

Healthy and Wise



Middle School Unit 3

Caprock Press

www.caprockpress.com

Activities

1. In groups, have each person state whether he/she has a habit that could affect one of his/her body systems. Then as a group, develop recommendations that would help a person break that habit.
2. Write a journal entry that describes one way you try to use exercise or nutrition to benefit your body or its systems.
3. This week, record the vegetables, fruits, and whole grains you eat each day. At the end of the week, turn it in to your teacher or put it in your health portfolio.
4. Record the amount of sleep you get each night this week. Overall, do you think you got enough sleep each night? Share your findings with your classmates.

Home Connection With your family, have each member discuss how he/she feels about his/her health. Have each member answer the following questions:



Do you feel healthy? Do you think you get enough exercise to benefit your body's systems? Do you feel that you eat a healthy diet most of the time? Record the answers and place

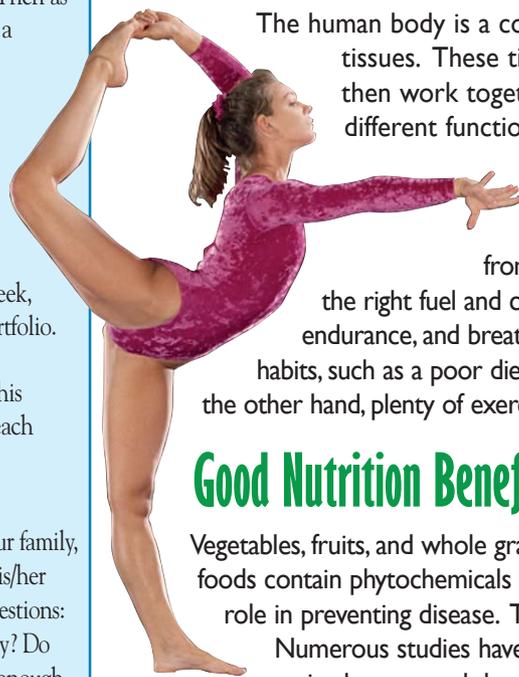
them in your health portfolio.

Discussion Questions

How can a poor diet affect your body systems?

Why do you think a lack of exercise can hurt your body systems?

The AMAZING Human Body



The human body is a collection of cells, which group together to form tissues. These tissues then make up body organs. Organs then work together in groups called systems to provide different functions. All the systems work together to keep the body healthy.

The body's systems need energy, which comes from food, water, and oxygen. If the body doesn't receive the right fuel and care, its systems will eventually malfunction. Dehydration, lack of endurance, and breathing problems are all signs that a body system is malfunctioning. Certain lifestyle habits, such as a poor diet and lack of exercise and sleep, can hurt the body and damage its systems. On the other hand, plenty of exercise, sleep, and proper nutrition can greatly benefit the body's systems.

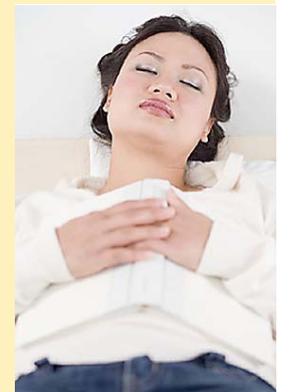


Good Nutrition Benefits Your Body Systems

Vegetables, fruits, and whole grains contain an abundance of vitamins, minerals, and fiber. In addition, these same foods contain phytochemicals and antioxidants, which are chemicals in plants that have been shown to have a role in preventing disease. These disease fighting nutrients are most abundant and effective in whole foods. Numerous studies have shown that people who consume an abundance of vegetables, fruits, and whole grains have a much lower rate of certain diseases, such as heart disease and cancer.

How Exercise Benefits Your Body Systems

- Reduces your risk of heart disease, high blood pressure, osteoporosis, diabetes, and certain cancers.
- Keeps joints, tendons, and ligaments flexible.
- Reduces some of the effects of aging.
- Improves your mental well-being and helps treat depression.
- Helps relieve stress and anxiety.
- Increases your energy and endurance.
- Helps you sleep better.
- Helps you maintain a normal weight by increasing your metabolism (the rate at which you burn calories).



TEACHERS, STUDENTS, AND PARENTS

Additional activities, instructional guides, and correlations can be accessed and downloaded at www.caprockpress.com