

## **Understanding Our Bodies (Level 3)**

### **Assessment Questions**

#### **Healthy & Sustainable Lifestyle**

1. How many glasses of water should you drink per day?
2. What is meant by mode?
3. What are the four main types of healthy foods we should eat for a balanced diet?
4. Represent the following data using bar graphs:

How many hours did you sleep in the last 5 days?

- Monday: 0 hours
- Tuesday: 8 hours
- Wednesday: 9 hours
- Thursday: 12 hours
- Friday: 10 hours

Calculate the mean, range, and mode of this data.

5. Imagine that you want to exercise for 50 minutes. If you started at 6:18, what time should you stop exercising?
6. What are 3 or 4 steps you can take to ensure a healthy lifestyle?
7. If you eat grains in most of your meals for 6 months without doing any physical exercise, how will this affect your health?
8. Name three exercises you can do to stay fit and healthy.

#### **Understanding Infections and Vaccines**

1. True or false: all living organisms are made up of cells AND all living organisms can reproduce.
2. What are some symptoms of a viral or bacterial infection (when you are sick)?
3. Calculate the percentage of individuals vaccinated in an area. The total number of people in the area is 10,508 and the number of people who have been vaccinated is 3782.
4. You are asked to write an article for your local/school newspaper on vaccines and/or vaccine discovery. What information will you include? Write three to four points.
5. How do vaccines speed up our response to infections?
6. What is herd immunity?
7. What is the difference between bacteria and viruses?

## **Our House Rules to Keep Covid-19 Away**

1. What is COVID-19?
2. How does COVID-19 spread?
3. List any 2 reliable sources for information about COVID-19.
4. What are 3 common symptoms of COVID-19?
5. Kamal is standing in line at a grocery store. Solve the following to find the distance between Kamal and the person in front of him in feet:  $2\frac{1}{2} \div \frac{1}{2}$ 
  - Is Kamal safe at this distance?
  - If not, how many steps (and in what direction) should Kamal take to protect himself from possibly contracting COVID-19? Remember that the recommended physical distance is 2 meters or 6 feet. Assume that each step is 1 foot
6. Mona lives in a neighborhood with a high COVID-19 infection rate. One day, she left her house to shop for groceries. The following day, Mona experienced some symptoms, and a test confirmed she had contracted COVID-19. List 3 reasons this could have happened.
7. If the recommended physical distance that should be maintained between people in public places in order to avoid contracting COVID-19 is 2 meters, what is it in feet? 1 foot = 0.3 meters. Round your answer to the nearest whole number.
8. List 1 or 2 things people can do to protect themselves and others from COVID-19 in the following situations:
  - a) While they are in the house
  - b) Before leaving the house
  - c) After returning to their house after a trip to the mall
9. True or false: to protect ourselves from COVID-19, we should stand 3 meters away from others when we go outside.
10. True or false: we cannot contract COVID-19 by touching surfaces that are contaminated with the virus (i.e., on which an infected person sneezed or coughed).
11. True or false: wearing a mask does not protect us from contracting COVID-19.

## **My Organs T-shirt**

1. True or false:
  - A) The mouth and nose are parts of the respiratory system ( )
  - B) Arteries carry blood back to the heart ( )
2. Where is the respiratory system located?
3. What happens to the size of the chest when we breathe out (i.e., exhale)?

4. What is the main function of the circulatory system?
5. Complete the following sentence: During exercise, your heart beats .....
6. How does your body get rid of carbon dioxide?
7. The kidneys, ureters, and bladder are parts of the ..... system.
8. Where does digestion start?
9. Draw the following organs:
  - Kidney
  - Lungs
10. Name the system below and label its organs



11. Compare the process of inhalation and exhalation (mention 2 differences).
12. What happens if you do not apply pressure to a cut? Why?

**Let's Share a Smile**

1. List 4 habits we should maintain to keep our teeth healthy.
2. True or false: cleaning our tongue helps prevent bad breath.
3. Complete the following sentences:
  - A) The chisel-shaped front teeth are called \_\_\_\_\_.
  - B) The sharper teeth on either side of incisors with one pointy tip (or cusp) are called \_\_\_\_\_.
  - C) The teeth that come after canines and have two points or cusps are called \_\_\_\_\_.
  - D) The wider back teeth with four or five points/cusps are called \_\_\_\_\_.
4. Label the following:



5. Layla's tooth fell, and she used it to conduct the following experiment: she submerged it for a week in a glass of milk. What will Layla notice when she takes it out of the glass after one week? Explain why. What would have happened if she had submerged it in a glass of soda?
6. Describe the role of the following teeth when you eat an apple: incisors and molars.
7. Why is it important to brush your teeth with fluoride-containing toothpaste?
8. True or false: if you brush your teeth with fluoride-containing toothpaste, it is safe to consume sugary foods and drinks.

### **Adolescence - Changing You**

1. Why do you think our bodies start to grow and change during puberty?
2. What are some primary sexual characteristics that develop during puberty, and why are they important?
3. How do secondary sexual characteristics differ from primary sexual characteristics?
4. Why is it important for both boys and girls to learn about the menstrual cycle?
5. How do hormones affect emotions during puberty?
6. Compare the socio-emotional changes experienced by boys and girls during puberty.
7. What is the purpose of the menstrual cycle?
8. Why is it important to adopt good health habits during puberty?
9. Why is it important to talk to someone you trust about the changes you experience during puberty?
10. What role can friends and family play in helping you navigate puberty?