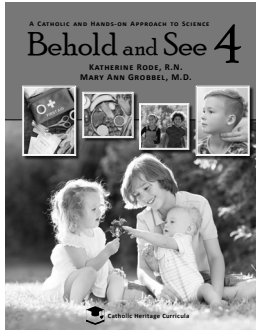


# Science & Health



## ***Behold and See 4: Human Anatomy and Health***

*Part One: "My Temple of the Holy Spirit" by Kathy Rode, R.N.*

This hands-on human anatomy course provides a basic overview of the function and location of many of the organs and systems of the human body. Designed for independent study, this course also features a beautiful pro-life thread and Catholic perspective on the body as God's temple. As a wrap-up activity, student will make the "Human Body Felt Project," an inexpensive and wonderful teaching tool your student will be proud to have made. Patterns included.

*Part Two: "Nutrition, Health, & First Aid for Catholic Boys & Girls" by Mary Ann Grobbel, M.D.*

An excellent overview of health from a Catholic perspective. Allow approximately five weeks for each of the three sections: Nutrition, Health, and First Aid. Simple, clear terms explain nutrients, disease, hygiene, exercise, how to create a balanced diet, and more. Includes glossary, answer key, and basic first aid instructions.



## **BEHOLD AND SEE 4 SUPPLY LIST**

### **Bottle Model of the Lung System, pg. 33**

- 1 clear, sturdy plastic bottle (about the size of a water bottle)
- 2 round balloons
- 2 heavy-duty rubber bands
- heavy-weight drinking straw
- modeling clay

### **Model Arm, pg. 52**

- 3 pieces of poster board
- masking tape
- 1 large paper clip
- several heavy-duty rubber bands
- 2 long balloons
- 1 pair of needle-nose pliers
- 1 very sharp object to poke a hole, such as a nail

### **Human Body Felt Project, pg. 82**

- scissors
- felt (see suggested colors on pg. 83)
- neutral or matching colored thread (or hot glue)
- needle (or hot glue gun)
- fiberfill
- cardboard (a large sheet can be obtained from office supply stores, appliance stores, or frame shops)
- yarn (optional)
- glue

"This will be our third year to use CHC. We love it!!! This picture shows my son, Noah, with his 'likeness' that was created during our use of 'My Temple of the Holy Spirit' science curriculum. He cut out, stuffed, and sewed all of the internal body parts, and we cut his silhouette from foam board. Great project and lots of fun!!" —Angela, OK

