

THE IMPORTANCE OF A HEALTHY BODY

Length: 45 minutes per class period over 5 days
Designed for 4th through 8th grade

Summary

Through these lessons, students will understand the ways alcohol affects a growing body and study organ systems to learn the keys to a healthy body.

This lesson can be:

- Taught over 5 days to follow a unit on the major organs of the body or be done in conjunction with a study of the body. Ideally, students will have basic knowledge of organs and the culminating project at the end of these lessons can serve as a way to wrap up a larger unit.
- Modified to allow for independent study, pairs, or collaborative group work. Depending on the number of students in the class, time, and interest levels, students can jigsaw to study and contribute to a larger classroom book or project about an organ or system or focus on the whole body.
- Taught without digital devices. Students can create a picture book as a class or in smaller groups.

Objectives

Through this lesson, students will:

- Research organs and systems to understand their importance and ways to stay healthy
- Apply their knowledge of organ systems to illustrate the meaning of a healthy body
- Organize their research to create a visual representation of their learning
- Communicate through spoken, written, and visual language to teach others about how to maintain a healthy body



Standards

- CCSS Literacy Standards:
- RI.5.1
 - RI.5.7
 - RI.5.9
 - W.5.1
 - W.5.2
 - W.5.4-10
 - SL.5.1
 - SL.5.4
 - SL.5.5
 - L.5.1-4
- NGSS:
- MS-LS1-3
 - MS-LS1-4
 - MS-LS1-8
- NHES (2024)
- 6-8. 3.8.3
 - 6-8. 4.8.1
 - 6-8. 5.8.2
 - 6-8. 5.8.6
 - 6-8. 8.8.4

What You'll Need

- **Protect Your Body** reading from *Ask, Listen, Learn*
- **Brain Drain** reading from *Ask, Listen, Learn*
- Computer or tablet with internet capabilities (consider making a Google Doc with links to websites in advance)
- Construction paper, crayons, colored pencils, markers, and way to bind books (if students are making books for their project)
- Smartphones or other devices for recording (if making a video)

To learn more about teaching units on the impacts of underage drinking and peer pressure, see additional lessons from *Ask, Listen, Learn*

[See all lessons](#)



For more info head to [AskListenLearn.org](https://www.AskListenLearn.org)

Day 1:

Introduce the idea of **mentors and trusted adults** as a strategy to cope with difficult situations.

Have students count to 30. Talk about how – in just 30 seconds – alcohol affects various internal organs. Explain how in this short amount of time, alcohol is absorbed through the stomach, travels through the body in the blood, and impacts every single part of your body- including your brain, the most important organ in your body.

Students will read **Protect Your Body** to develop an understanding of the impact alcohol has on the brain, heart, liver, stomach, and immune system.

Hand out or show **Brain Drain** to teach students what each part of the brain is responsible for and how it is affected by alcohol.

Lead a classroom discussion about the impact of alcohol. To facilitate the discussion, create a chart titled “Impacts of Underage Drinking” on the board with 3 columns: Physical, Social/Emotional, Academic/Athletic Performance. Students should be able to identify 8 out of 10 consequences of alcohol use into one of the three categories.

Days 2-3:

Review previous day’s learning, focusing on “A Work in Progress” section of the **Brain Drain** worksheet. Reinforce importance of students making healthy choices to support their developing bodies.

Students will use their knowledge to create a book, multimedia presentation, or video to teach younger students about the importance of a healthy body.

Teachers may also want to find a first or second grade class to pair with where students will be able to share their finished projects.

Days 4-5:

Students will then work individually, in pairs, or in groups to research one organ or system. (Alternately, each group can be responsible for the entire body.) They should be able to answer these questions:

- What does the organ do in the body?
- Why is it important?
- What are ways to keep that organ or system healthy?
- How does alcohol negatively affect the entire body?
- Students will assemble their research to create a page of a book, a written book, a presentation, or video to teach younger students about what they learned.

Additional Lessons & Resources

The Impact of Peer Pressure - Explores how peer pressure impacts healthy decision making while students identify strategies to cope with peer pressure.

How Alcohol Affects Your Developing Brain Lesson and **Video** - Has students learn about alcohol’s impact on the developing brain.

Ask, Listen, Learn: Alcohol and the Developing Brain Digital Exploration - A self-paced module for students to learn about the effects of alcohol on the developing brain and use this information to make informed and responsible decisions when confronted with peer pressure to drink underage.

Brain, Body Behavior: Refusal Role Play - Students react to scenarios related to underage drinking with a refusal strategy, an acceptance of a positive alternative, or a strategy to keep friends from making unhealthy choices.

To learn more about teaching units on the impacts of underage drinking and peer pressure, see additional lessons from *Ask, Listen, Learn*

[See all lessons](#)



Kids and alcohol don't mix.

For more info head to AskListenLearn.org