

Health Sciences

INSIDE THE HUMAN BODY

The nervous system	1
The skeletal system	3
The respiratory system	5
The cardiovascular system	7
The digestive system	9
Template, self-testing review sheet	11
Sense of taste	12
Sense of smell	14
The urinary system	16
The immune system	18
The endocrine system	20
The skin	22
The eye	24
The ear	26

SAFE FOOD HANDLING AND NUTRITION

List, Hand washing steps	28
List, Precautions to take when preparing and eating food	29
List, Precautions to take when storing food	30
Diagram, Recommended daily caloric intake	31
List, Ways to reduce fat intake	32
List, Ways to reduce sodium (salt) intake	33
List, Food advertising techniques	34

WELLNESS

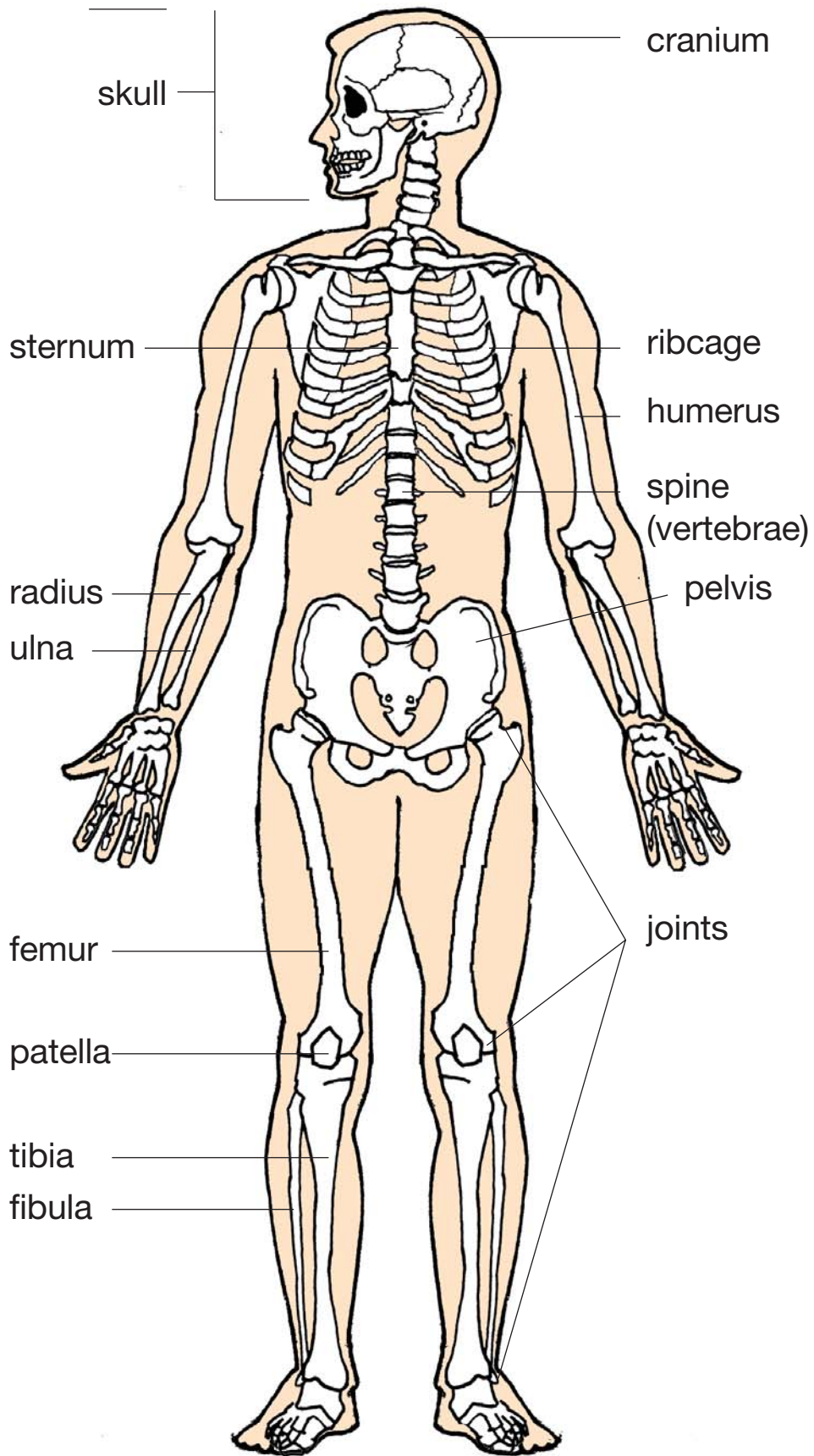
List, Ways to keep from getting sick	35
List, What to do during a cold or flu	36
List, Questions to ask about a media message	37
List, How to be safe online	38

HEALTHY RELATIONSHIPS WITH SELF AND OTHERS

Diagram, Maslow's hierarchy of human needs39
List, Ways to make deposits into health accounts40
List, Asking HALTI questions to figure out needs41
List, Benefits of volunteering42
List, Ways to contribute to communities43
Chart, Communication styles: Assertive, passive, and aggressive44

PHYSICAL EDUCATION

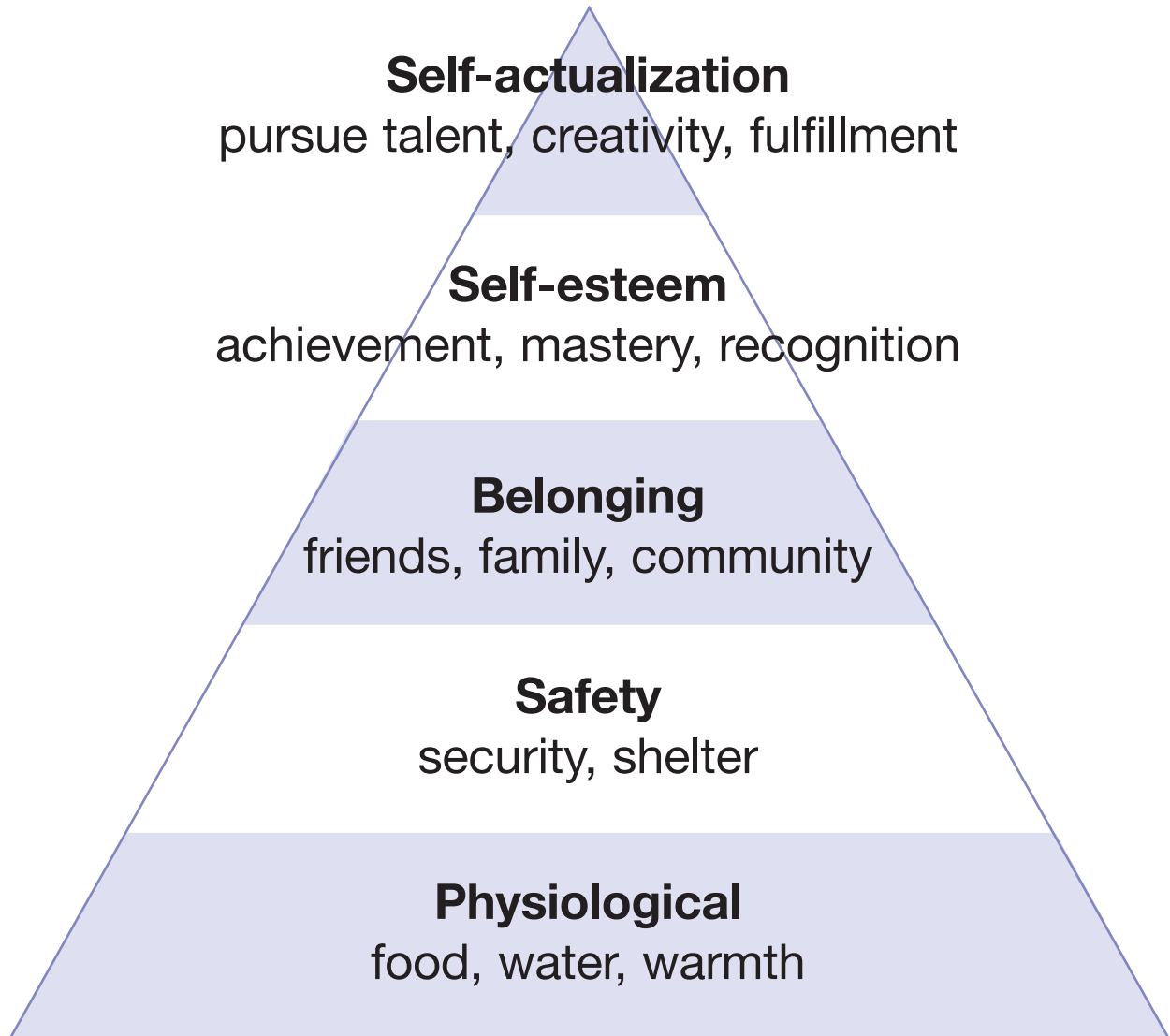
Chart, Summary of the potential benefits of physical education45



Skeletal system

Precautions to take when preparing and eating food

- Be sure to have clean hands, clean equipment, and a clean surface for all food preparation. Wash with warm or hot, soapy water, and dry with a clean towel or paper towels.
- Replace kitchen sponges and dish cloths often, as bacteria multiply in these damp items. Keep sponges and dish cloths as dry as possible in between uses.
- Use a **bleach solution** to disinfect kitchen counters, cutting boards, cupboard door handles, sponges and dish cloths, and sinks. Use 1 tsp (5 mL) of bleach to 3 cups (750 mL) of water.
- Use separate cutting boards for meat products and non-meat products.
- Rinse cutting boards, dishes, and equipment after use, then wash in hot soapy water or in the dishwasher. (Studies show that rinsing items first removes many bacteria. If a used cutting board, for example, is placed directly into hot soapy dishwater without rinsing, the bacteria on the cutting board simply contaminate the dishwater.)
- Wash the tops of cans with warm soapy water before opening. Wash the can opener, including the blade, after each use.
- Allow dishes to air dry.
- Buy only the freshest, unblemished fruits and vegetables.
- Scrub all fresh fruits and vegetables with a clean brush under cold running water, even those that require peeling and slicing, as the knife or peeler can transfer bacteria from the outside to the inside of the fruit or vegetable.
- Discard any foods that have **mold** growing on them, and never breathe in mold. Mold is a type of microorganism called **fungi** that grows on food.
- Avoid double-dipping foods (i.e., dipping a carrot stick into food dip, taking a bite, and then dipping it again).
- Avoid placing utensils that have been inside the mouth into containers of food (e.g., using your fork to spear a pickle or olive from a jar.)
- Do not drink or eat straight out of a non-single serving milk or juice carton, or a yogurt or ice-cream container, for example.
- Put chilled foods, such as dairy products, back in the fridge immediately after using them, rather than letting them sit out on the counter.
- Do not refill and drink out of a plastic water or beverage bottle, unless it is a purchased bottle made from material that is meant for repeated use and washing.
- Wash skin cuts or scratches with warm soapy water, then cover with a bandage and rubber gloves before handling food.
- Do not place cooked food on the same plates that raw food was placed on.
- Be sure meats are cooked thoroughly before eating.



Maslow's hierarchy of human needs