

Be a Health Scientist! Additional Resources

In this guide, you will find suggestions of books, digital resources like videos and online games, and additional activities that relate to each of the activities included in *Be a Health Scientist!*

The resources may connect to the featured career, the relevant technology or science concepts, or otherwise relate to the story of each activity.

While these resources are meant to be used by all GSK Science in Summer™ learners, the resources that are better for older learners (4th-6th grade) are marked with an asterisk (*).

Be a Health Scientist! Big Ideas

These are the themes you'll find running through all five *Be a Health Scientist!* activities.

Health Science is all about finding ways to keep people healthy and helping them get better when they are sick.

- What are some ways people can stay healthy?
- How can we learn more about the spread of germs and diseases?
- What are some ways to help people get better when they are sick?

The human body is complex. There are many parts that work together to protect us from sickness and work to keep us healthy. When those parts are unable to do their job, health scientist can help in a variety of ways:

- Finding the cause of the problem through tests and identifying ways to fix it.
- Using specially designed equipment to help our body work.
- Making sure our body has what it needs to stay healthy.

CAREERS

- Athletic Trainer
- Cardiologist
- Dietitian
- Epidemiologist
- Orthopedic Doctor

Athletic Trainer

Big Question: How do athletic trainers identify problems with muscles and help athletes improve their range of motion to avoid injury?

Books:

[The Busy Body Book](#) by Lizzy Rockwell

[Move Your Body!: My Exercise Tips](#) by Gina Bellisario

[I Like Sports ... What Jobs Are There?](#) by Steven Martin

Digital Resources:

VIDEO: [Muscular System for Kids](#)

VIDEO: [Inside the Job of an NFL Athletic Trainer](#)

VIDEO: [How to measure knee range of motion with a goniometer*](#)

ONLINE GAME: [So Many Muscles! \(Beginner Level\)](#)

Additional Activities:

[Stretch for Your Best!](#)

[Sports Static Stretches](#)

[Sports Physiology](#)

[Exercise and Cellular Respiration](#)

[Sports Safety](#)

Cardiologist

Big Question: How can cardiologists help blood flow through a clogged artery?

Books:

[Hear Your Heart \(Let's-Read-and-Find-Out Science 2\)](#) by Paul Showers

[The Amazing Circulatory System: How Does My Heart Work?](#)

[The Heart: All about Our Circulatory System and More!](#) by Seymour Simon

Digital Resources:

VIDEO: [The Circulatory System](#)

VIDEO: [Kids Heart Challenge Heart Facts](#)

ONLINE GAME: [Heart and Circulatory System](#)

ONLINE GAME: [Keeping Healthy](#)

ONLINE GAME: [Nutrition Facts for Heart Healthy](#)

Additional Activities:

[The Heart of the Matter](#)

[Create A Stethoscope](#)

[Healthy Heart Bingo](#)

[American Heart Association Activities](#)

Dietitian

Big Question: How do health scientists promote health, prevent disease, and shape the dietary choices of healthy and sick people?

Books:

[How Did That Get in My Lunchbox? The Story of Food](#) by Chris Butterworth

[The Fruits We Eat](#) by Gail Gibbons

[Good Enough to Eat: A Kid's Guide to Food and Nutrition](#) by Lizzy Rockwell

Digital Resources:

VIDEO: [My Plate, My Wins: What's Your Healthy Eating Style?](#)

VIDEO: [Ask A Nutritionist: Multiple Videos](#)

VIDEO: [Team Nutrients](#)

VIDEO: [Working As A Dietician](#)

ONLINE GAME: [Human Body Health and Growth](#)

ONLINE GAME: [Explore Breakfast Across the Globe](#)

ONLINE GAME: [My Plate Match Game](#)

Additional Activities:

[Build Your Own Healthy Plate](#)

[Take the Vitamin - Mineral Challenge](#)

[Cook Off Craze](#)

[Get Sweet on Fruit](#)

Epidemiologist

Big Question: How do health scientists help stop the spread of disease?

Books:

[Understanding Viruses with Max Axiom, Super Scientist](#) by Agnieszka Biskup

[Body Battles](#) by Rita Golden Gelman

[Do Not Lick This Book](#) by Idan Ben-Barak

Digital Resources:

VIDEO: [How do infections spread?](#)

VIDEO: [What is a virus?](#)

VIDEO: [Virus Hunter: Dr Jon Epstein*](#)

ONLINE GAME: [Fight the Virus](#)

ONLINE GAME: [How Lou got the Flu](#)

ONLINE GAME: [Solve the Outbreak](#)

Additional Activities:

[How far can your sneeze go?](#)

[Viral Attack](#)

[Colds and Flu](#)

[Grow Your Own Bacteria](#)

[Microorganism for Kids](#)

Orthopedic Doctor

Big Question: How do health scientists fix broken bones and protect patients from further injury?

Books:

[The Skeleton Inside You](#) by Philip Balestrino

[Maria's Marvelous Bones](#) by Carrie Kollias

[Orthopedic Surgery for Kids: A Fun Picture Book About Bones, Muscles, and Joints for Children](#) by
Brandon Pham MD (Author), Betty Nguyen MD (Author), Dana Leonard MD (Author)

[The Skeleton Book: Get to Know Your Bones, Inside Out](#) by Robert Winston*

Digital Resources:

VIDEO: [Skeletons Uncovered](#)

VIDEO: [Breaking Bones](#)

VIDEO: [How Your Bones and Skeleton Works](#)

ONLINE GAME: [Learn the Skeletal System](#)

ONLINE GAME: [Skeleton Anatomy Viewer](#)*

ONLINE GAME: [Bone Anatomy](#)

Additional Activities:

[Stiff Bones, Bendy Bones](#)

[Bone Fractures](#)

[Busy Bone](#)

[Skeletal System](#)