

## Good “Housekeeping”

**NHES Standard 3** Students will demonstrate the ability to access valid information and products and services to enhance health.

### Teaching Objectives

- Analyze and describe the components and functions of the skeletal, muscular, and nervous systems.
- Demonstrate the ability to access valid information related to health that will enhance the development and maintenance of their skeletal, muscular, and nervous systems.

### Teaching Strategies

- Place students in groups of three. Each group will need access to the Internet, a sheet of white paper 3 × 5 feet, and four different colored markers (black, red, blue, and green).
- Allow time for groups to present their silhouettes and explain the health-enhancing behaviors for each system.

### Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score:

- ✓ Cites specific sources
- ✓ Evaluates the validity of the sources
- ✓ Gives rationale for the appropriateness of the sources
- ✓ Identifies at least three health-enhancing behaviors

# Hands-On **HEALTH**

## Activity

## Good “Housekeeping”

Imagine you were building a house that you plan to live in for 100 years. In this activity you will learn how your “house” is built, and how to care for it.

### What You’ll Need

- a computer with Internet access
- colored markers (black, red, blue, green)
- large sheet of paper

### What You’ll Do

#### Step 1

Work in groups to review the chapter. Conduct additional research to learn more about the skeletal, muscular, and nervous systems.

#### Step 2

Using reliable information that you obtained during your research, draw a life-size silhouette of the human body. Refer to your research, and label one major muscle, one major bone, and one part of the nervous system.

#### Step 3

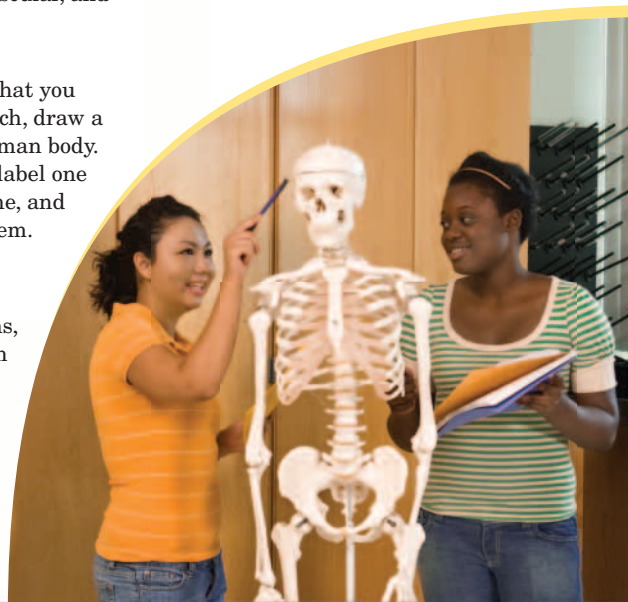
Explain the components of each system, how it functions, and steps to keep the system healthy. Cite your sources.

### Apply and Conclude

Identify three health-enhancing behaviors that will have a positive impact on your “house” for a lifetime.

### Checklist: Accessing Information

- ✓ List all of your sources of information.
- ✓ Evaluate the sources to determine their reliability.
- ✓ Judge the appropriateness of your sources.



## More About...

**Medical Illustration** Drawing and labeling parts of the body has a long history, and a traditional specialty of commercial art is medical illustration. In recent years medical illustration has been revolutionized by computer technology. Medical illustrators once produced paintings and pen-and-ink drawings. A medical illustrator today needs to be a master of computer art programs in order

to produce digital images that can be sent and stored in computers. Despite the new technology, a medical illustrator still needs to have talent and training in the traditional artistic skills of design, composition, color, and lighting. Ask students with artistic talent to try to create labeled illustrations of body components using digital art software.