

Sweat Equity Information for the Teacher

Correlations to Arkansas Science Frameworks grades 5-8:

NS.1.5.1 Make accurate observations

NS.1.5.5 Communicate results and conclusions from scientific inquiry

NS.1.6.1 Verify accuracy of observations

NS.1.6.5 Communicate results and conclusions from scientific inquiry

LS.2.6.3 Investigate the functions of tissues

NS.1.7.1 Interpret evidence based on observations

NS.1.7.5 Communicate results and conclusions from scientific inquiry

LS.2.7.2 Analyze how two or more organs work together to perform a function (e.g., mouth and stomach to digest food)

LS.2.7.6 Identify human body systems:

- nervous
- digestive
- circulatory
- respiratory
- excretory
- integumentary
- skeletal/muscular
- endocrine
- reproductive

LS.2.7.8 Investigate functions of human body systems

NS.1.8.1 Justify conclusions based on appropriate and unbiased observations

Internet resources:

Lessons and Background:

List of 7 sweat websites:

<http://school.discovery.com/lessonplans/worksheets/questsforbetterhealth/worksheet4.html>

<http://www.sciencenetlinks.com/lessons.cfm?BenchmarkID=6&DocID=446>

http://science.nasa.gov/headlines/y2000/ast02nov_1.htm

<http://www.bbc.co.uk/schools/ks3bitesize/sosteacher/science/45227.shtml>

http://www.bbc.co.uk/weather/features/health_culture/effects_heat.shtml

<http://www.bbc.co.uk/nature/animals/mammals/explore/thermal.shtml>

<http://www.zeeks.com/22657.html>

Interactive websites/video clips:

<http://yucky.kids.discovery.com/flash/body/yuckystuff/armpit/js.index.html>

<http://www.kidshealth.org/kid/body/mybody.html>

Books:

Branzei, Sylvia. Illustrated by Jack Keely. *Animal Grossology: The Science of Creatures Gross and Disgusting* (Grossology Series).

"Humans make about one liter of saliva a day. A sheep or goat, up to 15 liters per day. Coming in first by producing almost 200 liters of saliva daily; the cow." "If you place a hagfish in a bucket of seawater, this animal drips so much slime that a thick layer of mucus will float on the water after several hours." Just when you thought it was safe...Animal Grossology's Sylvia Branzei proves she still knows what fascinates and really disgusts kids of all ages. Sure, there's bird poop on the cover. Yeah, there's a lot of information inside that can function as an appetite suppressant. Fortunately, Branzei tosses into this icky concoction a heaping helping of real and memorable scientific facts.

Snedden, Robert. *Yuck!: A Big Book of Little Horrors*

Spilsbury, Louise. *Why Should I Wash My Body?: And Other Questions about Keeping Clean and Healthy (Body Matters)*.

The mysteries of sneezes, sunburns, toothaches, and more are solved in this colorful series about the human body. Accessible questions and fascinating facts introduce the reader to how the body works, what can go wrong with it, and how it repairs itself.

Haduch, Bill. illustrated by Rich Stromoski. *Food Rules!* Penguin Putnam/Puffin Books, 0-14-131147-9, \$10.99.

What a fun book. It not only teaches kids about food, nutrition, and their bodies, but also about health and hygiene, all in a humorous way. Rick Stromoski created some wonderful cartoon illustrations to accompany each chapter. In an era when kids need to learn about nutrition at an early age, this book serves well as an introductory course.

Deary, Terry. *Horrible Histories Collections: Gorgeous Georgians & Vile Victorians*

History with twice the nasty bits! The Gorgeous Georgians tells you all about the people who lived in these riotous times - from lords and ladies with a personal hygiene problem to the starving and pitiful poor. The Vile Victorians gives you all the terrible truth about revolting events affecting everyone not so very long ago - from the vile Victorian queen herself, to some vicious Victorian villains. Read on for curious quizzes, rotten recipes, gruesome games and terrible tests ... for your teacher!History has never been so horrible!

Arnold, Nick. *Horrible Science: Body Owner's Handbook*. Scholastic Books.

If you can stomach the sick side of science, then Horrible Science is for you! Nick Arnold and Tony de Saulles are the award-winning author illustrator combo who bring the books to you in all their revolting glory! Remember, don't go near these books if you're squeamish, because this really is science with the squishy bits left in! Science has never been so horrible!