

Items Needed To Complete Each Lesson

Every child will need his own notebook (or the *Anatomy Notebooking Journal*), blank paper, lined paper, and colored pencils.

Lesson 1

- Two apples
- Something you can use to peel the apples
- Two bowls
- Baking soda
- Salt
- Measuring cups
- A piece of clear plastic (Plastic wrap works fine.)
- A medicine dropper
- Water
- A sheet of 8-inch x 10-inch paper (Flesh-colored construction paper is recommended.)
- A pencil
- Scissors
- A photograph of your face (between 2 and 3 inches tall)
- Tape
- A sharp steak knife and a parent to use it
- A spoon
- A plate
- A glass or ceramic cereal bowl
- Cooking spray, like Pam
- A box of yellow colored Jell-O
- A box of unflavored Knox Gelatin
- A jelly bean or a peanut M&M candy
- Several Skittles, Everlasting Gobstoppers or M&M candies
- A Starburst Gummiburst or several Smarties
- A Fruit Roll Up
- Nerds or cake sprinkles
- Tubular cake sprinkles or Twizzler Pull and Peels
- A large gumdrop, jaw breaker, or round chocolate truffle

Lesson 2

- Modeling clay
- Toothpicks
- Two eggs
- A plastic container with a lid that seals tightly (only slightly bigger than the eggs)
- Water
- Masking tape

- A tape measure
- A cooked chicken wing
- A pair of rubber or plastic gloves
- White vinegar
- Two plastic containers with lids (just big enough for a chicken wing and some liquid)
- Plastic wrap
- A parent with a knife

Lesson 3

- A calculator
- Bathroom scales
- Beef brisket
- Gloves
- A toothpick
- A magnifying glass
- A timer
- A nylon stocking that you can destroy
- A ball of clay
- Scissors
- A clothes pin that opens when you squeeze on it and closes when you release
- Graph paper (Only older students need this.)
- A timer
- A pencil
- Paper

Lesson 4

- An old baby tooth (An animal tooth will do.)
- A soda pop like Coke or Pepsi
- A saltine cracker
- A mirror
- Cheese
- Two Ziploc bags
- A piece of bread
- Water
- A measuring tape
- Cooking oil
- A bowl
- Water
- A fork
- Liquid dishwashing soap

**Lesson 5**

- A cool window
- Iodine solution (available at drug stores)
- Several items of food to test
- A brown paper bag
- Scissors
- A hair dryer
- Food from the pantry
- A banana
- A vitamin C tablet
- Juice, freshly squeezed from different fresh fruits or vegetables that you think might contain vitamin C (oranges, tomatoes, strawberries, peaches, etc.)
- Cornstarch
- A medicine dropper
- A juice glass
- Several small cups or test tubes
- A measuring cup
- Measuring spoons
- A small pot
- A stove
- A spoon
- A Scientific Speculation Sheet

Lesson 6

- Honey
- Two pieces of cardboard
- A mirror
- Plastic food storage container
- Thin and thick rubber bands
- A grape
- A straw
- Cellophane tape
- An empty plastic large-mouth drink bottle
- Scissors
- Two balloons
- Tape
- A 2-liter plastic soda bottle
- A 1-foot-long piece of flexible tubing (like the kind you use for aquariums)
- A mixing bowl
- A measuring cup
- A jump rope
- A timer

Lesson 7

- A mirror
- A flashlight
- A bowl
- 1 cup of corn syrup
- $\frac{3}{4}$ cup of candy red hots
- A white jelly bean
- Candy sprinkles
- Iron-fortified cereal
- A Ziploc bag
- A strong magnet
- A mallet
- A blood typing kit

Lesson 8

- Graham crackers
- Blue frosting and red frosting (or white frosting that has been colored blue and red with food coloring)
- Toothpicks
- Large and small marshmallows
- A toothpick
- A small ball of clay
- A nine-inch balloon
- A small plastic funnel
- 18 inches of vinyl tubing (from a hardware store)
- Tape

Lesson 9

- Six different colors of clay
- Different colored pieces of paper on which you will write down your questions. Each color will represent a different body system.
- A file folder to create your game board
- Colored markers to draw your game board
- Game pieces made out of self-hardening clay in the shape of people or body parts
- Dice

Lesson 10

- A scrap of paper about 4 inches square
- Six different colors of clay
- Four pennies
- A ruler
- Someone to help you
- Two eggs
- A plastic Easter egg (larger than the real eggs)
- Karo syrup or molasses

Lesson 11

- A few bites of something you like to eat
- A bottle of vanilla
- A variety of herbs from your kitchen
- Four paper plates
- A pencil
- A mirror
- Five small custard cups
- Five Q-tips
- Saltwater
- A lemon
- Sugar
- Unsweetened cocoa or ground coffee
- Saltine crackers
- A glass
- A mug
- Chocolate milk
- Foods with familiar tastes and textures
- Something with which you can cut the foods
- A Slinky
- A blindfold
- Someone to help you
- A pencil
- A cup
- A timer
- A darkened room with a mirror
- A flashlight
- Colored pencils or crayons
- A few friends
- A piece of paper for each friend
- A magnifying glass
- A sheet of paper
- A pencil
- Index cards
- A partner
- Two markers with brightly colored lids
- A Nerf ball

- A volunteer willing to taste foods while blindfolded
- A variety of foods with sweet, salty, bitter, sour, and umami (savory) tastes
- Straws for testing liquids
- Spoons for putting the food on the volunteer's tongue

Lesson 12

- A damp cloth
- A mirror
- A strand of hair
- Three bowls of water: one hot, one cold, one lukewarm
- A rubber band
- A stamp pad
- Several sheets of paper
- A photocopy of the braille chart
- White school glue
- A volunteer
- Five large paper clips
- A ruler or tape measure
- A chart with all the body parts you intend to test

Lesson 13

- A bacteria testing kit with agar and Petri dishes
- Q-tips
- Tape

Lesson 14

- Photos of when you were a baby, toddler and small child