

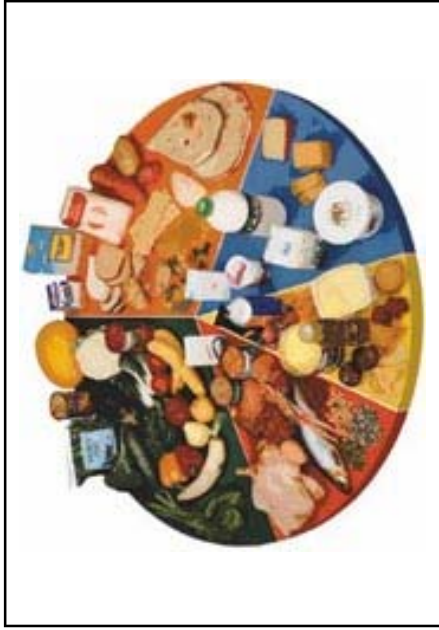


# Life Zone!

*Your Passport to the Museum!*

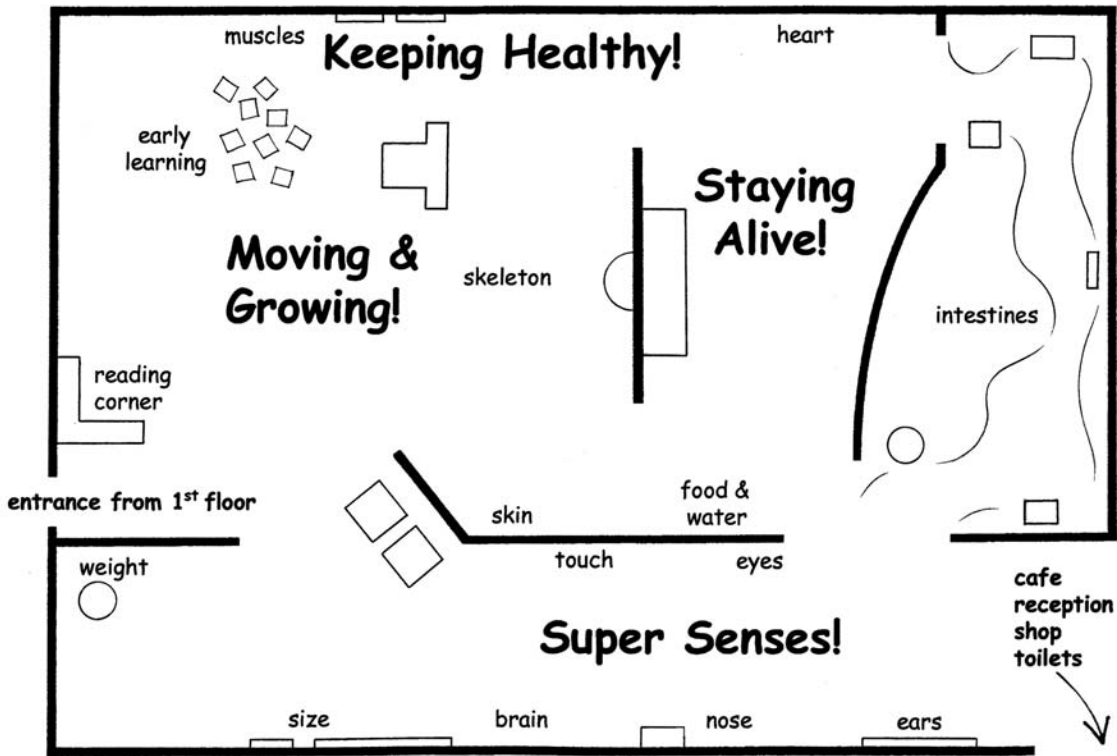
First Name \_\_\_\_\_

Last Name \_\_\_\_\_



Date of visit: \_\_\_\_\_

*This is your guide to the weird and wonderful world of the body! Make sure you keep an eye out for the talking toilet, the scary skeleton and the bendy backbone machine!*



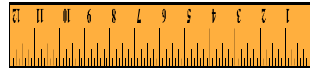
Please do not eat and drink in the gallery. Pupils should be supervised at all times.

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Written by P. Bowker, St Augustine's Primary School, Leeds

## Moving and Growing Page 1

You have reached the Moving and Growing Section of the Life Zone! Here you must measure carefully and record your results



How high can you jump in lights?

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*Did you know the world record for the high jump is 2.45 metres?*

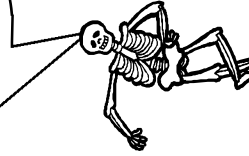
Now it's time to test your reactions! Read the instructions on the panel and fill in your score below.

If you have time, repeat your test to make sure it is fair.

First Try \_\_\_\_\_  
Second Try \_\_\_\_\_  
Third Try \_\_\_\_\_

How tall are you? \_\_\_\_\_ cm

How far can you stretch? \_\_\_\_\_ cm



Can you rotate the floor blocks so they make the correct diagram?

When you've finished you can even sit on them to fill the answers in on your passport!



## Keeping Healthy Page 10



**Smoking kills 120,000 people every year in the United Kingdom!**

Can you find the sound of a person who has a smoker's cough? *Would you like to have a cough like this for the rest of your life?*

What is Nicotine? Use the information boards to help you find out. Write your answers below.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How much money does it cost if you smoke 20 cigarettes a day for 10 years?


Pounds! \_\_\_\_\_



WELL DONE!

You've finished your passport! Now spend the rest of your time exploring the Life Zone!

## Keeping Healthy Page 9

Can you complete the "Hazards at Home" table below using the magnetic information board in the Life Zone! To help you? 

Kitchen Hazard	What could it do to you?
1.	
2.	
3.	
4.	

*Did you know?  
You would need to skip for an hour to burn off the calories in a smickers bars!*

Can you find five people who help us to stay healthy? All of the answers are in the Keeping Healthy section

1.

2.

3.

4.

5.



How many hours sleep do children need each night?

Hours. \_\_\_\_\_

Can you find one interesting fact about alcohol and write it down below.

\_\_\_\_\_



## Moving and Growing Page 2

*Look for the Mighty Muscles sign!*



**Q.) Can you find the experiment to make your biceps and**

**triceps muscles work in your arm?**

**Well Done! Keep Going! Now try to find the amazing bendy backbone stool. Put a circle around the correct number of bones there are in the backbone. Is it;**

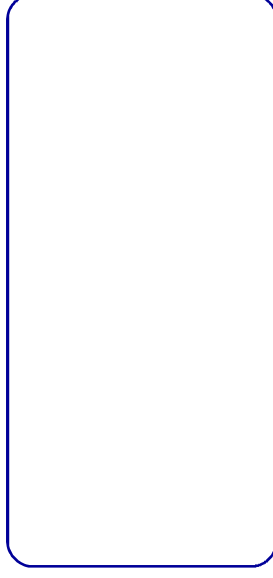
22

26

30

34

**Draw a picture of your skin close up in the box below.**



**Now write a sentence to describe how the skin feels when you touch it. Think about how it CONTRASTS to how the fur feels.**

\_\_\_\_\_

\_\_\_\_\_

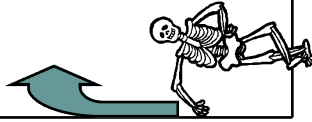
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## Moving and Growing Page 3

This is the last section of the Moving and Growing work. Be careful not to make any mistakes! You're doing brilliantly. Keep it up!

DRAW CAREFULLY!

*Can you copy the skeleton from the glass cabinet? Take your time and make sure you draw the skull accurately. It's what holds your brain in place, so it's a very important bone!*



What do we call animals who have a skeleton inside their bodies?

What would you look like if you didn't have a skeleton? Circle the correct answer below.

JELLYFISH or HAMSTER



If you have time, make five different shapes in the funky mirrors.

## Keeping Healthy Page 8

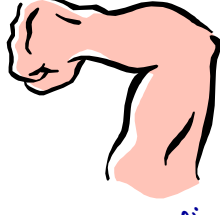
Everything you have worked on so far is linked to Keeping Healthy. Can you visit the Keeping Healthy wall and find 3 more interesting facts you can take back to school and tell your head teacher?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

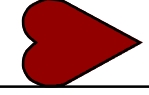
*Did you know? Cleaning your bedroom for an hour burns 207 calories! There's no excuse now!*

*Exercise helps keep your body amazing by:*

- 1) *Strengthening your heart and muscles.*
- 2) *Speeding up your heart rate.*
- 3) *Using up extra energy.*



Can you jog on the spot for 60 seconds?



Do you do an hour of exercise a day?  
Riding your bicycle for an hour burns over 350 calories so get pedalling!

**BRILLE.**

Use the information boards to help you answer these questions; **What is Braille? Who uses it?**

\_\_\_\_\_  
\_\_\_\_\_

What other type of language uses raised letters to help you read. Circle the correct answer.

**MOON** or **SUN**



*PICK UP AND HAVE A SNIFF OF THE SILVER SMELLY POTS. WHAT CAN YOU SMELL?*

\_\_\_\_\_  
\_\_\_\_\_

USING YOUR HANDS, DESCRIBE WHAT YOU ARE TOUCHING IN THE DIFFERENT FEELY BOXES. (DON'T WORRY, THERE ARE NO CREEPY CRAWLIES OR LIVING THINGS!) WRITE DOWN TWO THINGS YOU CAN FEEL BELOW.

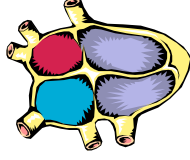
1. \_\_\_\_\_ 2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have a look at the model of the teeth. Which one is the unhealthy tooth? How can you tell?



\_\_\_\_\_  
\_\_\_\_\_

Pick up the giant tooth brush. Show your partner how to correctly brush their teeth!



This is what your heart looks like. Lift up the lever and push it hard to show how blood is transported around the body.

Use the measuring monitor to measure your heart rate. Write your answer in the box.

MY HEART RATE IS

Follow the journey of the pea around the gut. Be careful not to miss any interesting facts! If you find any, copy them below:

.....  
.....  
.....



Here is an empty plate. Using the Life Zone! wall charts and displays, design a healthy meal for your tea. You can colour it in back at school.



Can you find out how long your intestines are in hand spans? (Clue: Use the long rope to help you answer this question. It's near the noisy toilet!)

My intestines are .....long.

Answer these three questions on your passport. All of the answers are in the Staying Alive Section of the Life Zone! Can you find them?

1. What happens if you eat more food than your body needs?

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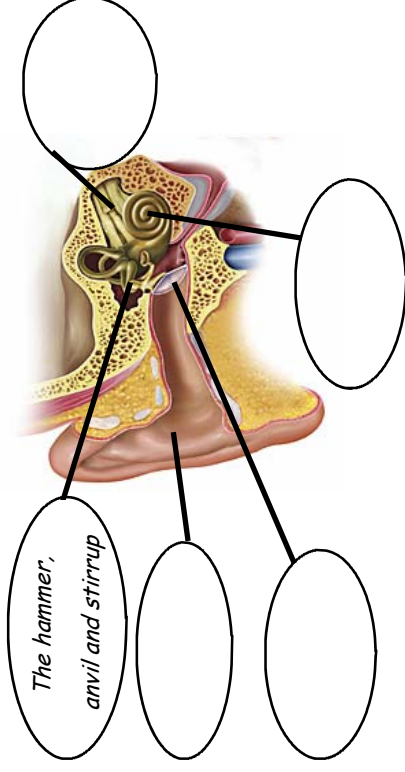
2. Why shouldn't you eat have a burger and chips every meal?

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3. How many litres of water does your body need each day? Circle the correct number. 1 2 3

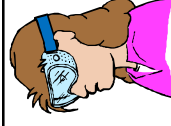


Can you label the different parts of the ear? The tiny little bones have been done for you.



Have a go with the different sight goggles on the wall.

How do they make you feel?



Draw the eye. Label the parts you can using the large model on the wall to help you.

