

build-a-project

grades 2nd-6th

Step-By-Step Guide

Reproducibles

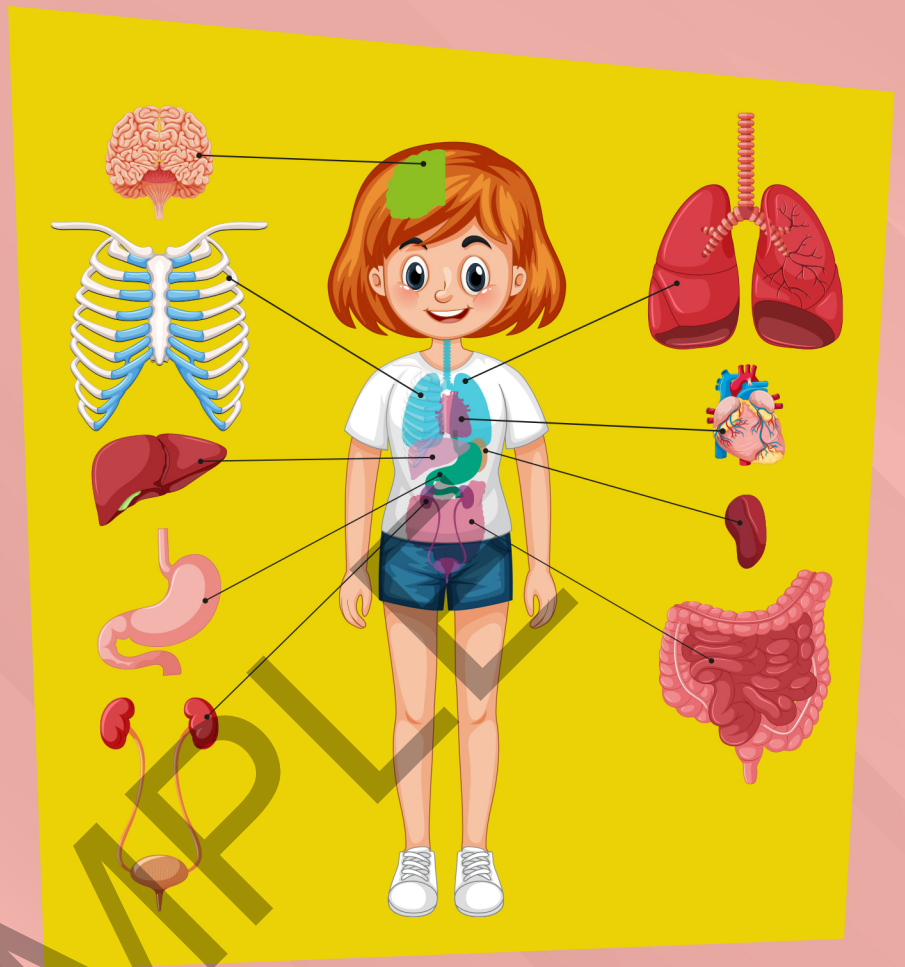
Content Standards

Note-Taking Guide

Project Timeline

Additional Content Areas

Customized quality
projects for at
home learning!



Anatomy & Nutrition

STEP-BY-STEP GUIDE

Welcome to the Anatomy and Nutrition Project!

I hope you and your students enjoy this project.

Here is some helpful information:

- 1. Content Areas:** This outlines standards that your students will meet according to their grade level. It is highly recommended to share these standards with your students. It gives them perspective and a focus on what they are going to learn.
- 2. Timeline For Project:** The timeline provided serves as a suggested general guideline on the pace of the project. This could be altered to better suit your family's lifestyle and schedules.
- 3. Project:** The project description provides step-by-step instructions for the various project components included.
- 4. Note-taking Guide:** This template is to help your students take notes while researching.
- 5. Checklist:** This is a helpful tool to ensure all components are complete.
- 6. Additional Content Areas:** These are optional mini activities your could do with your students. It is highly recommended that you include these activities during your project if time permits, because beneficial for your students to connect the content areas to one another.
- 7. Research and Websites:** This page reviews helpful information for your students to research the material, along with some helpful websites they could refer to.

LET'S BE SOCIAL!

I'd love to hear from you on social media! Please reach out and tag @build_a_project in your posts!



build_a_project



buildaproject

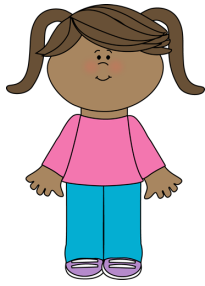
CONTACT INFORMATION

Feel free to contact me anytime for questions and updates. I love to see pictures and receive updates on how the students are doing!

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CONTENT STANDARDS



HEALTH & NUTRITION

- 1.1.N Identify and define key nutrients and their functions.
- 1.1.N State the recommended number of servings and serving sizes for different food groups.
- 1.3.N Describe the relationship between food intake, physical activity, and good health.
- 2.1.N Identify internal and external influences that affect food choices.
- 2.3.N Identify internal and external influences that affect physical activity.
- 3.2.N Use food labels to determine nutrient and sugar content.
- 6.1.N Make a plan to choose healthy foods and beverages.
- 7.1.N Practice how to take personal responsibility to eating healthy foods.
- 7.2.N Practice how to take personal responsibility for limiting sugar consumption in foods, snacks, and beverages.

GOALS FOR THE PROJECT

Learn about
the functions
of each organ

Learn about
positive and negative
effects of organs

Create a
meal plan

Welcome To Your Anatomy and Nutrition Project!

In this project you will learn about how nutrition effects the human body organs.

MINI ACTIVITIES AND MAIN PROJECT

Essential Question:

How does good nutrition effect internal and external body parts?



MINI ACTIVITIES AND MAIN PROJECT

Subjects involved: Health, Science, Nutrition, Writing, Art, Media

OVERVIEW OF YOUR JOURNEY THROUGH ANATOMY AND NUTRITION

In this project, you will learn about the internal organs and their functions. Once you learn about each organ, you will research how good and bad nutrition affects these organs. To do this, you will make a Human Body Flap. After you learn about what each organ does and how nutrition affects the organs, you will be making a video talking about how good and bad nutrition affects your body!

SCIENCE

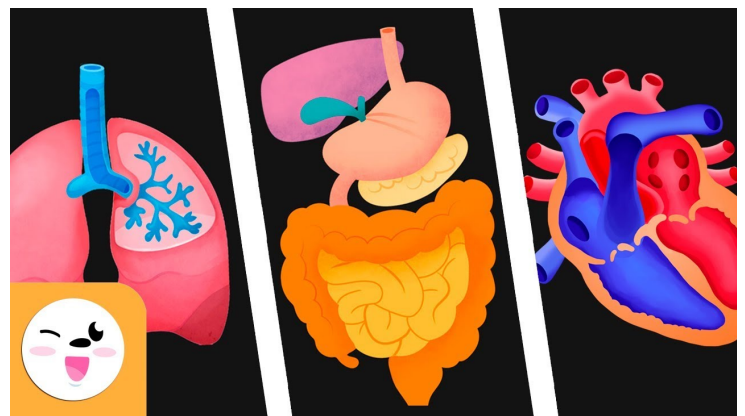
1. Learn about each organ and nutrition facts.
 1. Review the **Organs and Nutrition** sheet.
 2. Be sure to use your own resources from the library and the internet to learn more as well!
 3. Watch the following videos (click on picture)

Introduction to Nutrition



<https://youtu.be/mMHVEFWNLMc>

Introduction to Anatomy



<https://www.youtube.com/watch?v=i5aXwiC3wWc>

4. Use the **Note-Taking Guide** to jot down your notes about each organ. After you write your notes, you will write about each organ in the flaps in paragraph form. For each organ you will write: what it is, what it does, and how good and bad nutrition affect the organ.
5. Once you collect all of the information about the organs, you will put the information in a human body flap! Please see the **Human Body Flap** page for detailed information.

WRITING

6. After completing all of the fun tasks, you'll end the project with answering the essential question. See the **Writing** page for details.

MEDIA

7. Create a video talking about how good and bad nutrition affect your body. Please see the **Make a Video** sheet for details.

NUTRITION

8. Create your own meal plan using the sheet, **Create Your Meal Plan**.

What is on the inside of the human body?

Anatomy is the study of the body. In this case, we will be focusing on the human body. There are many systems in our bodies and we will be focusing on the major organs from a collection of these systems.

The systems in the body are:

Circulatory System

Immune System

Nervous System

Respiratory System

Digestive System

Endocrine System

Muscular System

Excretory System

Skeletal System

To read more about
the human body
systems visit

[A Guide to Body Parts](#)

In this project, we will be focusing on the following body organs:

Heart

Lungs

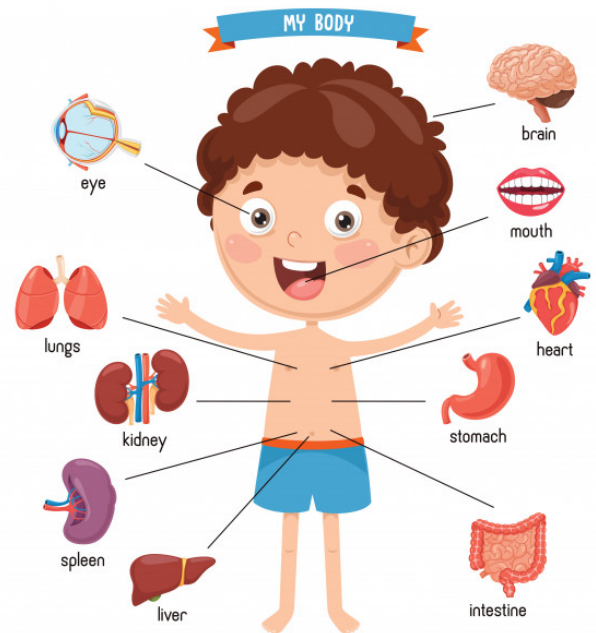
Kidney

Large Intestine

Brain

Liver

Small Intestine



Read a bit about each organ listed on the next page!

BODY ORGANS

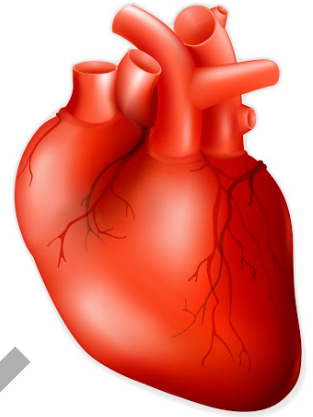
Below you will find some information about each of the body organs. Be sure to include your own research from textbooks or credible websites on the internet!

Heart

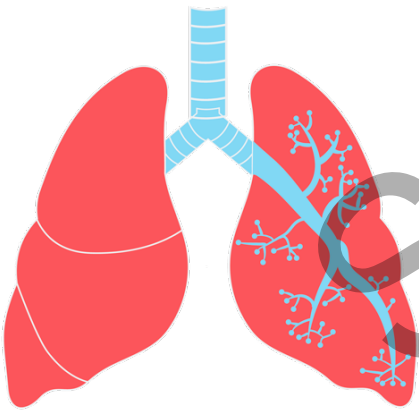
The heart is a muscle located in the left of the middle of your chest. It's about the size of your fist. The heart sends blood around your body. The blood that it sends provides your body with oxygen and nutrients it needs and carries away any waste.

It's important to keep your heart happy by exercising or staying active, eating a variety of healthy foods, making sure to eat your fruit and veggies, and limiting the sweet stuff!

Read more about the heart here: <https://kidshealth.org/en/kids/heart.html>



Lungs



The lungs are located in the chest and take up most of the room in there. Your lungs are protected by your rib cage and beneath the lungs is the diaphragm. The diaphragm allows you to breathe in and out.

It's so important to take care of your lungs as they allow you to breathe. It's so important to make sure to eat healthy and exercise to keep your lungs healthy. Smoking is not good for any part of your body, but your lungs definitely won't be happy as it will effect a person's breathing.

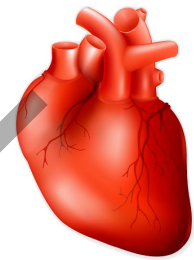
Read more about the lungs here: <https://kidshealth.org/en/kids/lungs.html>

NOTE-TAKING GUIDE

While you're learning about the different organs, take notes and answer the questions below to fill out information for the human body flap!

Heart

What does the heart do?



How does good nutrition effect the heart?

How does bad nutrition effect the heart?

HUMAN BODY FLAP

Now it's time to put all of your research and hard work into the Human Body Flap!

SCIENCE

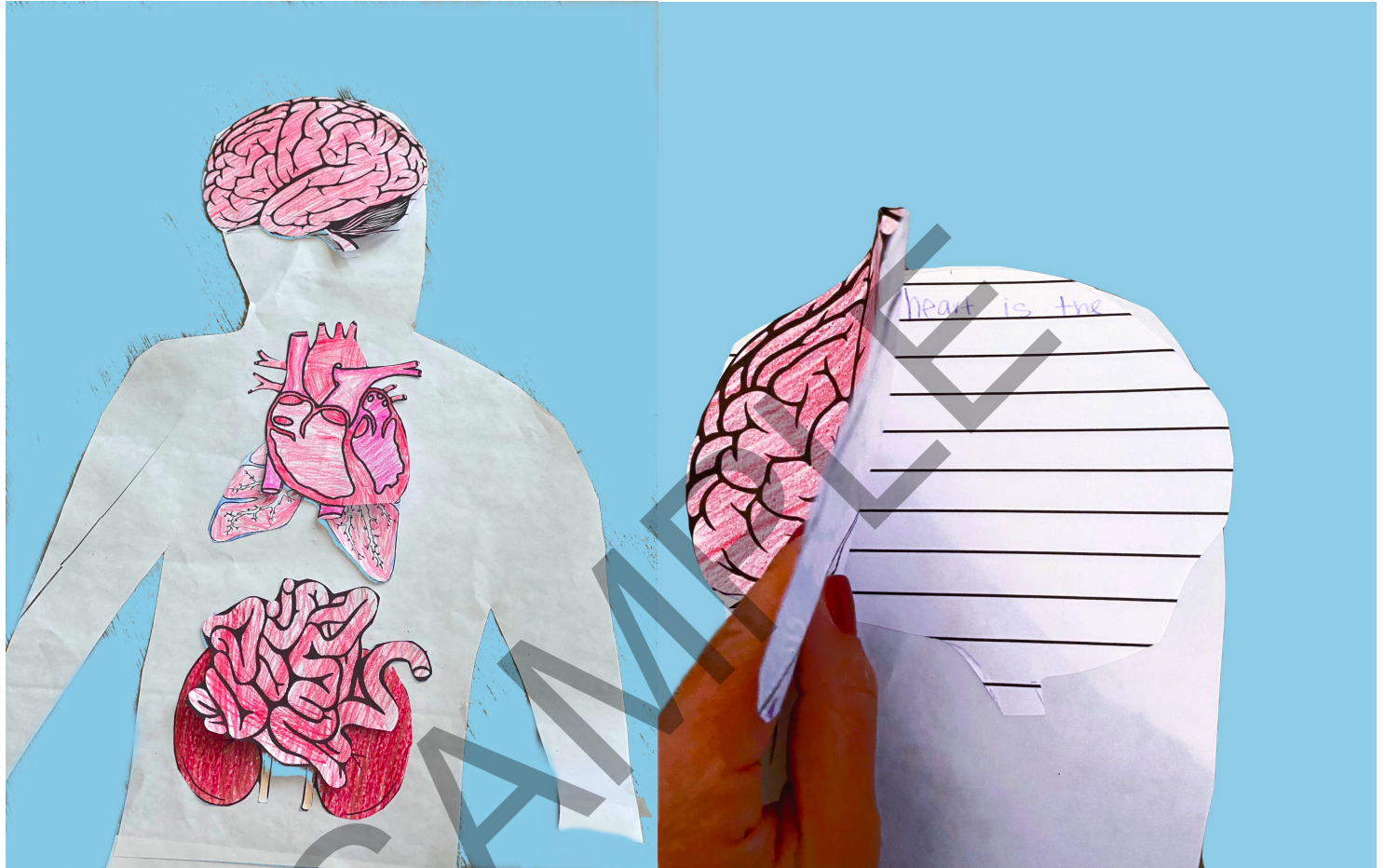
Materials:

- ☐ Large sheet of butcher paper
- ☐ Pencil
- ☐ Scissors
- ☐ Colored pencils
- ☐ Printable of organs (provided below)
- ☐ Video recorder

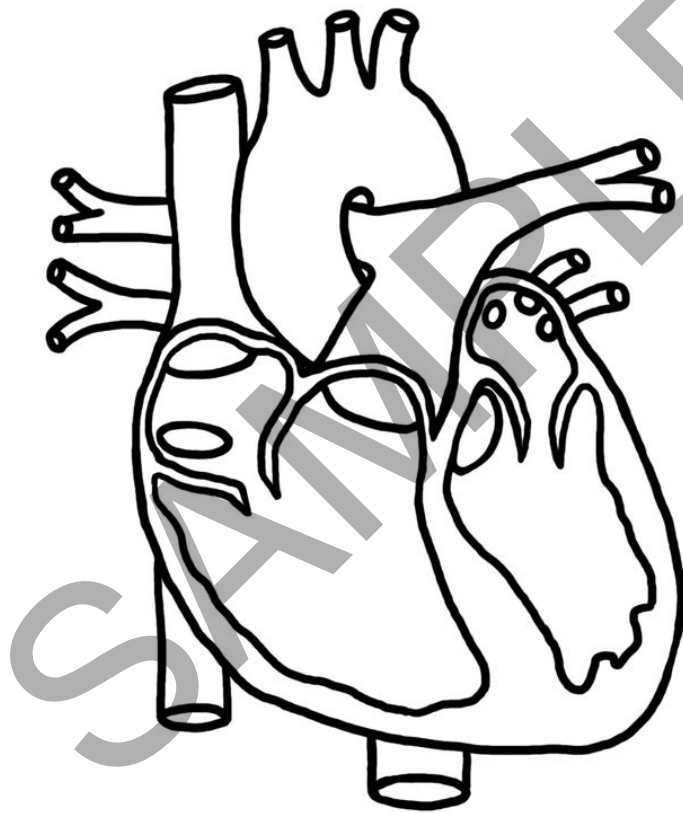
To make the Human Body Flap:

1. Have someone trace your body on a large sheet of butcher paper and cut it out.
2. Cut and color internal organs. See printable of internal organs on the pages below.
3. Place the lined paper under the organ. Trace each organ on the lined paper provided (therefore you will need to print 7 pieces of the lined paper) and cut it out. This is where you will write about the organ. Essentially you are creating a flap.
 1. Write all about the organ on the lined paper and how nutrition effects that organ.
4. After you colored, cut the organ and lined paper, and wrote about it, you will paste the organ on the correct part of the body (please see diagram of body on **page**). Here is an example of a completed poster:

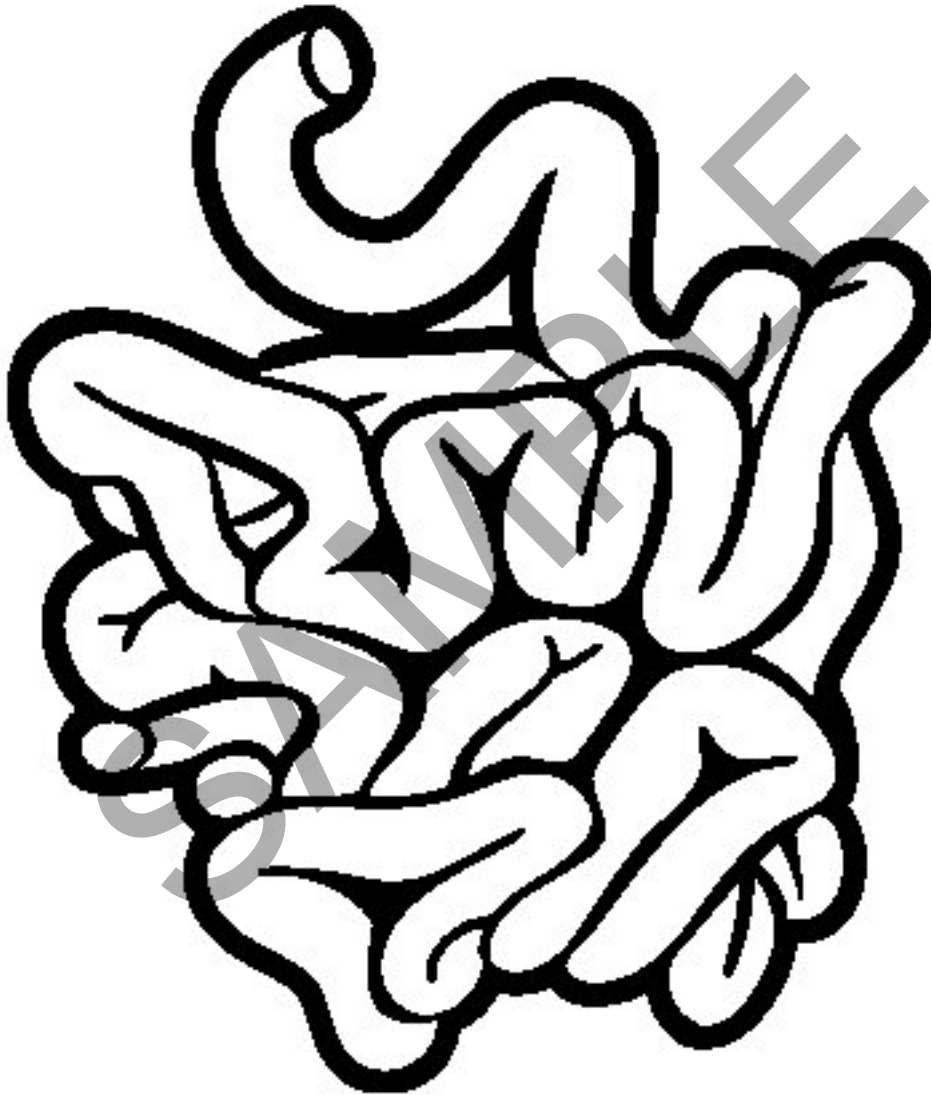
Life Size Human Body Flap



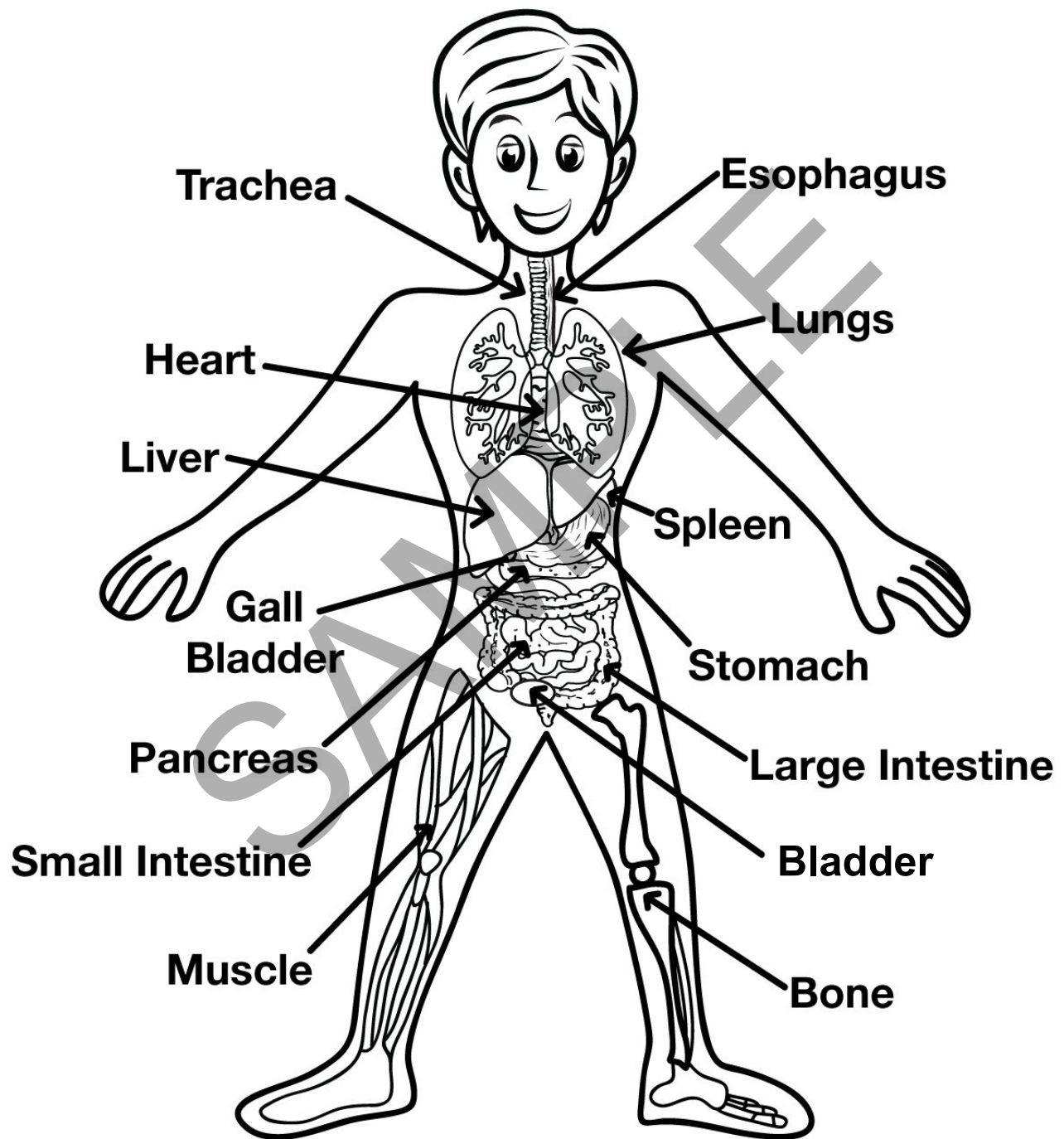
Heart



Small Intestine



Body Diagram



MAKE A VIDEO

Create at least a 5 minute video about how good and bad nutrition effects your body. You could add images, interactive links, etc. Get creative with it! You can set it up as if you are a teacher teaching a class, or a news anchor giving a report, or you could simply talk and give information about these answers.

Use the space below to plan your video:

SAMPLE

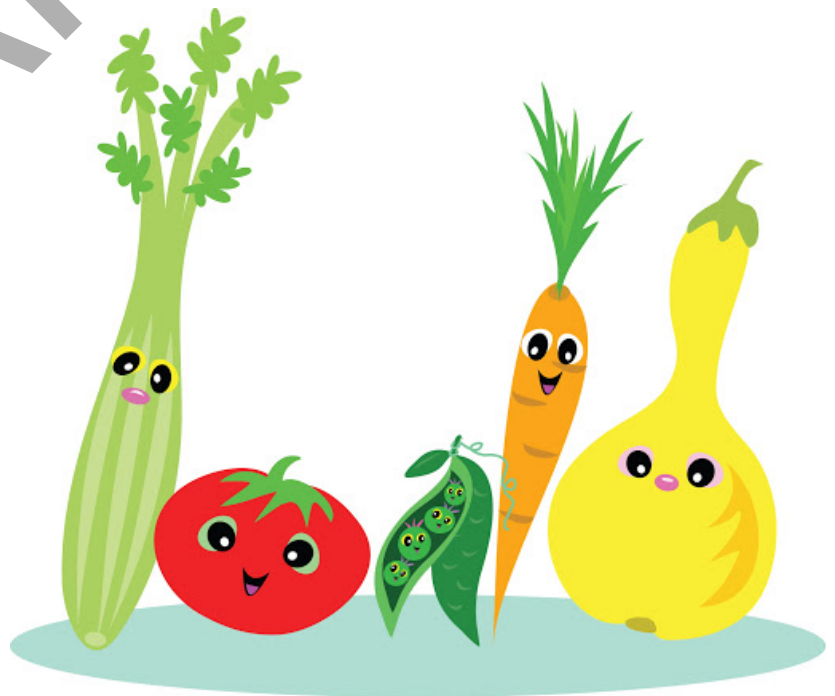
Create Your Own Meal Plan!

Create 5 days of healthy dinner meals that you would enjoy. Use the foods in the food group chart to create your meals.

Fruit	Apple, grapefruit, blueberries, watermelon, cantaloupe, plum, banana, kiwi, grapes, papaya, orange, strawberries
Vegetables	Broccoli, spinach, potato, corn, carrots, bell pepper, bok choy, romaine lettuce, tomato, sweet potato, avocado, mushroom, celery
Grains	Whole-wheat bread, pasta, tortilla, popcorn, brown rice
Protein	Lean meat, chicken, lamb, pork, turkey, eggs, seafood, nuts and seeds
Dairy	Milk, cheese, yogurt

CHECKLIST

- ☐ Gather materials
- ☐ Research information about each organ
- ☐ Organs colored and cut
- ☐ Write information about each organ for each flap
- ☐ Complete Human Body Flap
- ☐ Record your video
- ☐ Edit your video
- ☐ Complete writing assignment
- ☐ Create meal plan



RESEARCH

How do students research information?

- Utilize textbooks: guide your students to the chapter or section in the book about health, nutrition, and anatomy.
- Go to the library: Find books about health, nutrition, and anatomy at the library.
- Computer: Have your students research information on kid-friendly websites that are credible. This could be done through computers, iPads, or laptops.

Here are some websites that may be helpful:

Texas Heart

<http://www.texasheart.org/ProjectHeart/Educators/Grade1/Curriculum.cfm>

USDA Website

<https://www.fns.usda.gov/tn/team-nutrition>

Kids Health

<https://kidshealth.org>

Anatomy and Nutrition Project Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

SAMPLE