

National Chemistry Week 2004

Health and Wellness

Printed Resources



Below are outstanding and recommended titles by the National Science Teachers Association that fit this year's theme for NCW. Descriptions are based on reviews from the NSTA (<http://www.nsta.org>) website.

Levels: **(E)** Elementary (K-4), **(I)** Intermediate (6-8), **(HS)** High School (9-12), **(C)** College, and **(G)** General Public.

ACHOO! THE MOST INTERESTING BOOK YOU'LL EVER READ ABOUT GERMS. Trudee Romanek. Tonawanda, NY: Kids Can Press Ltd., 2003. 40 pp. ISBN 1553374509 **(E, I)** This book is about good and bad germs, what they are, how they live, how they affect our lives, and how we have learned to deal with them. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=14440>

DK GUIDE TO THE HUMAN BODY. Richard Walker. DK Publishing, 2001. 64 pp. ISBN 0-7894-7388-7 **(HS)** Dynamic computer-enhanced, three-dimensional illustrations reveal the inner world of the human body. Multiple imaging techniques present the reader with views of the human body from the microscopic to the macroscopic level. Source: *2002 NSTA Outstanding Science Trade Books for Students K-12* <http://www.nsta.org/ostbs02>

E.ENCYCLOPEDIA: THE ULTIMATE ONLINE LEARNING RESOURCE. DK Publishing and Google. NY: DK Publishing, 2003. 448 pp. ISBN 0789498693 **(E, I, HS)** A general encyclopedic treatment of many academic areas, the text is accurate and easy to read, and the photographs and diagrams are eye-catching. DK has developed a website with Google.com that provides supplemental links via the Internet. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=14596>

FIGHTING INFECTIOUS DISEASES. Robert Snedden. Chicago, IL: Heinemann Library, 2000. 32 pp. ISBN 1-57572-243-7 **(I)** This interesting and well-written book looks at agents that cause diseases, the effect of diseases on humans, and the human immune system. Many photographs accompany the text. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=11794>

HEAD TO TOE SCIENCE. Jim Wiese. NY: Wiley, 2000. 120 pp. ISBN 0-471-33203-8 **(E, I)** This book has some wonderful experiments. It explains why experiments are done and the science behind the physiology. The experiments are simple, easy, and safety is stressed. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=11536>

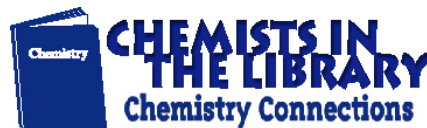
HEALTH SCIENCE PROJECTS ABOUT NUTRITION. Robert Gardner. Berkeley Heights, NJ: Enslow Publishers, 2002. 112 pp. ISBN 0-7660-1442-8 **(I, HS)** This book describes 26 activities that would be a good source of ideas for a course, science fair, or demonstration. In a world where critical thinking is a must, these activities provide students an opportunity to practice their skills. Safety is emphasized in each experiment. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=12910>

HEALTHY FOODS FROM HEALTHY SOILS: A HANDS-ON RESOURCE FOR EDUCATORS. Elizabeth Patten and Kathy Lyons. Gardiner, ME: Tilbury House Publishers, 2003. 256 pp. ISBN 0884482421 **(E, I)** Fundamental to good health is good nutrition. This book is a treasure chest of information and activities to help teachers teach nutrition in their classrooms. Through these activities students can learn where food comes from, how to make good food choices, and how to garden and compost. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=14054>

HUMAN BODY REVEALED. Sue Davidson and Ben Morgan. DK Publ., 2002. 38pp. ISBN 0-7894-8882-5 **(I)** This book is unique in the spectacular quality and quantity of images displayed. Transparent templates allow readers to "peel away" layers, revealing the interactions among bodily systems. Source: *2003 NSTA Outstanding Science Trade Books for Students K-12* <http://www.nsta.org/ostbs03>

INSIDE YOUR OUTSIDE! ALL ABOUT THE HUMAN BODY. Tish Rabe. NY: Random House, 2003. 45 pp. ISBN 0375811001 **(E)** Young children will love this Cat in the Hat-style introduction to the human body. Beginning readers will enjoy the rhyming and the illustrations. The topic is appropriate for early childhood education since learning about the body is included in national and most state standards. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=14600>

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LEARNING ABOUT MY BODY: SCIENCE WORKS FOR KIDS SERIES. Jo Ellen Moore and Jill Norris. Monterey, CA: Evan-Moor Corporation, 2000. 80 pp. ISBN 1-55799-773-X (**E**) There are two main concepts addressed in this book: the body has structures and behaviors that help it grow and survive, and we must take care of our bodies through good nutrition, rest, cleanliness, exercise, and attention to safety. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=12246>

OPEN WIDE AND TREK INSIDE. National Institutes of Health. Colorado Springs, CO: Biological Sciences Curriculum Study, 2000. 165 pp. ISBN 1929614047 (**E**) This book covers major concepts of oral health and engages in interesting, inquiry-based science activities. Integration of science, language arts, health, decision-making, mathematics, and computer-based technology make this book inviting to students and teachers. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=13502>

SCIENCE EXPERIMENTS: THE HUMAN BODY. John Farndon. Tarrytown, NY: Benchmark Books, 2001. 32 pp. ISBN 0-7614-1339-1 (**E, I**) This book couples accurate information with an experiment for each topic. Instead of a separate section on each body system, the author writes about body systems in a way that makes logical connections. It starts with a section on cells and then introduces students to organs and systems. Experiments are written in child-friendly terms with excellent photos to support them. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=13259>

THERE'S A ZOO ON YOU. Kathy Darling. Brookfield, CT: Millbrook Press, 2000. 48 pp. ISBN 0-7613-1357-5 (**E, I**) This book is an entertaining look at the microscopic critters that inhabit our bodies. It is well written, attractive, and enlightening. A sensitive reader will be intrigued, amazed, and even shocked by her text; bacteria on your face, parasites under your nails, mites on your skin, and even tooth amoebas! Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=12120>

ZOOM: HUMAN BODY. Nicholas Harris. Farmington Hills, MI: Gale Group, 2002. 31 pp. ISBN 1567116930. (**E, I**) Have you ever used the "zoom" feature on a camera? It enables your eye to capture progressively more detail as you zoom in. Page after page, text boxes describes a science area in greater detail, encouraging the reader to "zoom" in for a closer look at that topic. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=14234>

101 QUESTIONS ABOUT FOOD AND DIGESTION THAT HAVE BEEN EATING AT YOU... UNTIL NOW. Faith Hickman Brynie. Frederick, MD: Twenty-First Century Books, 2002. 176 pp. ISBN 0761323090 (**I, HS**) This comprehensive treatment of important topics in human nutrition and digestion covers topics adolescents need to understand. Readers learn what food is, how the digestive system works, and what causes certain bodily functions. The book also addresses the relationship between food and health. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=13573>

101 QUESTIONS ABOUT YOUR IMMUNE SYSTEM YOU FELT DEFENSELESS TO ANSWER...UNTIL NOW. Faith Hickman Brynie. Frederick, MD: Twenty-First Century Books, 2000. 176 pp. ISBN 0-7913-1569-1 (**HS**) This volume provides information about the basic foundations of the immune system, its component parts, the natural processes involved in it, what goes awry when it malfunctions and how it interacts with foreign substances. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=12128>

101 QUESTIONS ABOUT YOUR SKIN THAT GOT UNDER YOUR SKIN...UNTIL NOW. Faith Hickman Brynie. Frederick, MD: Twenty-First Century Books, 2000. 176 pp. ISBN 0-7613-1259-5 (**I, HS**) This book covers interesting issues gathered from polling young adults. Our skin provides much more than just "a pretty face"; it regulates temperature, prevents water loss, fights infection, and often tells our brain much of what we know about our environment. The book is organized into six chapters in a question-and-answer format. The questions range from the structure of skin, hair, and nails to injuries, cellulite, diseases, and aging. Environmental factors that affect our skin, such as sun, lice, smoking, dandruff, and nail biting, are also covered. Source: *NSTA Recommends* <http://www.nsta.org/recommends/product.asp?id=12129>