

(29) Human Body's Slimy Shields

Podcast Length: 17:11
Character Value: Responsibility
Health Message: Hydration

Introduction

Today's Walking Classroom podcast focuses on the body's defense shields, which are sometimes a bit slimy. The human body protects us through various defense systems and communicates various health conditions. Earwax, mucus, and sweat are among some of the defense systems that help keep us healthy and safe. Some things we normally think are gross can actually be important; it is valuable to appreciate the purpose in everything.

Vocabulary

- **cerumen** (noun): earwax
Cerumen keeps our ears from getting itchy and dry.
- **mucus** (noun): a slimy mixture that protects the body from germs
When Jared sneezed, mucus blew everywhere.

Discussion

2. **What were some of the big ideas of this podcast?**
 - ✓ *The human body protects us through various defense systems and communicates various health conditions.*
 - ✓ *Earwax, mucus and sweat are among some of the grosser defense systems that help keep us healthy and safe.*
 - ✓ *Some things we normally think are gross can actually be important; it is valuable to appreciate the purpose in everything.*
3. **Why is it important to find value even in things we find gross or disgusting?**
 - ✓ *Those things may be serving an important purpose, like keeping our bodies healthy.*
4. **The human body's defense systems have a huge responsibility to protect the body and keep it healthy.**
 - d) **What responsibilities do you have at school or at home?**
 - ✓ *Suggestions: Taking trash out, cleaning room, doing the dishes, etc.*
 - e) **Why is it important to honor your responsibilities?**
 - ✓ *Honoring your responsibilities shows that you are dependable and builds people's trust in you.*

Comprehension Quiz Answer Key

1. a 2. b 3. c 4. c 5. c 6. b 7. 3,2,1 8. a 9. a 10. b

The Human Body's Slimy Shields Comprehension Quiz

Name:

Date:

1. Mucus, sweat and earwax are all...
 - a. part of the body's defense systems
 - b. unhealthy for our bodies
 - c. both a and b

2. The hair and mucus in our noses...
 - a. help the body stay moist and hydrated.
 - b. keep dust, dirt and germs from getting into the body.
 - c. help cool the body when it gets overheated.

3. One of the main purposes of earwax is...
 - a. to keep the ears from becoming too hot.
 - b. to protect the fragile bones within the ear.
 - c. to keep the ears moist and prevent them from becoming itchy and dry.

4. Cerumen is...
 - a. a fancy word for sweat.
 - b. a fancy word for mucus.
 - c. a fancy word for earwax.

5. According to the podcast, what word would best describe the human body's defense systems?
 - a. complicated
 - b. gross
 - c. protective

6. Which of the following is a fact about the human body's shields?
 - a. Mucus is much grosser than earwax or sweat.
 - b. Our bones protect our internal organs from serious injuries.
 - c. It's healthier not to sweat than it is to sweat regularly.

7. Number the events in the order in which they happen (1=first, 2=second, 3=third)

_____	The body cools off.
_____	Sweat glands release sweat onto the skin where it evaporates.
_____	The body senses that it has become overheated.

8. Why is it important to find value even in things we find gross or disgusting?
 - a. Those things may be serving an important purpose, like keeping our bodies healthy.
 - b. Because even gross and disgusting things have feelings.
 - c. It's not; we should try to avoid gross and disgusting things whenever we can.

9. The human body is two-thirds water.
 - a. true
 - b. false

10. Drinking pure water is the only way to stay hydrated.
 - a. true
 - b. false