

Be a Health Scientist!

LAB NOTEBOOK

Use this notebook to take notes, record your discoveries, and try new experiments at home.

NAME

Find out more!

Be a health
scientist at home!
Try the activity on
page 24!

WEBSITES

Be a Health Scientist! – scienceinthesummer.fi.edu/be-a-health-scientist

Official website for 2024 GSK Science in the Summer™

The Franklin Institute – fi.edu/en/science-and-education/franklin-at-home
STEM activities and videos

Nova Online

https://www.pbs.org/wgbh/nova/education/resources/subj_05_03.html

Health Powered Kids

<https://healthpoweredkids.org/lessons/>

CDC Science Ambassador Program

<https://www.cdc.gov/science-ambassador/stem-lesson-plans/index-activities.html>

BOOKS

The Fantastic Body: What Makes You Tick & How You Get Sick by Dr. Howard Bennett

Happy and Healthy Human Body by Claudia Martin

Andrew Learns about Scientists by Tiffany Obeng

PHOTOGRAPHY CREDITS

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What is Health Science?

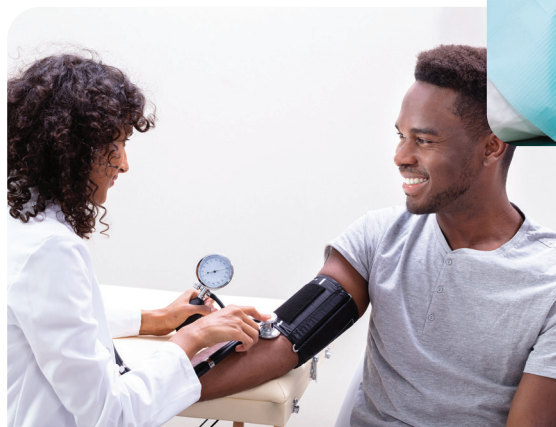
The goal of health science is to look after the overall health and well-being of ALL humans. Health scientists study ways to keep people healthy or treat them when they are sick. They ask questions like:

- How can people improve their health?
- How can we keep people from getting sick?
- How can we help sick people get well?
- What parts of people's lives and environments affect their health?

*Health Science is a big field with **MANY** different careers.*

Health scientists might:

- Treat sick people in hospitals and medical offices
- Research new medicines or treatments in a lab
- Teach people about their bodies and health in a classroom or community center
- Work in the government to make laws that affect people's health



Be a Dietitian

Dietitians are experts in the nutrition of food. They use scientific research to help people make food choices to keep their bodies healthy.



Big Question:

How can dietitians recommend food choices to improve a patient's health?

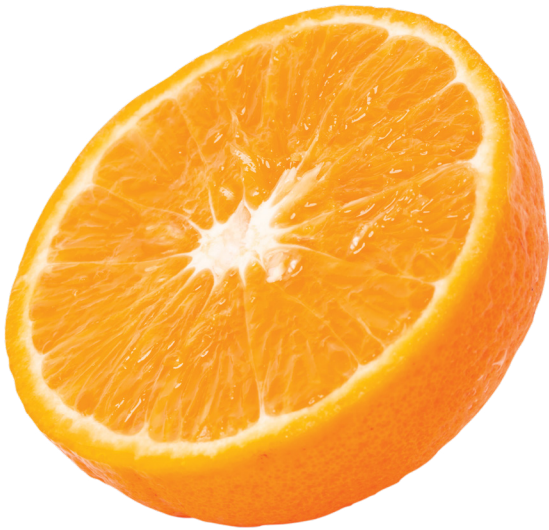


Your Project

Test Vitamin C levels in a variety of drinks to find the one that is the best source of Vitamin C.

Take a look

Which of the foods below do you think contains the most Vitamin C?



Answer: Green Peppers

How many drops does it take to take away the brown color?

<i>Drink</i>	<i>Number of drops</i>

Which drink required the smallest number of drops?

Notes



Reflect

How were you like a dietitian? What skills did you practice?



PLACE
STICKER
HERE