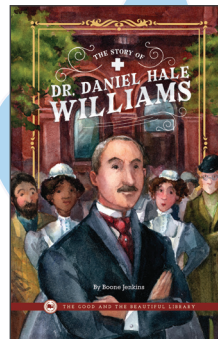
The amount of time it will take to complete each lesson extension will vary for each child. The average time is about 10–15 minutes per extension. Parents/teachers and children may choose to omit parts of the lesson extension if desired. Encourage the children to stretch their capabilities, but also reduce work if needed.

## Taking Notes

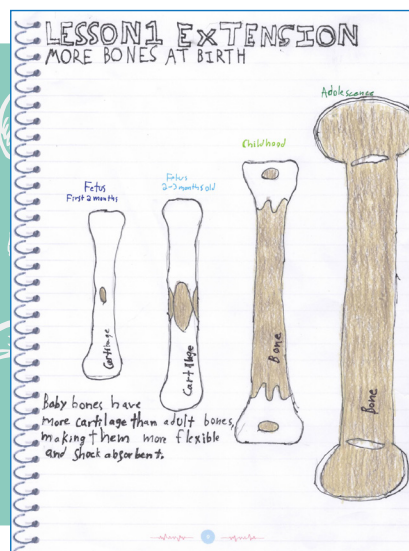
Some of the grades 7–8 lesson extensions have the children summarize the material read. Teach the children to look for key information and then to summarize the most important points. Students can also add notes with their thoughts and the facts that are most interesting to them.

## Optional Grades 7–8 Reading Book

We recommend *The Story of Daniel Hale Williams* by Boone Jenkins as extra reading for students in grades 7–8. This book can be purchased by going to [goodandbeautiful.com/science](https://goodandbeautiful.com/science) and clicking on the *Health and the Physical Body* unit link.



*The Story of Daniel Hale Williams*  
by Boone Jenkins





# Supplies Needed



You will need the following supplies for **activities**. There are no experiments in this unit.

## Lesson 1

- 1-cup measuring cup
- Sand (optional)
- Scissors

## Lesson 2

- Small mirror or access to larger mirror
- Apple or other piece of fruit, such as a banana or peach, per child
- Glue stick
- Colored pencils or crayons
- Scissors

## Lesson 3

- Saltine cracker for each child
- 1 piece of sandwich bread
- Quart-sized zipper bag
- $\frac{1}{4}$  cup vinegar, any kind
- Clear drinking glass or bowl
- 2 Tbsp cooking oil, any kind
- 1 Tbsp green dishwashing liquid soap
- Spoon or something to stir with

## Lesson 4

- Glue stick

## Lesson 5

- Paper clip
- Pencil, pen, or colored pencils (optional) for each child
- Two bowls of the same size
- Two or three packages of children's favorite snacks that include nutrition labels
- Kitchen measuring utensils

## Lesson 6

- 2 clear glasses or jars
- Water
- 2–3 drops of red food coloring
- 1 Tbsp of sand or small pebbles
- 1 coffee filter
- 1 rubber band

## Lesson 7

- Empty toilet paper roll

## Lesson 8

- Pint-sized jar
- 1-cup,  $\frac{1}{4}$ -cup,  $\frac{1}{2}$ -cup, and 1-tablespoon measuring utensils
- Light corn syrup
- Red Hots® cinnamon candies
- Uncooked white beans
- Uncooked split peas

## Lesson 9

- 2 bendy straws
- Electrical tape
- Scissors
- Rubber bands
- 3 large, uninflated balloons
- 64-ounce plastic fruit juice bottle
- Clay or play dough
- Glue stick

## Lesson 10

- Pen or pencil



# Supplies Needed

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You will need the following supplies for **activities**. There are no experiments in this unit.

## Lesson 11

- Crayons or colored pencils
- 2–3 plastic straws per child
- String or yarn
- Tape or 5 paper clips per child
- Scissors

## Lesson 12

- Crayons or colored pencils

## Lesson 13

- Scratch paper, cut into small pieces
- Small saucer or bowl
- Black pepper
- Dishwashing liquid soap

## Lesson 14

- 1 red pipe cleaner per child
- 1 blue pipe cleaner per child
- 1 white pipe cleaner per child
- Pony beads, 4 different colors per child
- A pencil
- Transparent tape
- Scratch paper
- Mirror

