

Weller Health Education Center

Odorology

Healthy Bodies series

45 minute, outreach program

Grade 4

Course Description

This program is aimed at pre-adolescent children and introduces the subject of puberty and their changing bodies. Through several activities students will learn why we have odor and the importance of good hygiene.

Objectives

1. List three changes that happen during puberty.
2. Describe two ways to keep bacteria away.
3. Understand the importance of good hygiene.

PA Standards

Health, Safety and PE Standards:

- 10.2.6.A Explain the relationship between personal health practices and individual well-being.
- Immunizations
 - Health examinations

Cross Curricular Opportunities

Science:

- 3.4.4.E.1 Identify tools and devices that have been designed to provide information about a healthy lifestyle.

Reading, Writing, Speaking and Listening:

- 1.6.4,5.A Listen critically and respond to others in small and large group situations.
- Respond with grade level appropriate questions, ideas, information, or opinions.

RELA Lesson Ideas

- 1.4.4,5.B Write multi-paragraph informational pieces (e.g., descriptions, letters, reports, instructions).
- Use relevant graphics (maps, charts, tables, illustrations, photographs)
- 1.4.5.C Write persuasive pieces.
- Include a clearly stated position or opinion
 - Include supporting details, citing sources when needed
- 1.5.4,5 Write with a clear focus, identifying topic, task, and audience.

4th Grade: Write a letter to Barry explaining how you are not going to let him live on your body. What will you do to keep Barry away?

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The **Healthy Bodies** series also includes these outreach programs:

- Dental Detectives, grades Pre-K – 1
- Handful of Healthy Habits, grades Pre-K – 1
- Kids in Motion, grades 1 – 3
- Life Begins, grades 5 – 6
- Body Smarts, grades 5 – 7
- Big Changes, Big Choices, grades 6 – 8
- NoBody's Perfect, grades 6 – 10
- Stress Less, grades 6 – 12
- Who Do You Trust?, grades 8 – 12
- Better Start Early, grades 9 – 12