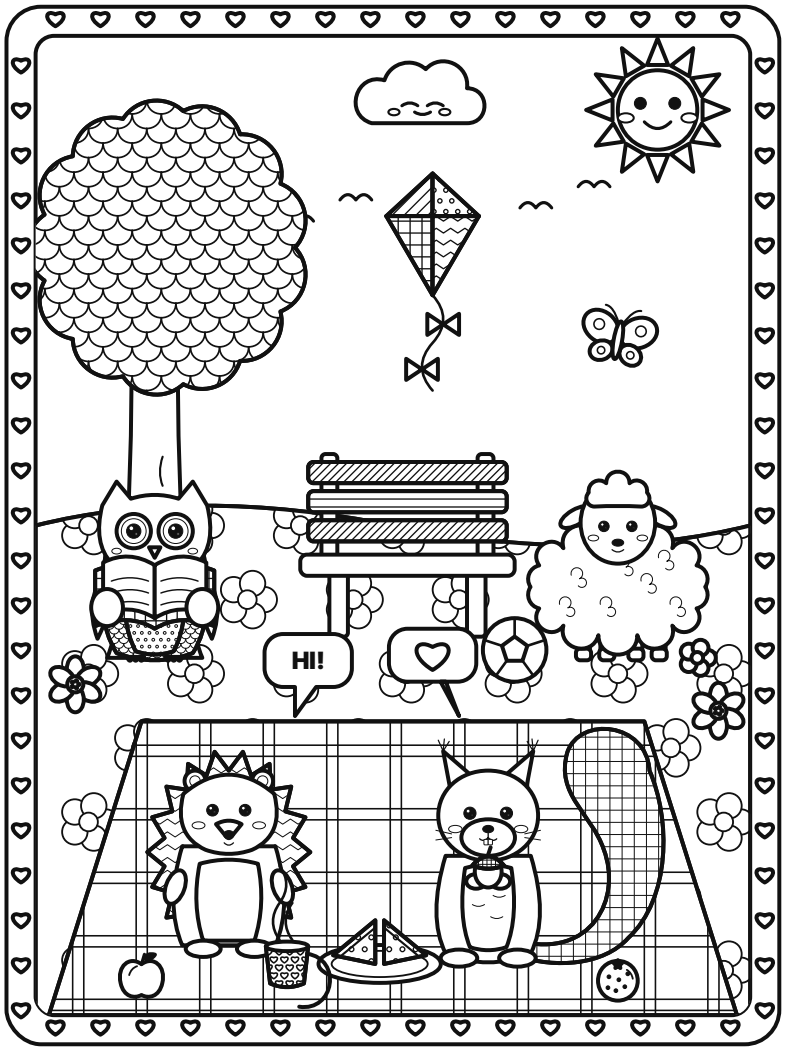
REAL-LIFE SCIENCE

Human Health

Workbook for National 3 Science

Unit: Human Health



C. Blewis

Blewis LEARNING

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How to use this book

This book is about your health: how your body works, what keeps it healthy, what can harm it, and how to tell whether a health claim is true. Each topic follows the same pattern, so you always know what comes next.

EACH TOPIC HAS

Opener	the story for the topic, what you will learn and the key words
Learn pages	short explanations with diagrams, and questions to try
Practical	You follow the method, record your results, draw a graph, and say what you found.
Brain break	a calm puzzle or colouring page
Check-up	a few questions to show what you know, and a checklist

PRACTICAL WORK: STAY SAFE

- Only start a practical when an adult says it is OK.
- Read the whole method and the Stay safe table first.
- Tell your teacher about anything that might affect you, like asthma or an allergy.
- Stop and tell an adult if you feel unwell or something goes wrong.

NO LAB TODAY?

Every practical has a set of example results. If you could not do the experiment, use these to finish the results, graph and conclusion.

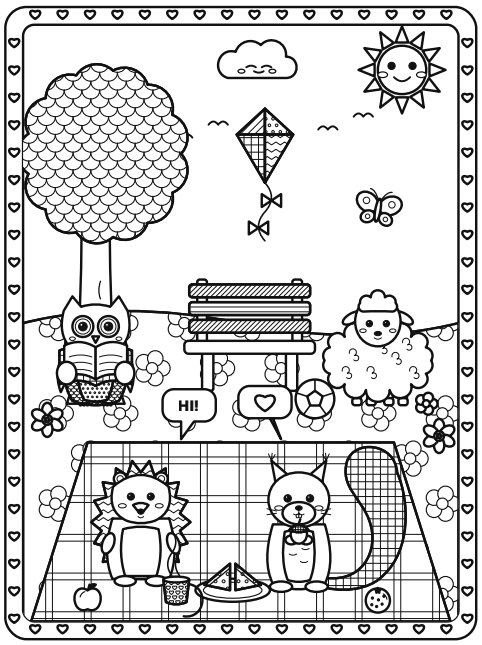
DOODLE CORNERS

Some pages have a doodle corner. Colour it or doodle in it when you need a short break.

What does healthy mean?

Being healthy is more than not being ill. It is about your body, your mind and the people around you.

Theme: health week. It is health week at the Glen Arrin Youth Club. Ruby, Jay and Amir are running a health check stall. Visitors can find out about the health triangle and have their temperature taken. Help them get it right.



IN THIS TOPIC YOU WILL LEARN TO

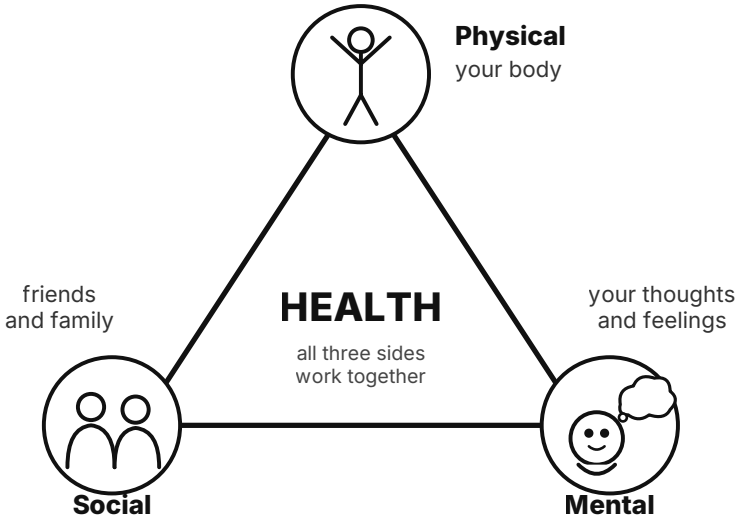
Skill 1	say what physical, mental and social health mean
Skill 2	know that normal body temperature is about 37 °C and read a thermometer
Skill 3	take temperatures safely and record them in a table

KEY WORDS

Health	how well your body and mind are working
Physical health	how well your body is working
Mental health	how you think and feel
Social health	getting on with friends, family and other people
Temperature	how hot or cold something is, measured in °C

❶ The health triangle

Health has three sides. **Physical** health is about your body. **Mental** health is about how you think and feel. **Social** health is about getting on with other people. You need all three to feel well.



KEY FACTS

Physical	sleep, exercise, healthy food, keeping clean
Mental	feeling calm, coping with worries, enjoying things
Social	friends, family, teams, clubs, being kind

1 Tick the side of health each activity helps. Some may help more than one side.

Activity	Physical	Mental	Social
Going for a run			
Sleeping for 9 hours			
Talking to a friend about a worry			
Playing in a football team			
Drawing to relax			

2 Circle the right word.

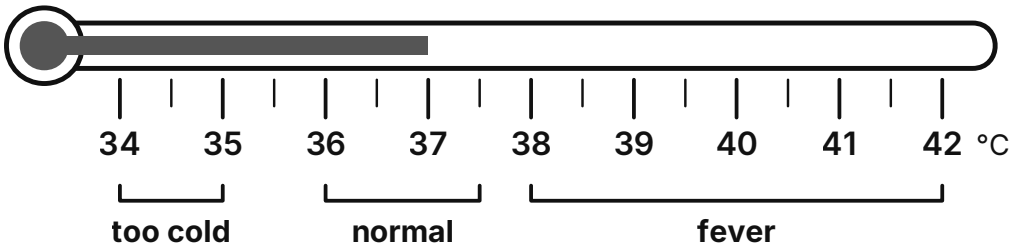
Feeling calm and able to cope is part of (physical) / (mental) / (social) health.

3 Write one thing you do that helps your social health.

Answer: .....

❷ Body temperature

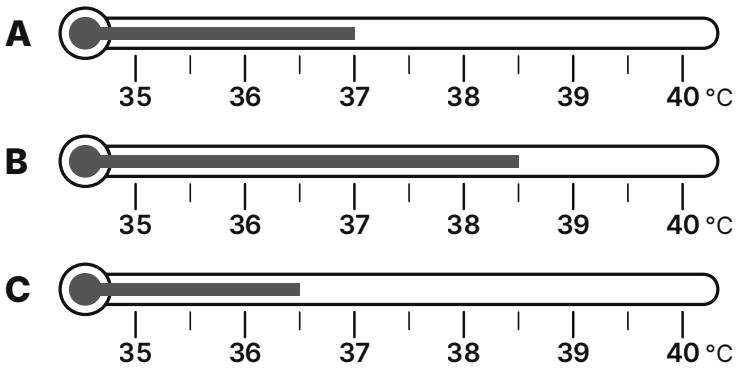
Your body works best at about **37 °C**. It keeps itself at this temperature all the time, even on cold days. A small change of 1 or 2 °C can make you feel very unwell. A temperature of **38 °C or more** is a **fever**. A fever is often a sign that your body is fighting an infection.



KEY FACTS

Normal body temperature is about **37 °C**. Fever: **38 °C or more**. Below 35 °C the body is too cold, which is dangerous.

1 Read each thermometer. Each small mark is 0.5 °C. Write the temperature.



A = ...

B = ...

C = ...

2 Which person, A, B or C, has a fever?

Answer: .....

3 Circle the right answer.

Normal body temperature is about (27 °C) / (37 °C) / (47 °C) .

PRACTICAL 1

Taking your temperature

AIM To measure body temperature with two kinds of thermometer and record the results.

WHAT YOU NEED

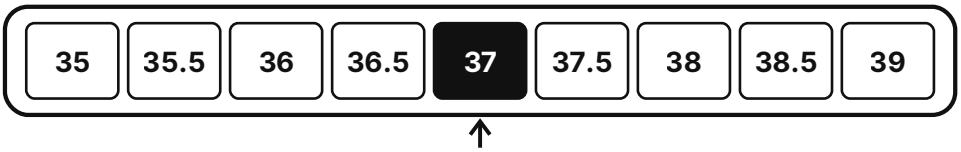
- Digital thermometer
- Probe covers
- Forehead strip
- Cleaning wipes
- A partner
- Pencil

Stay safe

Read each hazard. Write how you will stay safe. The last one is done for you.

Hazard What could cause harm?	**Risk** What could happen?	**Control** How will I stay safe?
Sharing a thermometer	Germs pass from one person to another	
Cleaning wipes	They can sting sore skin or eyes	
Coming in unwell	Passing an illness on to others	Tell your teacher. Do not take part if you feel ill.

HOW TO READ A FOREHEAD STRIP



the box that changes shows the temperature in °C

Press the strip flat on a dry forehead. After about 15 seconds one box changes colour. That box shows your temperature.

Method

Do each step in order. Work in a group of four, two at a time.

1. Wash your hands. Sit still for 5 minutes so you are not hot from moving about.
2. Put a **new cover** on the probe of the digital thermometer, or wipe the probe clean.
3. Switch it on. Put the tip under your **armpit** and hold your arm against your side.
4. Wait for the **beep**. Read the temperature and write it in the table.
5. Take off the cover and put it in the bin. Wipe the thermometer.
6. Press the **forehead strip** on your forehead for about 15 seconds. Read the box that changes.
7. Wipe the strip. Swap so everyone in the group has a turn.

Results

Name	Digital thermometer (°C)	Forehead strip (°C)
Me		

EXAMPLE

Jay's digital thermometer showed 36.7 °C. The forehead strip showed 37 °C. They are very close.

NO LAB TODAY? USE THESE RESULTS

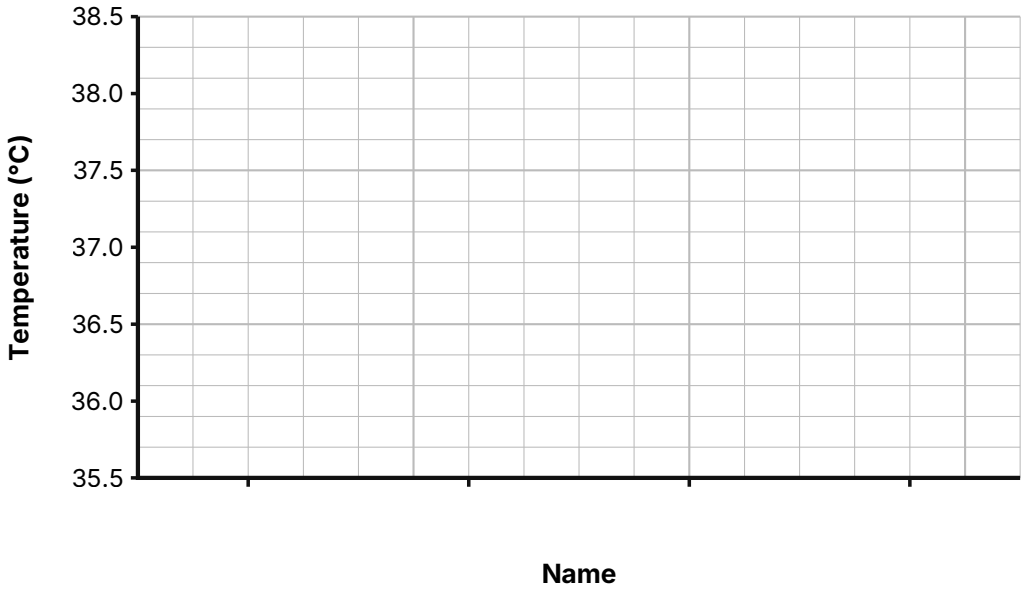
Name	Digital thermometer (°C)	Forehead strip (°C)
Ruby	36.6	36.5
Jay	36.7	37
Amir	36.4	36
Mia	37.1	37.5

These results are from Ruby's group at the health week stall.

What did you find?

1 Draw a dot plot

Write the four names along the bottom. Put a **dot** for each digital reading and a **cross** for each strip reading.



2 Conclusion

Circle the right words.

Everyone's temperature was (close to) / (far from) 37 °C.

The two kinds of thermometer gave (very similar) / (very different) readings.

3 Why does this happen?

Your body keeps its temperature (steady) / (changing) . If you have a temperature of 38 °C or more, you have a (fever) / (cold hand) .

4 How could we make it better?

Tick **one** idea and say why it would help.

- ☐ Take each reading twice and find the average
- ☐ Always wait for the beep before reading
- ☐ Use the same thermometer for everyone

It would help because .....

FREE SAMPLE

Human Health (N3 Science)

This sample shows a few pages. The full printed workbook is available from Amazon.

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