

# S U M M A R I E S

## **INVESTIGATION 1: Hands and Hygiene**

In Investigation One, you explored hands and health. During this Investigation, you:

1. learned about germs.
2. cleaned your hands with a dry towel.
3. cleaned your hands with a damp towel.
4. cleaned your hands with a wet, soapy towel.

Through these experiments, you found that:

1. germs come off our hands best with water and soap.
2. to be healthy, we should wash our hands before we eat or cook.
3. to be healthy, we should wash our hands after we sneeze or play.

## **INVESTIGATION 2: Staying Healthy**

In Investigation Two, you explored coughing and sneezing. During this Investigation, you:

1. made a model of coughing and sneezing.
2. measured how far germs from a cough or a sneeze could travel in the model.
3. modeled a cough or a sneeze without covering your mouth.
4. modeled a cough or a sneeze while covering your mouth.

Through these experiments, you found that:

1. germs spread through coughing and sneezing.
2. germs can travel a long distance.
3. germs do not travel as far when we cover our mouths when we cough or sneeze.

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## **INVESTIGATION 3: Dental Hygiene**

In Investigation Three, you explored teeth. During this Investigation, you:

1. counted primary and permanent teeth.
2. used a model of teeth with plaque and brushed with water.
3. used a model of teeth with plaque and brushed with water and toothpaste.
4. used a model of teeth and practiced flossing.

Through these experiments, you found that:

1. people have more permanent teeth than primary teeth.
2. plaque comes off teeth best when using a toothbrush, water, and toothpaste.
3. flossing removes plaque between the teeth.

## **INVESTIGATION 4: Fitness and Health**

In Investigation Four, you explored the heart and exercise. During this Investigation, you:

1. found your heartbeat.
2. used a stethoscope to listen to your heartbeat.
3. counted your heartbeats after sitting, walking, and jogging.

Through these experiments, you found that:

1. the heart is on the left side of the body.
2. the heart makes a “lub-dub” sound.
3. the heart beats more after jogging than after sitting or walking.

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## **INVESTIGATION 5: Health and Nutrition**

In Investigation Five, you explored health and food. During this Investigation, you:

1. studied two menus that listed foods a person may eat in one day.
2. used a pan balance to compare the foods in each menu to the amount of foods in MyPyramid.

Through these experiments, you found that:

1. it is important to make good food choices to be healthy.
2. making good food choices means a person should eat foods from all food groups and categories.
3. following MyPyramid is a good guide for making good food choices.
4. if we do not eat the right amounts of food, we do not stay healthy.