

Te Paepae o Aotea Science Badge

HUMAN BIOLOGY			
Complete 20 stars			
Rating	No	Activities	Sign
*	1	Collect 10 newspaper cuttings on Health topics	
**	2	Explain what “muscle recovery time” mean and how it works	
*	3	Draw and explain the feedback control system for insulin production	
**	4	Get the butcher to cut a beef femur bone longways. Draw and label it	
**	5	Visit a hospital laboratory and write a report on the laboratory	
*	6	New Zealand has a very high heart disease rate. List 3 different heart diseases and say what you must do to stop yourself getting them	
***	7	Make a working model of the human eye	
**	8	Describe the stages of growth and development from birth to 20 years	
**	9	Make a large poster of the skeleton with Maori and medical names for the bones	
*	10	What causes sunburn in New Zealand to happen so quickly; how can it be prevented; what are the long term dangers of sunburn?	
**	11	Draw diagrams explaining the states of the menstrual cycle and hormones controlling it	
**	12	Draw diagrams describing pregnancy and birth and list the medical checkups needed and other health care during pregnancy	
*	13	Describe the effects which 3 hair treatments have on the hair	
**	14	Describe 5 types of cancer. What is thought to cause them and how can you reduce your chances of getting them?	
*	15	Describe anorexia nervosa	
*	16	What does A.I.D.S. stand for; what causes it; and how can you prevent yourself catching it?	
**	17	Draw graphs showing the change in death	

		rates for the 5 most common causes of death over the last 100 years in New Zealand	
*	18	Find out the difference between good and bad posture in the standing position and lifting position. Draw simple diagrams to show the difference. Observe the posture of the next 30 people you meet. Estimate the % who are showing good posture	
***	19	Draw a simple labelled diagram of the human heart, with arrows to show the direction of blood flow. Find your pulse. Count the number of times your heart beats per minute while you are relaxing, and then compare it with the number per minute when you are doing various physical activities. Is your resting pulse different at different times of day? Show all your results as a bar graph	
***	20	Find out about St Johns Ambulance or a similar organisation. Do a course in first aid	
**	21	Interview a nurse, doctor, or other health worker about his/her job. Write a report on the interview	
**	22	Find out what vaccinations we should have and at what ages. Design a poster to encourage parents to vaccinate their children, informing them of the dangers if they don't	
***	23	Are you eating a balanced diet? Find out the main food groups. Work out which groups you need to eat each day and roughly how much. Keep a careful record of all the food and drink you consume over 24 hours. Comment on your diet. Can it be improved? If so, how?	
*	24	Collect as many leaflets as possible on food and diet and make a display in poster form	
**	25	Design a board game to help people learn: a) The main organs in the human body and their function; or b) The main parts of the circulatory system	

Te Paepae o Aotea Science Badge

		and the function of blood	
**	26	Give a 5 minute talk to your class on a human biology topic of your choice	