

# Human Body's Slimy Shields

Podcast Length: 19:04

Character Value: Patience

Health Message: Importance of raising heart-rate

## Synopsis

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.

## Objectives

- Identify the key purposes of the body's slimy shields.
- Discuss how our bodies communicate to us when something is wrong.
- Explain why it is important to find value in all things.

## Procedure

If you want to compare student comprehension before and after listening, administer the Comprehension Quiz before doing anything related to the podcast. Retest after walking.

- Review key vocabulary (included definitions are limited to the context of today's podcast).
  - 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.*
- Build background by asking students, "Who thinks boogers and sweat are gross? Why do you think our bodies produce them?"
- Allow time for discussion.
- Podcast preview: "Did you ever take the time to really look at and investigate something disgusting to find out its purpose? Today we're going to learn more about the body's slimy shields and why they are so important to our health. Ready? Let's go!"
- Walk!

## Questions for Thought and Discussion

Upon return to the classroom, discuss the main ideas and content from the podcast using the questions and suggested answers below.

### 1. 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.*

### 2. 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.*

### 3. The human body's defense systems have a huge responsibility to protect the body and keep it healthy.

#### a. What responsibilities do you have at school or at home?

- ✓ *Suggestions: Taking trash out, cleaning room, doing the dishes, etc.*

#### b. Why is it important to honor your responsibilities?

- ✓ *Honoring your responsibilities shows that you are dependable and builds people's trust in you.*

# 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, 2, 3)  
\_\_\_\_ 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