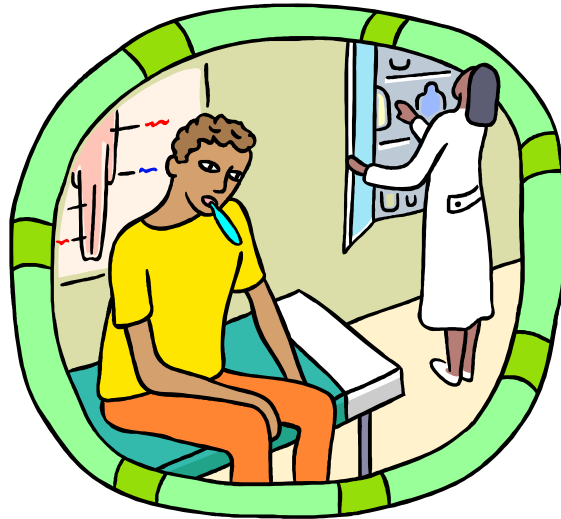


Health



In our HEALTH sessions we covered the following:

- Expressed our understanding of a healthy individual and a healthy community through drawings
- Understood the stages of child development
- Discussed the “Healthy Steps” program
- Reviewed the health assessment
- Reviewed the human body as a system
- Researched and presented on pressing health topics including diabetes, asthma, and heart disease

We’d also like to share a few of your experiences as well as some additional resources.

Take It From Us

#1

this activity will teach: how different parts of the body work

resources needed: Human Body book, a health textbook, or an encyclopedia

skills used: using reference books, library and internet research

activity: I have my children choose a topic to research and find information in books regarding their topic. One day we looked at the human anatomy and chose different body parts and organs, such as the elbow, heart, or liver. We locate them in the body and study their functions, including what other parts of the body they interact closely with. Another main topic is to study systems in the body, such as the respiratory or skeletal system. When we studied body systems I had the kids make a chart that showed how the system worked, step by step. The children can present their findings to each other, to you, and to other adults, supplementing their explanations with drawings and pictures from the books.

hints: Use the museums as resources to learn about the Human Body too. The Museum of Science and Industry has great interactive exhibits.



#2

this activity will teach: what a day in the life of a diabetic might be like

resources needed: information about diabetes

skills used: reading, following directions

activity: We read the materials on diabetes together and talked a little bit about what my daughter might have to do differently if she had diabetes. Over the course of a day we imitated the activities a diabetic might have to do. First, we talked about keeping your feet very safe and warm. She had to make sure that she wore her shoes and socks at all times. We also talked about diet and planned the day's meals according to foods that would be safe for her to eat if she had diabetes. Lastly, I showed her how to give herself a shot of insulin should she need to. We talked about her needing to pay attention to her insulin levels all the time and make sure that her sugar intake was safe for her condition, and that, if it wasn't, that she would need to have insulin shots on-hand.





RESOURCES

Written Materials

*The Human Body, published by Dorling
Kindersley*

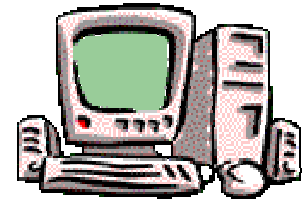
*Chicago Department of Public Health pamphlets
312-747-9884*

Websites

www.chestnet.org (asthma – the Chest Foundation)

www.secarddiologia.es

www.salud.com



People to Talk to

Chicago Department of Public Health – 312-747-9884

Health Clinics

Uptown - 312-747-1938

Englewood – 312-747-7831

doctors

nurses

medical associations

school nurse

