

# Health and the Human Mind

## Answer Key: Grades 7–8 Lesson Extensions

### Notes:

- This answer key should be used as a guide for basic responses to the questions and instructions found in the grades 7–8 lesson extensions. The children should be encouraged to make their science journals tidy, beautiful, and exceptionally well done.
- Encourage the children to write their answers in their own words, with definitions being a possible exception.
- There are two types of answers provided in this answer key:

**Sample answers:** Most questions are open ended, so the children’s answers will not match the provided text exactly or include everything provided in the sample answer. However, some answers should match more closely (for example, vocabulary word definitions, copied charts, etc.).

**Answers will vary:** This is used when there will be great variation in the children’s answers. Refer to the text in the lesson to check these answers.

### Lesson 1

2. Ask your parents if they remember any babies having these reflexes.

No written answer necessary.

3. Write what they remember and 2–3 sentences describing why babies have reflexes that adults no longer need.

**Answers will vary.** Answers should reflect the conversation from Question 2. A sample answer for the second part of the question is provided below.

**Sample answer:** Babies have different needs than adults do, so our reflexes change as we get older. The rooting and sucking reflexes are important for a baby to receive nourishment, but an adult has no need for them, so they don’t stay with us as we grow.

### Lesson 2

2. Think about a favorite sport or physical activity you like to do. What are some ways you can protect yourself from a concussion while doing that activity? List two or three.

**Sample answer:** My favorite sport is \_\_\_\_\_. I can protect myself from a concussion by paying close attention to my surroundings and making sure I don’t fall or get hit by other

players. I can also use my arms to protect my head if the ball comes toward me unexpectedly.

### Lesson 3

2. Use the Braille alphabet to write, just like the dots below, a short message to a parent or friend. Show that person the key pictured in this extension so he or she can read your message!

**Answers will vary.** Answers should include the Braille dots provided in a way that shares some kind of message.

### Lesson 4

2. Using the sign language chart at the bottom of the page, learn how to sign “My name is \_\_\_\_\_, and your name is \_\_\_\_\_” by signing each individual letter. Share with your family.

No written answer necessary. The child should show you or another family member how to sign the example sentence above.

3. Write 2–3 sentences about how you felt communicating to your family with your hands rather than your mouth.

**Answers will vary.** Answers should reflect how the child felt

about communicating in sign language and include at least two sentences.

### Lesson 5

2. *With a parent’s permission (and help if needed), choose one of the alternatives to salt to try this week during a meal with your family. After the meal discuss your family’s thoughts on how the alternative you chose impacted the overall taste of the dish. Write a paragraph about your experience.*

**Answers will vary.** Answers should include information about the meal that was made and the salt substitute used. It should also include how the child’s family felt about the taste and how the substitute impacted the dish.

### Lesson 6

2. *Write a paragraph describing several smells for which you are especially grateful.*

**Sample answer:** There are many smells that I am grateful to have. Before reading this I hadn’t really thought about how nice it is to be able to smell things; I just took my sense of smell for granted. I am grateful for the smell of freshly baked cookies. It always makes our home smell so warm and cozy. I am also grateful for the smell of the earth during rainstorms. Something about that smell makes everything seem so fresh and wonderful. I am glad that I still have my sense of smell. I wouldn’t ever want to lose it.

### Lesson 7

2. *Explain to a parent or sibling why sleep is important.*

No written answer necessary. The child’s oral answer should have reflected information from the lesson extension.

3. *Write and describe two of the disorders that can negatively impact sleep.*

**Sample answer:** Periodic limb movements (PLM) or restless legs syndrome (RLS) can cause people to jerk their arms or legs every 20–40 seconds. These movements prevent them from sleeping peacefully and cause major exhaustion during the day.

People with sleep apnea stop breathing for short periods of time. Their blood oxygen levels can be lowered, which causes their hearts to work harder. Sleep apnea can be caused by issues with the brain or heart.

**Note:** The child needs to describe only two disorders. He or she may have chosen to describe hypersomnia, insomnia, or narcolepsy instead.

### Lesson 8

2. *Imagine you are Ruth’s daughter. Write a paragraph about your experience taking care of Ruth.*

**Answers will vary.** Answers should be from the perspective of Ruth’s daughter and reflect the information from the lesson. The child may refer to Ruth’s changing personality, her swearing, her family’s need to lock the house at night, or other scenarios listed in the text.

### Lesson 9

2. *Find one or two products at home or in a local store and read the claims made on the product. Talk them over with your parents or teacher and discuss what you think the claims are trying to make you believe about the product.*

No written answer necessary. The child should discuss the question with you to check for comprehension.

### Lesson 10

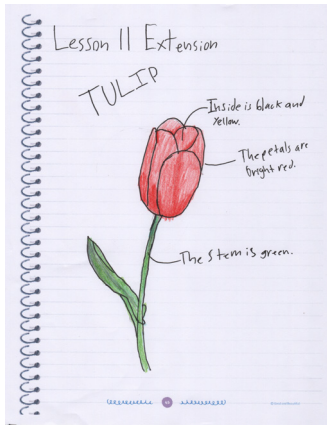
2. *Imagine that you live in Tromsø. Write a paragraph in your science journal describing how you feel on the day the sun rises for the first time after a long, dark winter.*

**Answers will vary.** Answers should be written from the perspective of someone who lives in Tromsø and should have a positive tone since the people of Tromsø are known for having a good mindset and attitude.

### Lesson 11

2. *Choose a flower to observe close up. Set a timer for five minutes. In your science journal, write and draw every detail you notice. You may use colored pencils or watercolors to add to your journal if desired.*

**Sample answer on the following page:**



## Lesson 12

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2. Which of these lesser-known healthy habits around the world is most interesting to you? Write a paragraph about the one you like best, explaining how you might incorporate it into your daily routine and how it may benefit your overall health.

**Answers will vary.** Answers should be written about one of the following: siesta (napping), rose water, shinrin yoku (forest bathing), or talviuinti (ice swimming).