



CENTERVILLE virtual STEM FEST



CENTERVILLE COMMUNITY
SCHOOL DISTRICT



Drake
UNIVERSITY
SOUTH CENTRAL IOWA REGION
GOVERNOR'S STEM ADVISORY COUNCIL

Facebook June-July 2020 Event:

<https://www.facebook.com/CentervilleCCSD/>

All About You: July 8-12 is Human Body Week!

Day	Topic	Noon Video	Supplies
M	Take a Bite Out of Life: TEETH		5 eggs, 5 cups, masking tape, water, dark-colored sugar-free drink (Gatorade G2), dark-colored fruit juice (grape juice), dark-colored flavor of pop (cola)
T	Flex Your MUSCLES	Muscles with John from Snap Fitness	K-2: Stickers, paper, tape 3-5: card stock, yarn, straws, tape, scissors, pencil
W	Put Some HEART into It!	Heart Healthy with Mendy from MercyOne	3-5: 3 pop bottle caps, 4 bendy straws, water, food coloring, tape, clay or play dough, drill, & an adult to help
Th	GERMS: Invisible Enemies		glitter, pepper, soap
F	EAT Smart 2 Live Healthy	Nutrition: Samantha Thomas, Hy-Vee	



If you have questions or comments, please send us a note.

Week 4: The Human Body

Monday

Grades K-2

How can you take care of your teeth?

Click [HERE](#) to read along and learn more about teeth.

--Login to access Teeth on Bookflix

• [click here](#)

- scroll down to Bookflix
- enter "Teeth" in the search box
- select "[Open Wide Tooth Inside](#) and [Take Care of Your Teeth](#)"

Click [HERE](#) to watch this video about how to have a healthy smile.

Do this brushing big teeth activity. Click [HERE](#) for details.

Click [HERE](#) to print this chart to encourage dental health.

Grades 3-5

What would happen if you didn't brush your teeth?

Click [HERE](#) to watch this video about how useful teeth are.

Watch this video about teeth care. Click [HERE](#) to view.

Conduct this sugary drink experiment using eggs. Click [HERE](#) for details.

Persuasive writing practice. Pretend you are the toothfairy and write a paragraph to persuade a kid to brush his or her teeth.

Tuesday

Grades K-2

How does my body move?

Click [HERE](#) to watch this video about how our bodies move.

Listen to the book Bend and Stretch by Pamela Hill Nettleton to learn about bones and muscles. Click [HERE](#) to begin.

Choose a workout to complete with HyVee KIDSFIT. Think about: What muscles are you using to do this exercise? Click [HERE](#) to see your options.

Look at this photo in the link below and then label these muscles on your own arm. You could use stickers, paper and tape, or masking tape. Click [HERE](#) to see the photo.

Tuesday's Noon Video:
John Cochran, Snap Fitness Manager & Sports Trainer

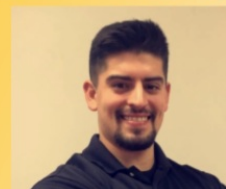
Click [HERE](#) to watch at noon!

CENTERVILLE ^{Virtual} STEM Video Drop

Muscular System

Three Functions:

1. Produce movement
2. Keep body temperature stable
3. Maintain posture



July 9, Noon

John Cochran

General Manager & Sports Trainer

Breathing, digesting, moving—all are controlled by your muscles. That's why it is so important to keep them healthy.

Join Snap Fitness General Manager and Head Trainer John Cochran as he teaches about the major muscle groups and shows us how to make them stronger.

For more info on Centerville's Snap Fitness, please click here:

<https://www.snapfitness.com/us/gyms/centerville-ia/>

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Grades 3-5

What is the muscular system?

Click [HERE](#) to watch this video about the muscular system.

Read about the muscular system Click [HERE](#) to begin.

Create this muscular system hand craft. Click [HERE](#) to get started.

Choose a workout to complete with Fresh Start Fitness from Gonoodle. Think About: What types of muscles am I using to do this exercise? Click [HERE](#) for your options.

Wednesday

Grades: K-2

How can I keep my heart healthy?

Watch this video to learn about how to keep your heart healthy
[How Your Heart Works? - The Dr. Binocs Show | Best Learning Videos For Kids | Peekaboo Kidz](#)

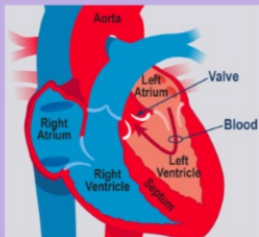
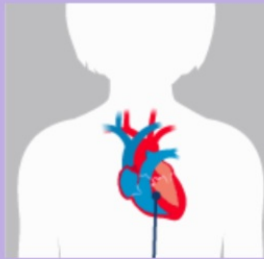
Read and watch about how to be a superheart hero. Click [HERE](#) to begin.

Do some exercises with Ms. Hawkins to keep your heart healthy. Click [HERE](#) and get moving!

*Wednesday's Noon Video:
Mindy Kratofil, MercyOne Centerville Nurse*

Click [HERE](#) to watch at noon!

CENTERVILLE Virtual STEM Video Drop



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**July 10, Noon
Mindy Kratofil**

Register Nurse, MercyOne-Centerville

Meet Mindy Kraftofil! She's a registered nurse from Centerville's MercyOne Clinic, which means she knows a lot about the body.

From eating to exercise, she'll talk about what you can do everyday to make sure your heart stays healthy.

And, if you're ever in need of medical help, hop over to MercyOne Centerville's website: <https://www.mercyone.org/centerville/>.



Grades: 3-5

How can I keep my heart healthy?

Click [HERE](#) to read about your heart.

Do some exercises with Ms Hawkins to keep your heart healthy. Click [HERE](#) and get moving!

Build a functioning heart model with pop bottles and straws (directions at the bottom of the page). Click [HERE](#) to begin.

Thursday

Grades: K-2

How can I help keep germs away?

Click [HERE](#) to watch this video about how to fight germs.

Click [HERE](#) to read this online Science Spin magazine about germs and play the game.

Watch as Elmo and Rosita teach the right way to sneeze. Click [HERE](#) to view.

Choose one of the following activities to learn more about the power of hand washing:

- Wash away glitter (with printable recording sheet)
<https://www.sarajcreations.com/2014/09/germs-book-talk-tuesday.html>
- Germs scatter away from soap, an experiment using pepper
<https://www.fantasticfunandlearning.com/make-germs-scatter-science-demonstration.html>

Grades 3-5

What is COVID-19?

Watch this Brainpop video to learn about the coronavirus. Click [HERE](#) to begin.

Click [HERE](#) to watch this interview from Centerville's Pitch talk show with a Centerville graduate working at the U of I hospital.

Click [HERE](#) to read this infographic about hand washing.

Germs scatter away from soap, an experiment using pepper. Click [HERE](#) to begin.

Friday

Grades: K-2

What food should I eat to stay healthy?

Watch this video to teach learn about how to create a healthy plate. Click [HERE](#) to learn more.

Study [THIS CHART](#) to learn what foods are in each food group.

Choose 3 days to record what you eat and reflect on it here
[FOOD JOURNAL & REFLECTION](#).

*Friday's Noon Video:
Samantha Thomas, Centerville Hy-Vee Dietician*

Click **HERE** to watch at noon!

CENTERVILLE Virtual STEM Video Drop



HyVee
EMPLOYEE OWNED



July 12, Noon
Samantha Thomas
Dietician, Centerville Hy-Vee

Who loves snacks? Everybody—
that's who!

Hy-Vee Dietician Samantha Thomas
talks about My Plate food groups and
how to pair them together. She'll
show us her favorite snack ideas—
making sure they are yummy, simple,
and healthy.

To find out how Hy-Vee can help with
your personal nutrition, visit their
website: [https://www.hy-vee.com/
stores/dietitian/default.aspx?s=26](https://www.hy-vee.com/stores/dietitian/default.aspx?s=26)



Grades 3-5

What food should I eat to stay healthy?

Watch this video to learn about how to create a healthy plate. Click [HERE](#) to begin.

Study the following plate to learn about the food groups. View the plate chart [HERE](#).

Choose 3 days to record what you eat and reflect on it here:
[FOOD JOURNAL & REFLECTION](#).

Human Body Book List

[Click: Drake Public Library \(Centerville, Iowa\)](#)

[Click: Des Moines Public Library](#)

[Click: to find a public library near you.](#)



Extend your learning
with great books!

Picture Books

- Do Not Lick This Book
- I Don't Want to Wash My Hands
- Hear Your Heart
- Brush Your Teeth Please
- The Magic School Bus: Inside the Human Body
- Pony Brushes His Teeth
- Charlie is Broken
- The Tooth Book
- Parts
- Pick, Spit & Scratch
- Bend and Stretch

Chapter Books & Middle Grade

- Acadia Files
- Smile
- Wonder
- How to Rock Braces and Glasses
- Zoey and Sassafras: Unicorns and Germs

If you have an awesome STEM book to share, please [email the Hub](#) with the title and why it's so great! We'll pass along your suggestions.

Ask your librarian for
more ideas!

Click HERE to register for this event. (if you haven't already signed up)

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Manager: Dr. Sarah Derry
Address: Drake University

Website: <https://scstemhub.drake.edu/>
Email: scstemhub@drake.edu

Collier-Scripps Hall, #214/314
2702 Forest Ave.
Des Moines, IA 50031
Phone: 515-271-2403

