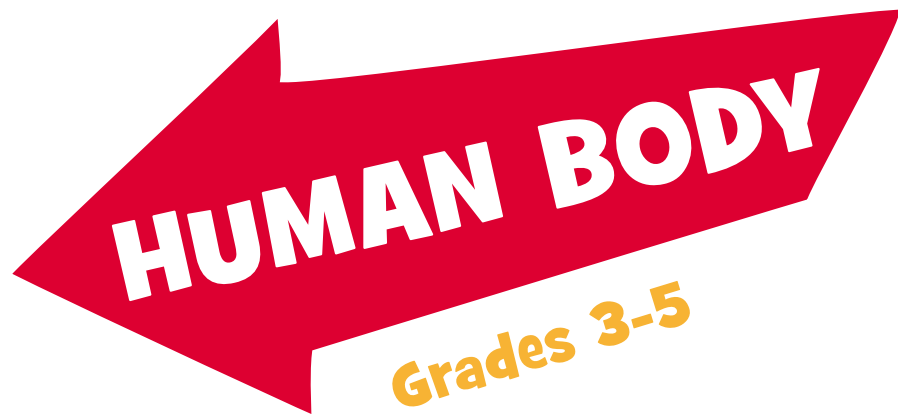


Keep this sheet.
Collect them all!



Explore your world with this Science-to-Go backpack



Books in this backpack

- **The 12 Biggest Breakthroughs in Medicine**
by M.M. Eboch
- **Bones: Skeletons and How They Work**
by Steve Jenkins
- **Guts: Our Digestive System**
by Seymour Simon
- **How Is My Brain Like a Supercomputer?
And Other Questions About the
Human Body (Good Question!)**
by Melissa Stewart
- **Human Body**
by Richard Walker

Idea!

Next time you eat a chicken wing, check out the bones! The bones in the wing have a very similar set-up to a human arm. Does it move the same way?

More books
at your
library

Body Bones. Shelley Rotner. E573.76
The Busy Body Book: A Kid's Guide to Fitness. Lizzy Rockwell. E612
Human Body: Facts at Your Fingertips. Richard Walker. Downloadable e-book
The Skin You're In! The Secrets of Skin. Melissa Stewart. J591.47
Step-by-Step Experiments with Taste and Digestion. Katie Marsico. E612.87

Local Connection

See what your body can do at **Sprinker Recreation Center**. Keep moving with ice skating, tennis, rock climbing and more. Try pull-ups, balancing challenges and park bench pushups at your nearest jungle gym.



ACTIVITY

Model Your Heart

You're welcome to keep this sheet!

Did you know your heart pumps more than a gallon of blood every minute? That's a lot of work! In this activity you'll build a model heart that will demonstrate how your heart pumps blood throughout your body.

What you need:

- Wide mouth jar or cup
- Balloon
- Skewer or sharp toothpick
- Two flexible straws
- Scissors
- Tub or sink to collect water spills
- Sponge
- Tape

Try this:

1. Fill the jar halfway with water.
2. Cut the neck off a balloon and stretch the large part over the open end of the jar, making sure it fits tightly.
3. Use your skewer to poke two small holes (2 cm apart) into the stretched balloon.
4. Carefully insert a straw through each hole in the balloon with the bendy side up. The straws should fit without any gaps.
5. Use the neck of the balloon to make a valve by putting it on the tip of one straw and securing it with tape.
6. Push down on the balloon and release it several times. Can you get the water to move through the straws?

Activity adapted from the Science Museum of Minnesota, smm.org/heart/lessons/lesson5a

Going Further

Look at this illustration of a heart. Can you identify the similarities and differences between your model and this diagram? Write down your observations in the field notebook.

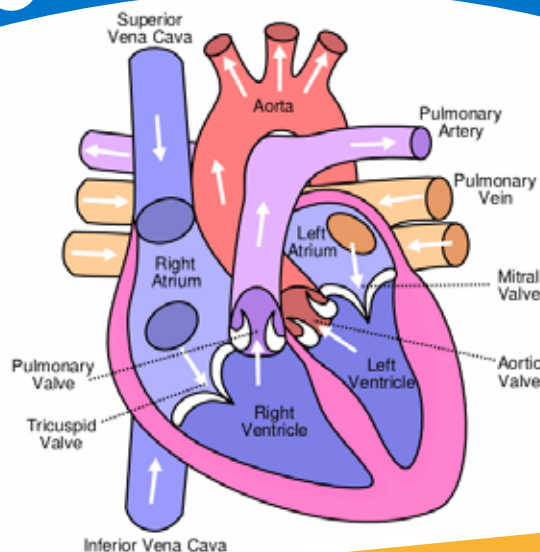


Image by Eric Pierce
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