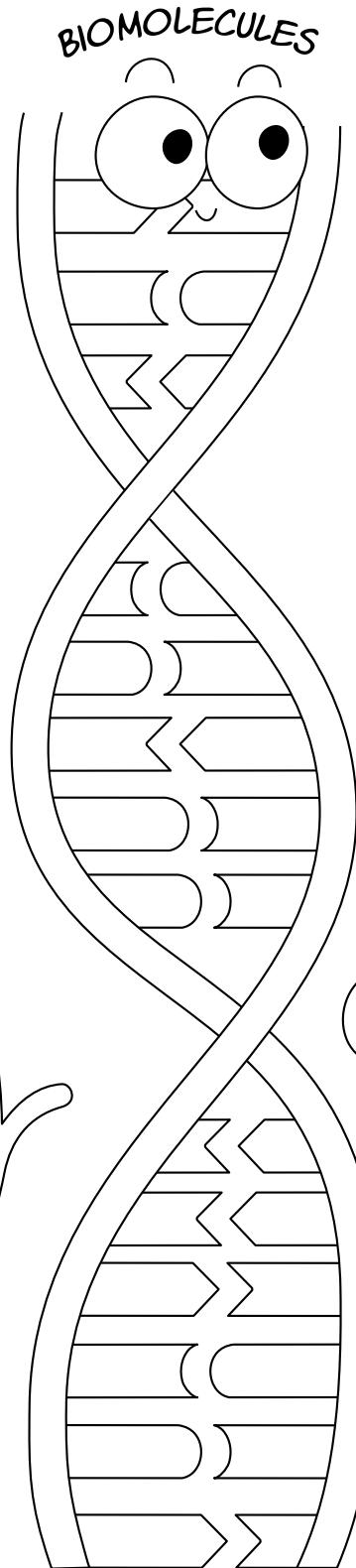


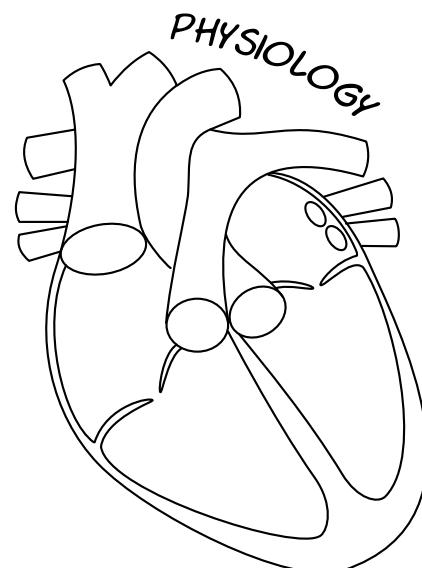
BIOLOGY ONE



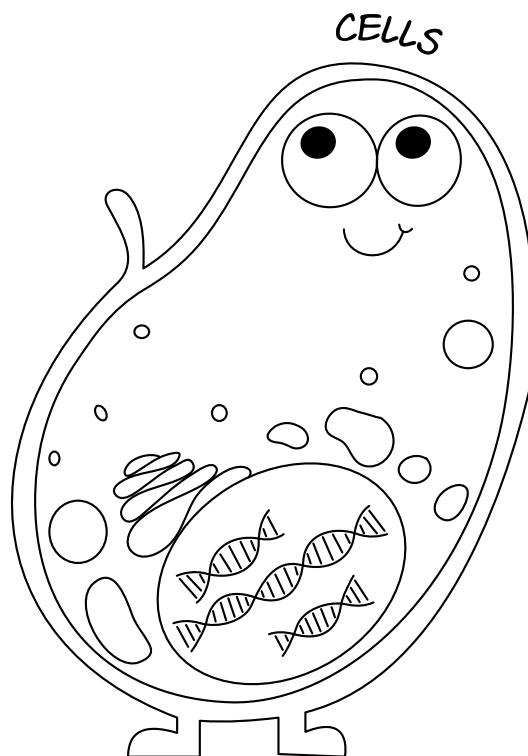
DIVERSITY OF LIFE



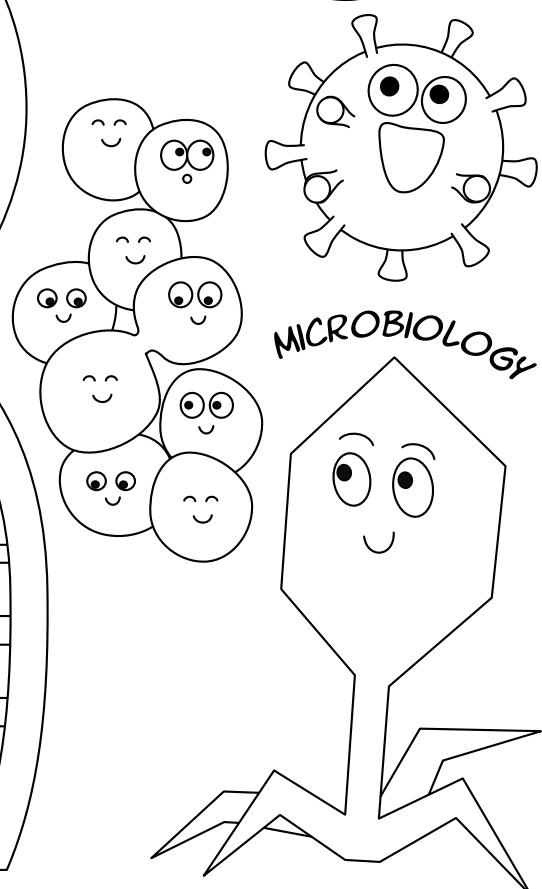
BIOMOLECULES



PHYSIOLOGY



CELLS



MICROBIOLOGY

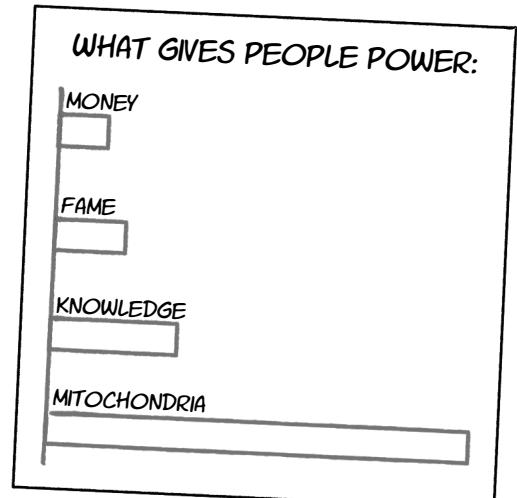
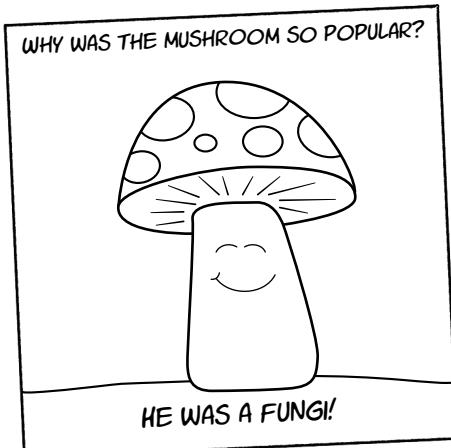
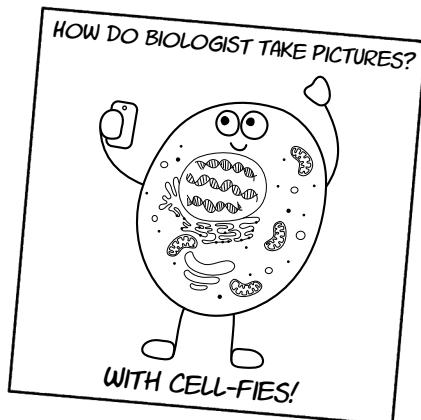
BIOLOGY ONE

~ FALL 2021 ~

	Date	Topic	Page(s)
Week 1	Monday, Aug 30 - Friday, Sep 3	<i>Small-group meetups! Watch the welcome video explaining how the class works, and then join us for an optional zoom meeting to meet some of your classmates and chat with us face-to-face!</i>	- - -
Week 2	Monday, Sep 6	Holiday - no class	
	Wednesday, Sep 8	It's alive! Or is it? <i>Characteristics of living things and why we study biology</i>	6-7
	Friday, Sep 10	The discovery of the cell Laser Pointer Microscope	8-11
Week 3	Monday, Sep 13	The Parts of the Cell <i>Meet the organelles. Prokaryotes & Eukaryotes</i>	12-15
	Wednesday, Sep 15	Unicellular vs Multicellular life <i>A look at the incredible diversity of cellular life!</i>	16-17
	Friday, Sep 17	Cell Quiz Show <i>Practice Quiz 1</i>	18-19
	Science Vocabulary Crossword and Word Search!		20-21
Week 4	Monday, Sep 20	Biomolecules <i>The molecules that make living things</i>	22-23
	Wednesday, Sep 22	Osmosis! <i>All about cell membranes and why we salt our food</i>	24-26
	Friday, Sep 24	Proteins and Enzymes <i>A deeper look at enzymes and cell proteins</i>	27-28
Week 5	Monday, Sep 27	Sugars and Carbohydrates <i>The main source of energy</i>	29
	Wednesday, Sep 29	DNA <i>The instructions for the cell</i>	30-31
	Friday, Oct 1	Extract DNA from fruit <i>Hands on science project</i>	32-35
Week 6	Monday, Oct 4	Mitosis and cell division <i>How one cell becomes two</i>	36-37
	Wednesday, Oct 6	Biomolecules Quiz Show <i>Practice Quiz 2</i>	38-39
	Friday, Oct 8	Where does energy come from? <i>Eating vs making food</i>	40

*There are 5 projects in the course, each listed in bold in this table of contents.
A supply list for all projects and activities can be found on page 5.*

	Date	Topic	Page(s)
Week 7	Monday, Oct 11	Animals & Fungi <i>Diversity of the consumers</i>	41-42
	Wednesday, Oct 13	Cellular Respiration <i>Making energy in the mitochondria</i>	43-44
	Friday, Oct 15	Plants <i>The big producers</i>	45-46
Week 8	Monday, Oct 18	Photosynthesis <i>Making sugars in the chloroplast</i>	47-48
	Wednesday, Oct 20	The Single-Celled Archaea <i>The most diverse groups of all</i>	49-50
	Friday, Oct 22	DIY Petri Dishes <i>Culture your own microorganisms</i>	51-53
Week 9	Monday, Oct 25	Diversity of Life Quiz Show <i>Practice Quiz 3</i>	54-55
	Wednesday, Oct 27	Systems of the human body <i>The body is made of different systems of cells</i>	56-57
	Friday, Oct 29	What is blood? <i>Introduction to circulatory system and different blood cells</i>	58-60
Week 10	Monday, Nov 1	Why we need to breathe <i>An introduction to the respiratory system</i>	61-62
	Wednesday, Nov 3	How nerves work <i>Introduction to the nervous system and the longest cells!</i>	63-64
	Friday, Nov 5	There's more of us than you! <i>Introduction to the digestive system and the microbiome</i>	65



	Date	Topic	Page(s)
Week 11	Monday, Nov 8	The Immune System <i>An introduction to the body's most fascinating system</i>	66-68
	Wednesday, Nov 10	How Antibodies Work <i>The basic defenses and fighters against infections</i>	69
	Friday, Nov 12	You're Allergic to What? <i>How a misbehaving immune system causes allergies</i>	70-71
Week 12	Monday, Nov 15	What makes things poisonous? <i>What happens when things go wrong in the cell</i>	72-75
	Wednesday, Nov 17	Physiology Art <i>Hands on science project</i>	76
	Friday, Nov 19	Physiology Quiz Show <i>Practice Quiz 4</i>	77
Week 13	Nov 22 - Nov 26	<i>Thanksgiving Break - no class</i>	
Week 14	Monday, Nov 29	Most Wanted Microbes <i>An overview of viruses, fungi, bacteria, and parasites</i>	78-80
	Wednesday, Dec 1	Pre-industrial Medicine <i>A look at common 16th century treatments</i>	81-82
	Friday, Dec 3	Scurvy and Trials <i>The evolution of modern medicine</i>	83-85
Week 15	Monday, Dec 6	The Story of Smallpox <i>How a deadly disease led to the first vaccine</i>	86-89
	Wednesday, Dec 8	The Problem with Polio <i>An exercise in understanding and comparing risk</i>	90-91
	Friday, Dec 10	Elementary Epidemiology <i>Lessons from looking at diseases in large populations</i>	92-95
Week 16	Monday, Dec 13	Penicillin & the Discovery of Antibiotics <i>How a moldy dish led to medicine</i>	96-97
	Wednesday, Dec 15	MRSA and antibiotic resistance <i>How overuse of a good tool is breeding superbugs</i>	98-99
	Friday, Dec 17	<i>Final Quiz Show</i> <i>And a showcase of Most Wanted Microbe art from students.</i>	100
Appendix		Suggested Microbe List	101
		Most Wanted Microbe Template	102
		Body System Templates	103-106

Have questions, corrections, or suggestions?
 Contact jenny@science.mom or serge@science.mom

Project Supply List

Sep 10 - Laser Pointer Microscope

- Laser pointer
- Paper clip or plastic pipette
- Tape
- Water from a stream, pond, or pet water dish

Oct 1 - Extract DNA from Fruit

- 2 fresh strawberries (or bananas or other fruit)
- ½ cup warm water
- 1 tsp salt
- Plastic bag or bowl and fork
- 2 tsp concentrated dish soap
- Rubbing alcohol (91%)
- Coffee filter
- Jar or cup
- Meat tenderizer (if using the split pea option)
- Blender (if using the split pea option)

Oct 22 - DIY Petri Dishes

- 8 oz boiling water
- 1 bouillon cube
- Cotton swabs
- 4 petri dishes (clean containers with lids)
- 1 Tbsp agar (or 1 packet unflavored gelatin)
- 2 tsp sugar
- Permanent marker

Nov 17 - Physiology Art Project

- Several pieces of waxed paper or tracing paper
- Pencil
- Markers
- Brads (paper fastener)

Nov 29 - Most Wanted Microbe Art Project

- Copies of the most wanted microbe template
- Pencil
- Markers
- Butter knife (optional)
- Ink and napkin (optional)

Other (optional) Activities

Oct 13 - Respiration

- 2 Tbsp Yeast
- 2 Balloons
- 2 Water bottles
- Sugar

Oct 29 - What is Blood?

- 1/3 c measuring cup
- 6 L of water and two containers
- Timer or stopwatch

Nov 1 - Why We Breathe

- 2 balloons
- Plastic bottle with bottom cut off

Nov 3 - How Nerves Work

- Ruler

Dec 8 - The Problem with Polio

- 2 dice

How to get the most from this course:

This course can be used in a variety of ways! You can participate passively by just watching the videos, or actively by filling out the notes and completing the projects. You can do the entire course at once or participate in one lesson or section at a time.

For BEST learning, we recommend:

- ✓ Read the pages that go with each lesson before watching the video. Take 10-15 minutes to see if you can fill in the blanks.
- ✓ On quiz show days, take the practice quiz before you watch the class!
- ✓ Complete each of the science activities, and then share your work with a family member or friend.
- ✓ Download the answer key for the notes, but don't look at the answers until after you give things a try yourself!

Next Generation Science Standards

This class covers the following Next Generation Science Standards. Often referred to as NGSS, they are the United States education standards for science.

MS-LS1-1: Sep 8, Sept 10, Sep 15

Living things are made of cells

MS-LS1-2: Sep 13, Oct 27

The function of a cell as a whole and how the parts of a cell contribute to that function

MS-LS1-3: Oct 27, Oct 29, Nov 1, Nov 3, Nov 5

The body is a system of interacting subsystems composed of groups of cells

MS-LS1-6: Oct 8, Oct 15, Oct 18

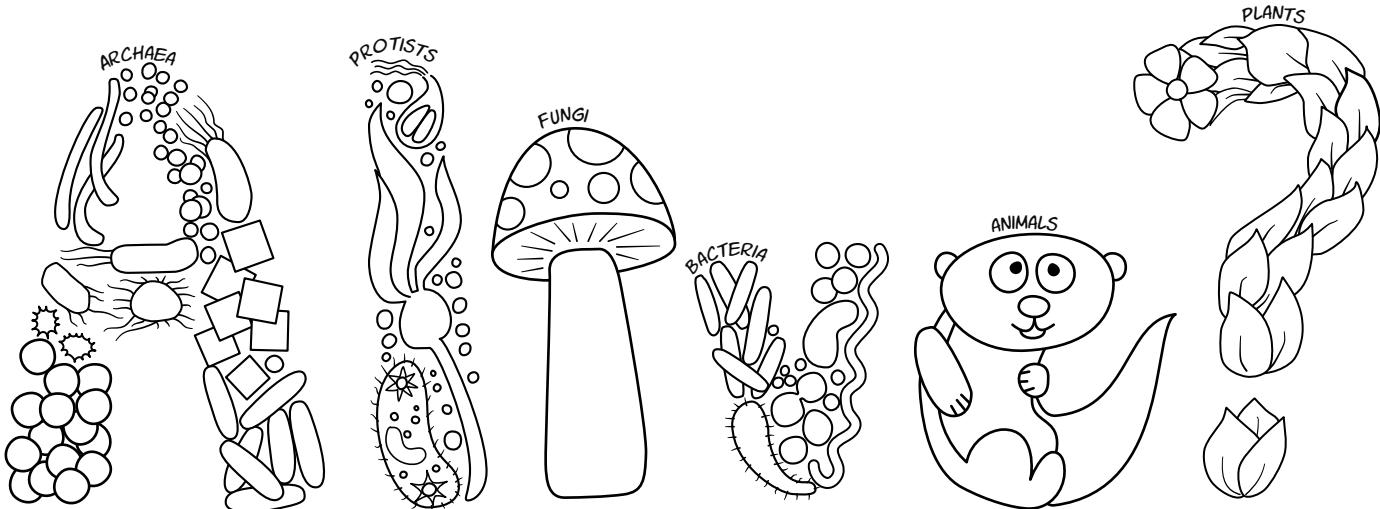
Photosynthesis and its role in cycling matter and the flow of energy in and out of organisms

MS-LS1-7: Oct 8, Oct 11, Oct 13

How food is rearranged through chemical reactions to form new molecules that support growth and release energy

MS-LS1-8: Nov 3

Sensory receptors respond to stimuli by sending messages to the brain



What makes something alive? This is not an easy question to answer! Most definitions agree that living things include all the following qualities or abilities:

METABOLISM

HOMEOSTASIS

GROWTH

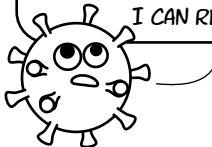
RESPONDS TO STIMULI

MADE OF CELLS

REPRODUCTION

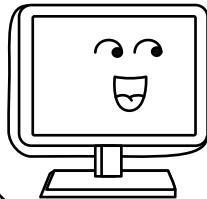
HEY! WHAT ABOUT ME?
I CAN REPRODUCE.

BUT ONLY IF
YOU TAKE OVER
A HOST CELL.



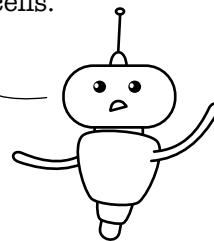
COULD ARTIFICIAL INTELLIGENCE (AI) BE CONSIDERED ALIVE?

We can be programmed to have all of the characteristics of life!



So? Cells shouldn't even be on the list anyway.

Except being made of cells.



The question of whether or not AI is alive is currently being debated, and will be one of the more important questions of the century!

Write down three of the best reasons for each side of the argument and then share your opinion. What do you think?

What are 3 arguments for technology or AI to be considered **alive**?

1, _____

2, _____

3, _____

What are 3 arguments for technology or AI to be considered **nonliving**?

1, _____

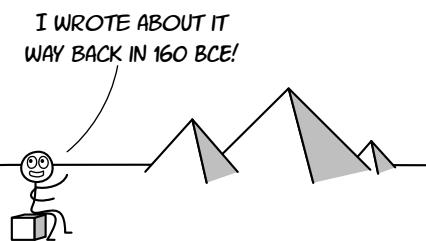
2, _____

3, _____

What is your opinion?

THE DISCOVERY OF THE CELL

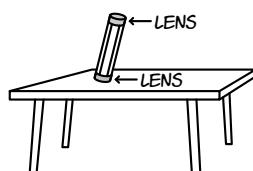
FOR THOUSANDS OF YEARS, PEOPLE KNEW THAT CURVED GLASS MAGNIFIED DETAILS.



CLAUDIUS PTOLEMY
Famous philosopher

THEN, IN 1590, TWO GLASS MAKERS CREATED THE FIRST COMPOUND MICROSCOPE.

IF WE PUT LENSES ON BOTH SIDES OF A TUBE, THE OBJECTS ON THE OTHER SIDE ARE EXTRA MAGNIFIED!

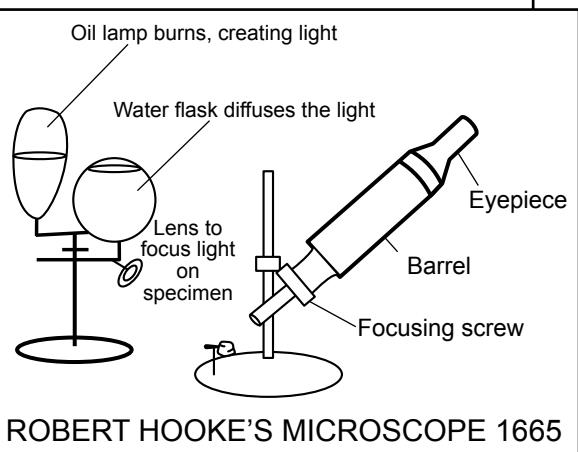


WE CAN SEE EVEN MORE! YIPPEE!

HANS & ZACHARIAS JANSSEN
Dutch glassmakers

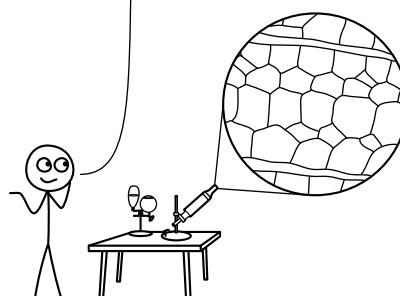
THE NEXT CENTURY SAW HUNDREDS OF EXPERIMENTS ON IMPROVING THE MAGNIFICATION OF MICROSCOPES AND MANY PUBLICATIONS ABOUT WHAT WAS OBSERVED UNDER THE LENS.

THE MOST FAMOUS OBSERVATIONS WERE MADE BY ROBERT HOOKE...



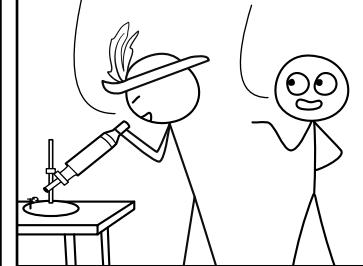
ROBERT HOOKE'S MICROSCOPE 1665

THIS SPECIMEN OF CORK PLANT IS FULL OF PORES! THEY LOOK LIKE THE PLAIN UNFURNISHED ROOMS OF MONKS.



YOU'RE RIGHT. THEY DO LOOK LIKE EMPTY ROOMS! WHAT WILL YOU CALL THEM?

CELLS.



CELLS? THE SAME NAME FOR EMPTY ROOMS?



WHY NOT? THEY LOOK LIKE HONEYCOMB CELLS TOO.



AND LOOK!
THERE ARE EVEN CELLS IN FOSSILS!



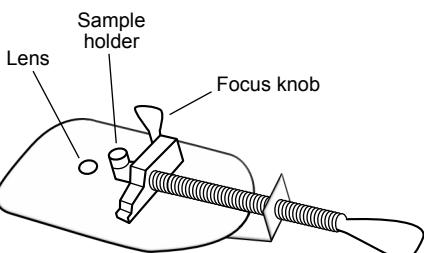
I THOUGHT FOSSILS WERE JUST ROCKS.



ROCKS THAT USED TO BE ALIVE!



...AND DUTCH SCIENTIST ANTON VON LEEUWENHOEK.

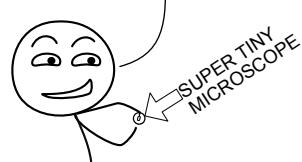


LEEUWENHOEK'S MICROSCOPE 1676

I MADE INCREDIBLY TINY LENSES BY MELTING, GRINDING, AND BLOWING GLASS.



THERE IS ONLY ONE LENS IN THIS MICROSCOPE, BUT THE QUALITY IS SO GOOD I CAN SEE WITH 200 TIMES MAGNIFICATION!

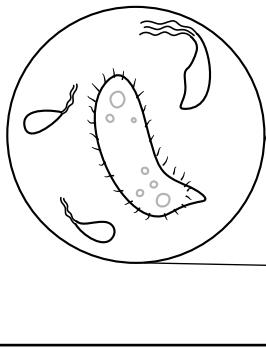


MY MICROSCOPE HAS BETTER MAGNIFICATION THAN HOOKE'S!



CONTINUED ON NEXT PAGE...

LEEUWENHOEK LOOKED AT POND WATER AND WAS ASTONISHED BY WHAT HE SAW.



SO MANY LITTLE ANIMALS! I SHALL CALL THEM ANIMALCULES.

ANIMALCULES?
NICE NAME. WHAT DOES IT MEAN?

"LITTLE ANIMAL" IN LATIN!

OVER THE NEXT 200 YEARS, MICROSCOPES BECAME POWERFUL ENOUGH TO SEE ATOMS AND WE DISCOVERED HOW THE PARTS OF CELLS WORKED!

Your notes:

IS IT MADE OF CELLS OR NOT? Write the words below in the correct oval:

salt	tomato	wood	cement	mold	sand	cabbage
pepper	water	onion	platypus	plastic	yogurt	grass

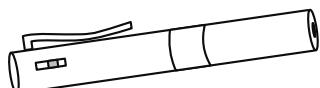
Made of cells or came from cells

NOT made of cells or derived from cells

Hands-on Science Project

LASER POINTER MICROSCOPE

MATERIALS:



Laser Pointer



Paperclip



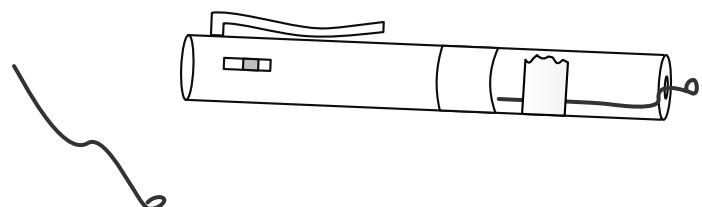
Tape



Water from a pond, dog dish, aquarium, or other source that will have microbial life.

SAFETY WARNING

NEVER POINT A LASER BEAM AT ANYONE'S EYES. LOOKING DIRECTLY AT A LASER BEAM CAN PERMANENTLY DAMAGE YOUR EYES.



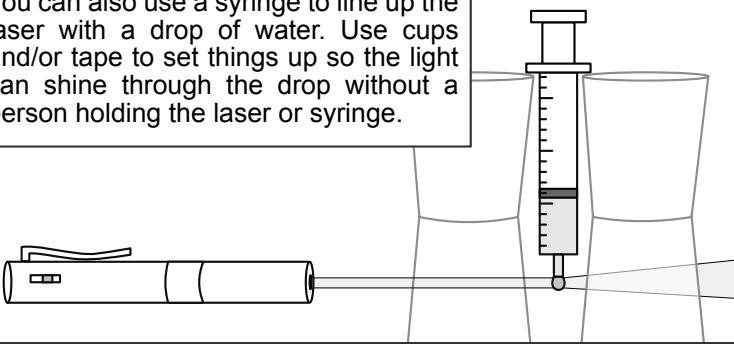
1. Straighten out a large paper clip and then bend one end so that it forms a small loop.
2. Test the loop to be sure that it holds a water droplet. When you dip it in water and then lift it out again, a drop of water should stay inside the loop. If the loop does not hold water then bend it again and make it smaller.
3. Attach the paperclip to the laser pointer with tape so that the loop is directly in the path of the beam.
4. Carefully dip the wire loop into a water source that will have bacteria and other microbial life. Pond water, aquarium water, or water from a pet drinking dish are all good choices.
5. Shine the laser toward a white surface. For best results, conduct this activity in a darkened room.
6. Observe your results and experiment with different sources of water.

SAFETY TIP

WASH YOUR HANDS AFTER HANDLING SAMPLES OF WATER THAT COULD CONTAIN MICROBES.

AN ALTERNATIVE APPROACH:

You can also use a syringe to line up the laser with a drop of water. Use cups and/or tape to set things up so the light can shine through the drop without a person holding the laser or syringe.



For BEST results

Choose a source of water that is chlorine free and exposed to sunlight.



Observe multiple drops of water from different sources.

Set up the laser in a dark room and shine it on a flat white surface.

Arrange the laser so that no one is touching it. The less it moves, the better you'll see the microbes in the water.

Adjust the distance between the laser and flat white surface to see which distance gives you the best view.

WHICH SOURCE OF WATER HAD THE MOST MICROBES?

It's time to go exploring! Gather some clean containers or plastic bags and collect water from several sources. If using the paper clip method, be sure to use different paper clips OR to clean your paperclip before testing each sample. If you gather a saliva sample, do NOT put the paperclip in your mouth! Spit into a container and sample the saliva from there. Before you gather your samples, make a prediction about which water will have the most microbes. Then, after observing each sample put a **check mark** by the type of water that had microbes, and a **zero** by water that was microbe-free. Put a **double check mark** by the water that had the **MOST** microbes. Write NA if you didn't test that type of water.

YOUR PREDICTION:

The water with the most microbes will be _____.

Water from the kitchen sink.

Water from a natural outdoor source that looks clean like a lake or river.

Water from a natural outdoor source that looks dirty or scummy like a puddle, swamp, or pond.

A drop of saliva.

Water from a pet's water dish.

Water from the tank (not the bowl!) of a toilet.

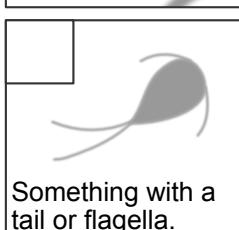
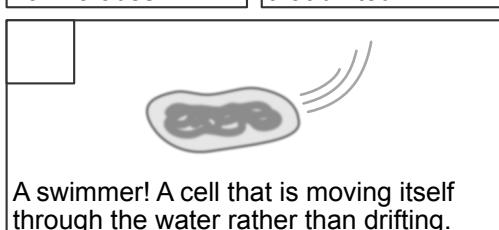
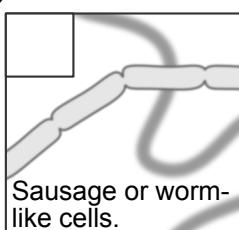
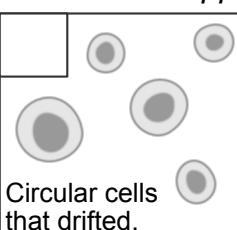
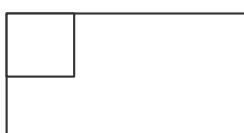
Other: _____

YOUR RESULT:

The water with the most observed microbes was _____.

WHICH OF THESE DID YOU OBSERVE USING YOUR LASER POINTER MICROSCOPE?

Check all that apply.



Your notes:

The Parts of a Cell

FILL IN THE BLANKS USING THESE WORDS:

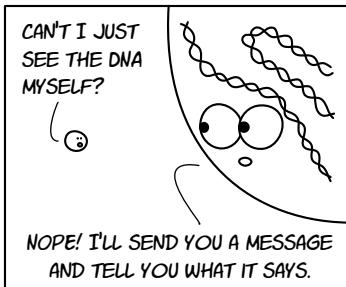
DNA proteins living organelles
plasma membrane dead cytoplasm diversity

The cells that Robert Hooke saw in the bark of a cork tree were actually _____. This is why they looked so empty. _____ cells contain several important parts or _____ that help them survive. Ribosomes build _____. If the cell has a nucleus, it contains the _____. Mitochondria or chloroplasts are involved in digesting or creating food for the cell, and all of this activity is contained within a cell wall or _____. The liquid inside a cell is called the _____. Not every type of cell will contain all of these parts. There is incredible _____ between different types of cells!

DRAW LINES TO CONNECT THE NAME & DESCRIPTION WITH THE CORRESPONDING PICTURE

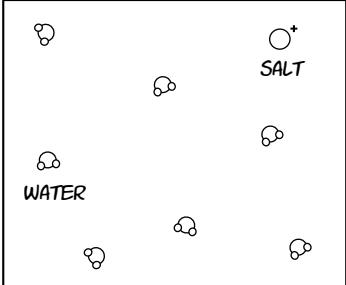
Cytoplasm

The liquid inside the cell.
It's mostly water.



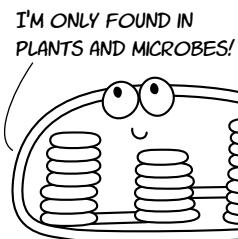
Nucleus

Keeps the DNA separate from the rest of the cell.



Chloroplast

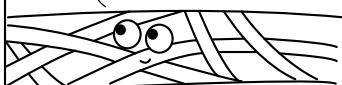
Uses CO₂ and sunlight to create sugars.



Plasma Membrane

Keeps the cytoplasm inside the cell.

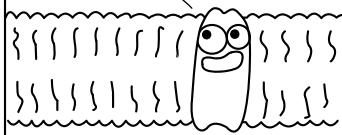
I'M EVEN STRONGER THAN A CELL MEMBRANE!



Cell Wall

Keeps the cytoplasm inside the cell.

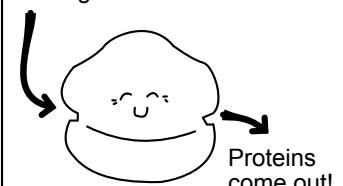
NO ONE GETS PAST ME!
EXCEPT THE STUFF I
WANT TO GET PAST.



Flagella

Helps the cell move. Works like a little paddle or tail to push it through the water.

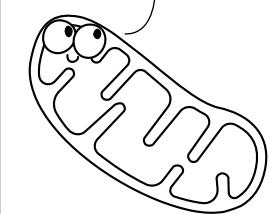
Instructions from DNA go in.



Ribosome

The thing that makes the proteins.

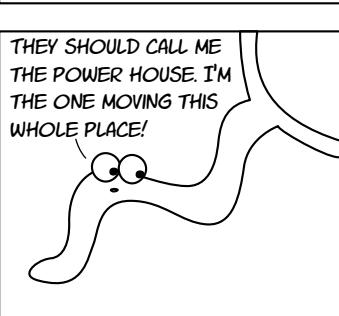
THEY CALL ME THE POWERHOUSE OF THE CELL!



DNA

The instructions for making proteins and other stuff for the cell.

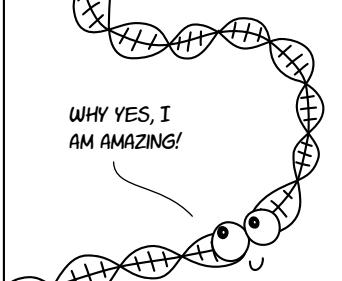
THEY SHOULD CALL ME THE POWER HOUSE. I'M THE ONE MOVING THIS WHOLE PLACE!



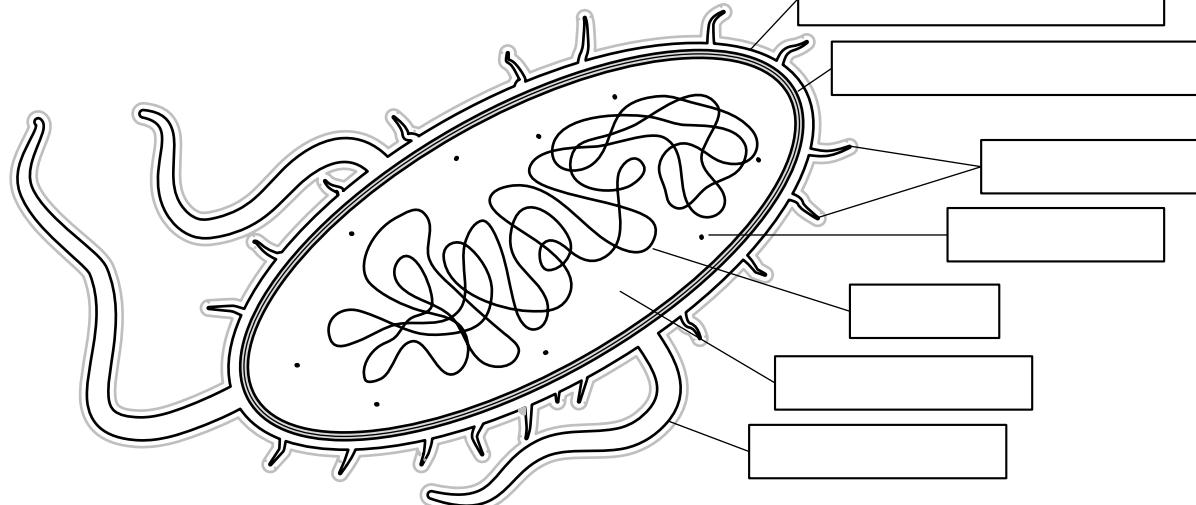
Mitochondria

Uses oxygen and sugar to create energy for the cell.

WHY YES, I AM AMAZING!



PROKARYOTIC CELLS



FILL IN THE LABELS ABOVE
USING THESE WORDS:

PLASMA
MEMBRANE DNA CILLIA
CYTOPLASM CELL WALL FLAGELLUM RIBOSOME

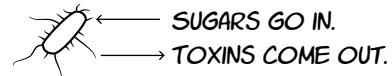
Example: *Salmonella*
Size: 2-5 Microns long

Your notes:

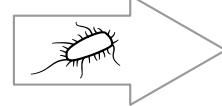
IS SOMETHING AS SMALL AS A SALMONELLA
BACTERIUM REALLY ALIVE? LET'S CHECK:

METABOLISM ✓

IT EATS FOOD AND PRODUCES WASTE.



RESPONDS TO STIMULI ✓

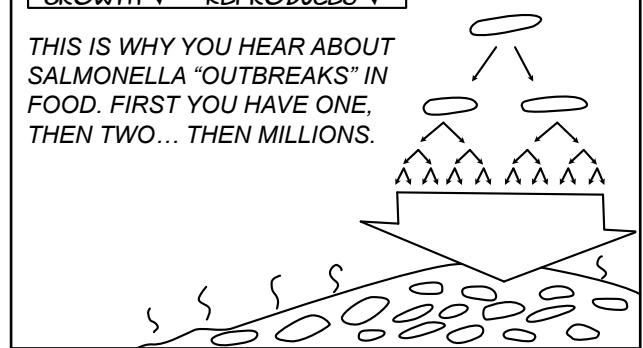


WHEN IT FINDS A GREAT LOCATION IT FORMS A **BIOFILM**,
A COLONY OF CELLS STUCK TOGETHER WITH SLIME.

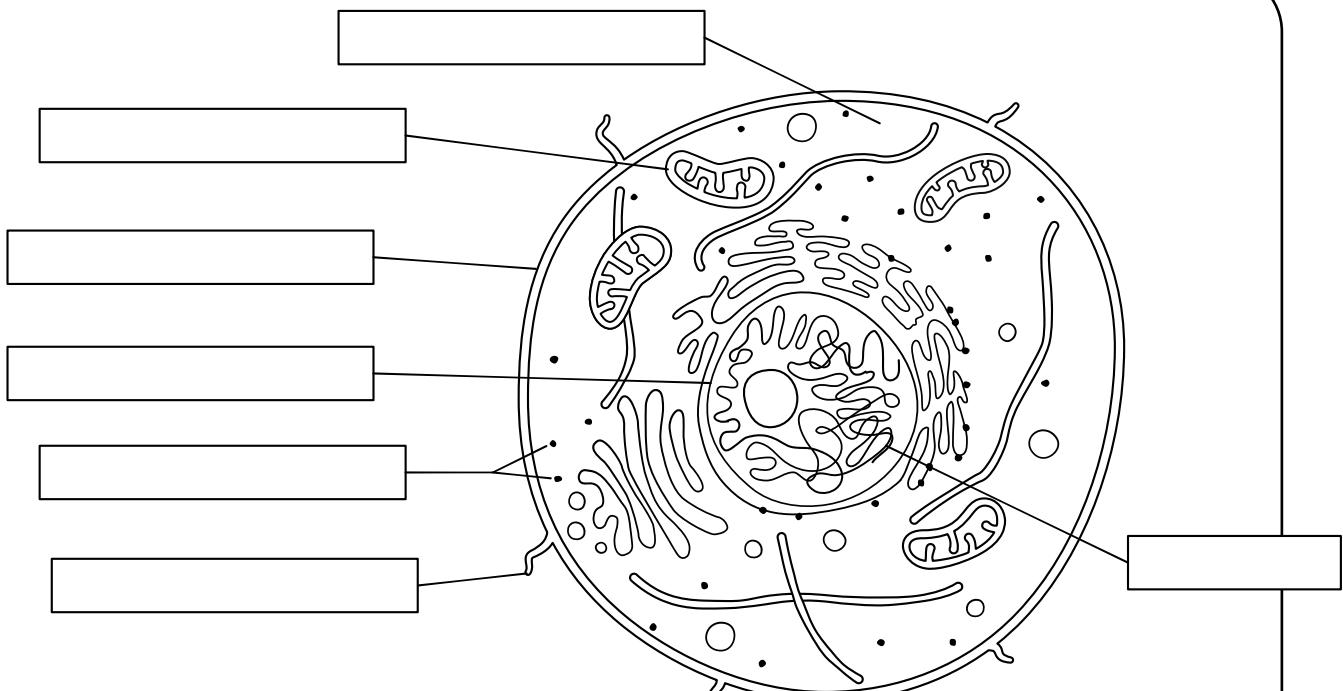


GROWTH ✓ REPRODUCES ✓

THIS IS WHY YOU HEAR ABOUT
SALMONELLA "OUTBREAKS" IN
FOOD. FIRST YOU HAVE ONE,
THEN TWO... THEN MILLIONS.



EUKARYOTIC CELLS



FILL IN THE LABELS ABOVE
USING THESE WORDS:

MITOCHONDRIA PLASMA MEMBRANE
RIBOSOMES DNA CILLIA NUCLEUS CYTOPLASM

Example: Animal cell
Size: 10-20 Microns long

Your notes:

Eukaryotic cells can have incredibly different shapes and parts, but they will always contain:



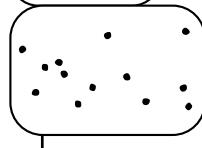
A NUCLEUS which holds the DNA



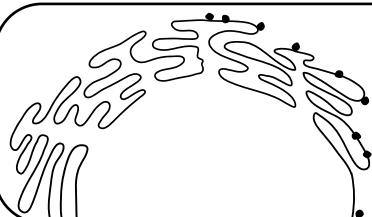
MITOCHONDRIA which provide energy



MEMBRANE which surrounds the cell



RIBOSOMES which make proteins

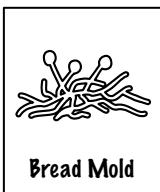
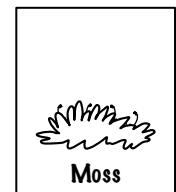
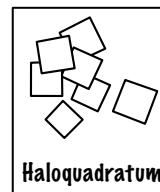
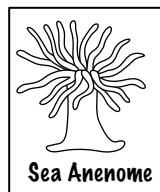
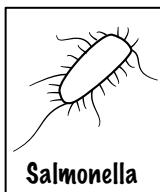
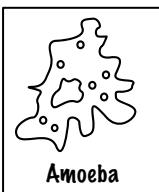


BONUS ORGANELLE!

What is the crazy-shaped thing around the nucleus with ribosomes stuck to it? It's called the **endoplasmic reticulum** and it helps make proteins. We won't be talking about it more in this class, but of all the organelles, it has one of the coolest names!

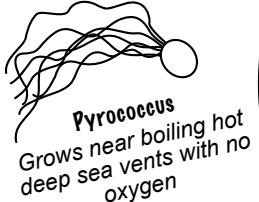
Cellular Life

Can you place each of these organisms in their matching category?

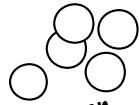


Unicellular

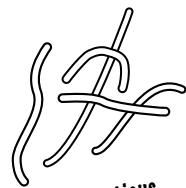
ARCHAEA



Pyrococcus
Grows near boiling hot deep sea vents with no oxygen



Arman
Grows in extremely acidic mine drainage

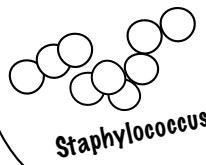


Thermus aquaticus
Heat-loving. Lives in hot springs.

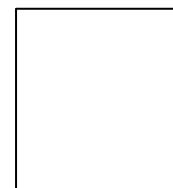
BACTERIA



Borrelia Burgdorferi
(causes lyme disease)



Staphylococcus



Lactobacillus

FUNGI



Bakers Yeast



Giant Puffball



Button mushroom

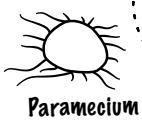


Bracket Fungus

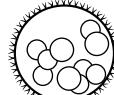
PROTISTS



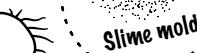
Malaria



Paramecium

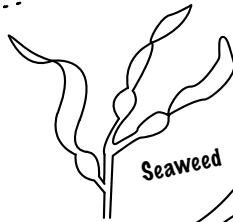


Volvox

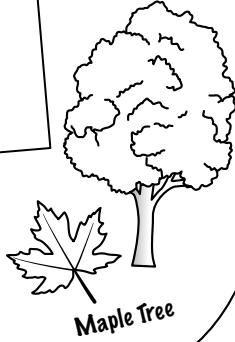


Slime mold

PLANTS



Seaweed

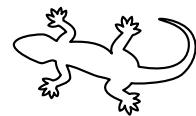


Maple Tree

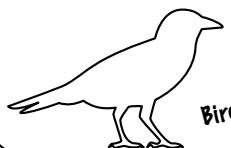
ANIMALS



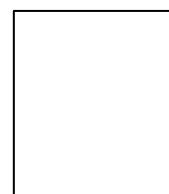
Octopus



Lizard



Bird



Taxonomy is the study of classifying groups of organisms based on shared characteristics. Classification systems have changed a lot in recent years thanks to the ability to compare DNA sequences. We'll learn more about taxonomy in Biology 2.

Five misclassified marvels

Scientists group things into categories to better understand them, but some organisms don't exactly fit! This page is dedicated to five organisms that people often mistake for something else. One is already filled out as an example. Choose 4 more from these lists to fill in the remaining blocks!

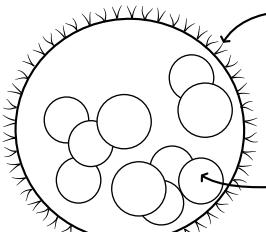
Plant or Fungus? *Caloplaca marina* (Orange Sea Lichen), *Sarcodes sanguina* (Snow Flower), *Monotropa uniflora* (Ghost Pipe), or *Clathrus archeri* (Octopus Stinkhorn);

Animal or Plant? *Diploria labyrinthiformis* (Brain Coral), *Xestospongia muta* (Giant barrel sponge), *Elysia chlorotica* (Emerald Elysia), or *Pseudocolochirus violaceus* (Sea Apple)

What in the world? *Caulerpa taxifolia*, *Acetabularia*, and *Volvox*.

Volvox!

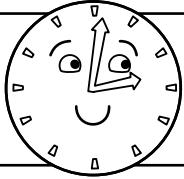
Volvox barbieri
AN ALGAE COLONY
MADE OF THOUSANDS
OF COOPERATING
CELLS!



THOUSANDS OF CELLS ARRANGE THEMSELVES SO THAT THEY FORM A SPHERE WITH FLAGELLA FACING OUT.

THE DAUGHTER COLONIES INSIDE HAVE THEIR FLAGELLA FACING TOWARD THE INSIDE AND WILL TURN THEMSELVES INSIDE OUT WHEN THEY GROW UP!

THE FIRST PEOPLE WHO WROTE ABOUT VOLVOX THOUGHT IT WAS A TINY ANIMAL, PERHAPS RELATED TO A JELLYFISH!



Quiz Time!

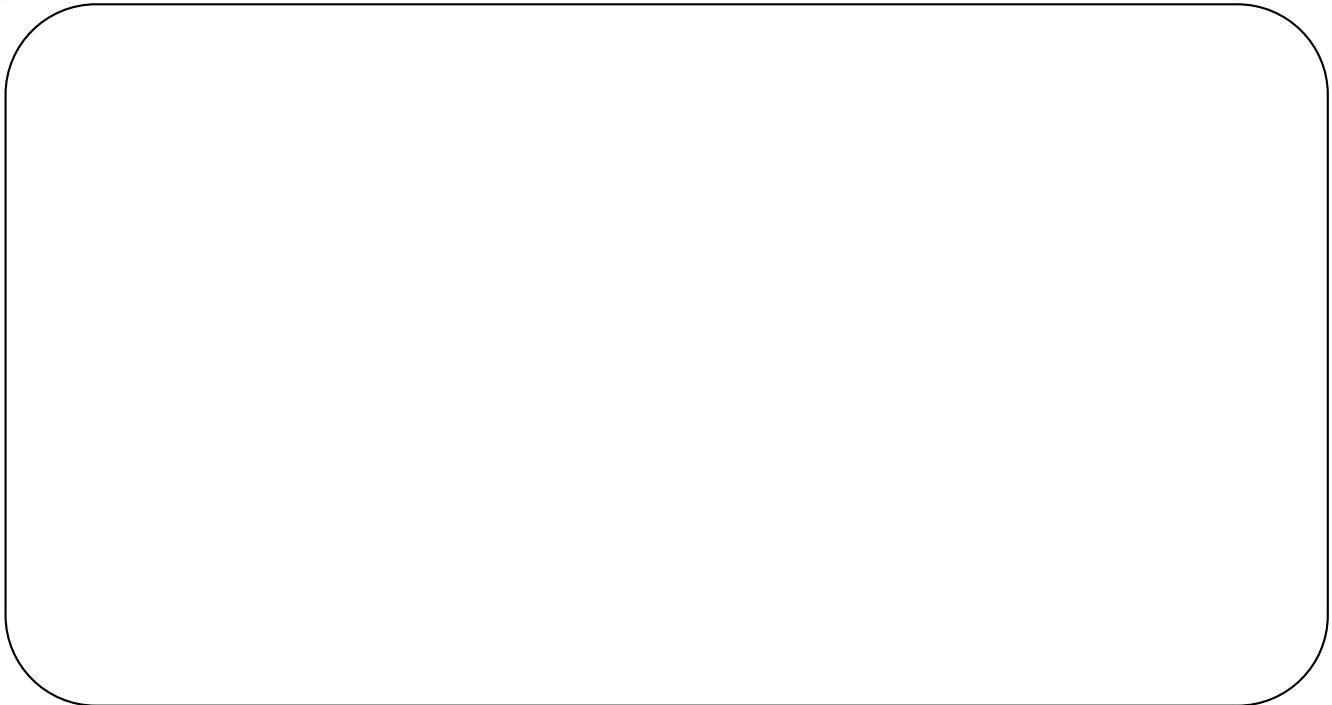
ANSWER THE QUESTIONS TO
SEE WHAT YOU LEARNED
ABOUT CELLULAR LIFE!

- 1 Which of these is the best simple definition for the word homeostasis?
- The ability to regulate internal conditions.
 - The ability to use energy.
 - The ability to reproduce.
 - The ability to respond to a stimulus.
- 2 What are two characteristics of living things?
_____, _____
- 3 When did humans invent a microscope that can see structures inside a cell that are smaller than the wavelength of light (< 500 nanometers)?
- 1665
 - 1850
 - 1903
 - 1951
- 4 No cell is large enough to be viewed without the help of a microscope.
- True
 - False
- 5 Which type of cell has a nucleus?
- Prokaryotic
 - Eukaryotic
- 6 Fungi are plants, but plants are not fungi.
- True
 - False
- 7 Which domains of life have both single-celled and multi-celled organisms?
- Only protists
 - Archaea and eubacteria
 - Fungi and protists
 - Only archaea
 - Only fungi
- 8 Which of the following are prokaryotic?
- Bacteria and archaea
 - Fungi, animals, and plants
- 9 Protists are which type of cell?
- Prokaryotic
 - Eukaryotic
- 10 A cell can only have one nucleus.
- True
 - False
- 11 The average prokaryotic cell is _____ than the average eukaryotic cell.
- 2 to 5 times smaller
 - 20 to 100 times smaller
 - More than 1,000 times smaller
- 12 Which organelle is responsible for making proteins in the cell?
- Mitochondria
 - Ribosome
 - Plasma membrane
 - Endoplasmic reticulum
- 13 Which of the following are made of cells?
- Wood
 - Plastic
 - Tomato
 - Polyester fabric
- 14 Which organelle uses oxygen and sugar to create energy for the cell?
- Mitochondria
 - Chloroplast
 - Nucleus
 - Flagella
- 15 Which of the following statements is true?
- Some living things are too small to see.
 - Animals are made of prokaryotic cells.
 - Fungi contain chloroplasts.
 - Every cell has a nucleus.
- 16 Which organelle is only found in plants or protists?
- Chloroplasts
 - Mitochondria
- 17 Eukaryotic cells are bigger than prokaryotic cells.
- True
 - False

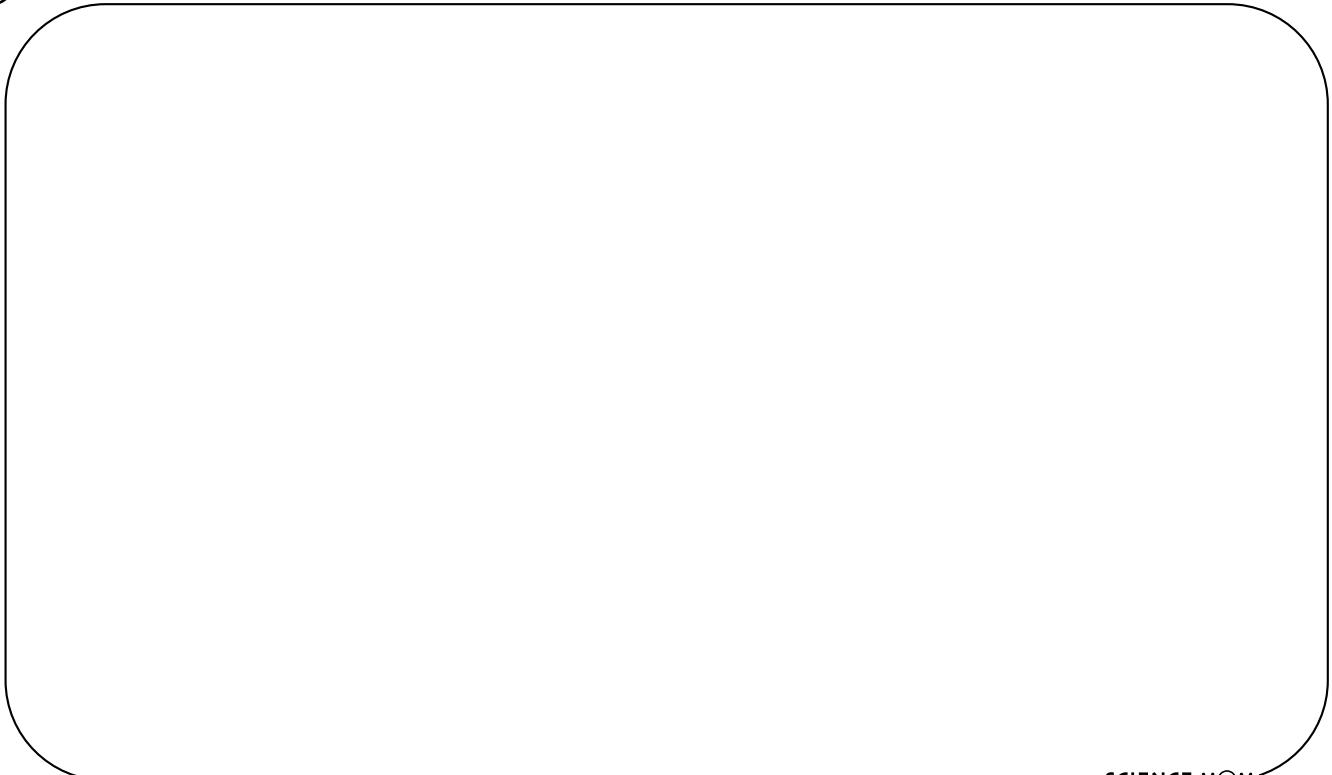
18 Which of these is the best simple definition for the word metabolism?

- A. The ability to regulate internal conditions
- B. The ability to use energy
- C. The ability to reproduce
- D. The ability to respond to a stimulus

19 Draw a simple bacterial cell. Label the plasma membrane, cell wall, DNA, ribosomes, and flagella.



20 Draw a simple animal cell. Label the plasma membrane, DNA, ribosomes, mitochondria, and nucleus.



Cellular Word Search

There are a lot of new words to learn when studying biology. Repetition is the best way to learn them, and word games can be part of that! Find each of the hidden words in the word-search. The words can run in any direction: horizontal or diagonal, and the letters might go left to right or right to left!

METABOLISM

MEMBRANE

RIBOSOME

MITOCHONDRIA

DEOXYRIBONUCLEIC ACID

CYTOPLASM

NUCLEUS

CHLOROPLAST

FLAGELLA

ARCHAEA

PROKARYOTIC

UNICELLULAR

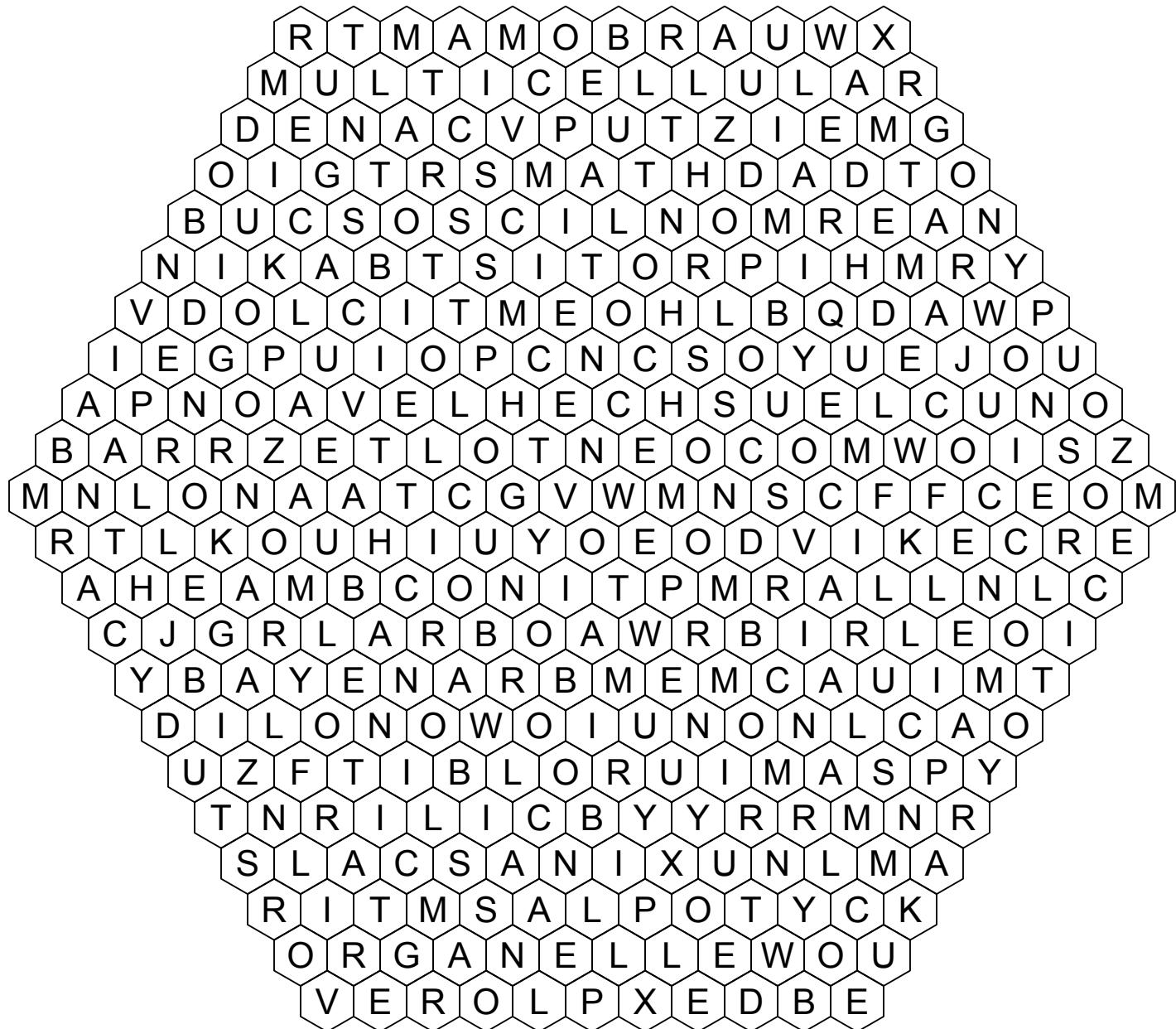
MULTICELLULAR

EUKARYOTIC

PROTIST

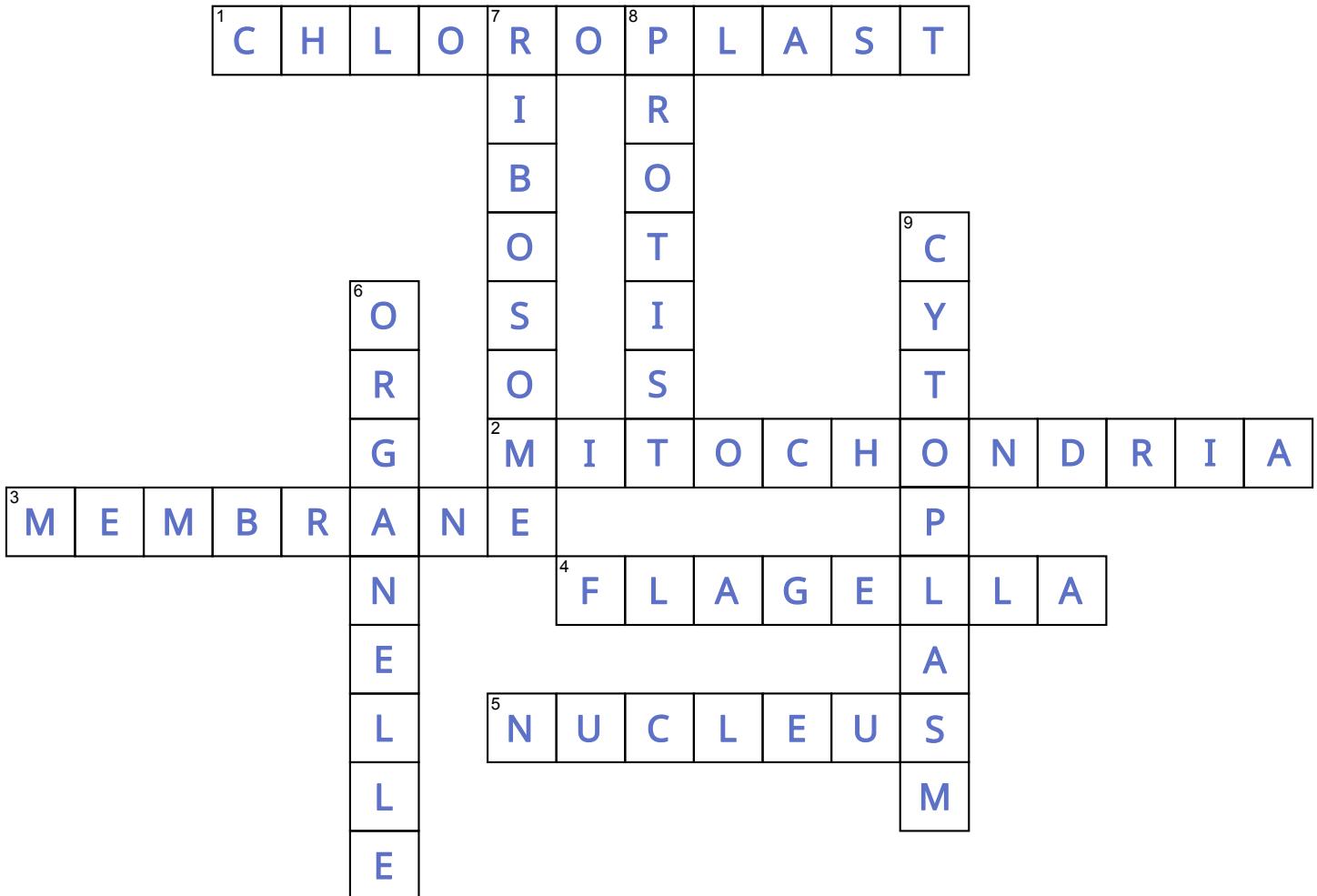
CILLIA

ORGANELLE



Biology Crossword

Use the clues below to fill in the crossword puzzle.



Horizontal Words

- The organelle that performs photosynthesis.
- The 'powerhouse' of the cell.
- Keeps the cell intact by surrounding the cell.
- A tail that some cells use to travel through fluid.
- The central feature of most plant, fungus, or animal cells.

Vertical Words

- A structure within a living cell.
- Organelles that assist the function of DNA, very common throughout the cell.
- An organism that is eukaryotic but not a fungus, animal, or plant.
- Contains all of the organelles.

BIOMOLECULES

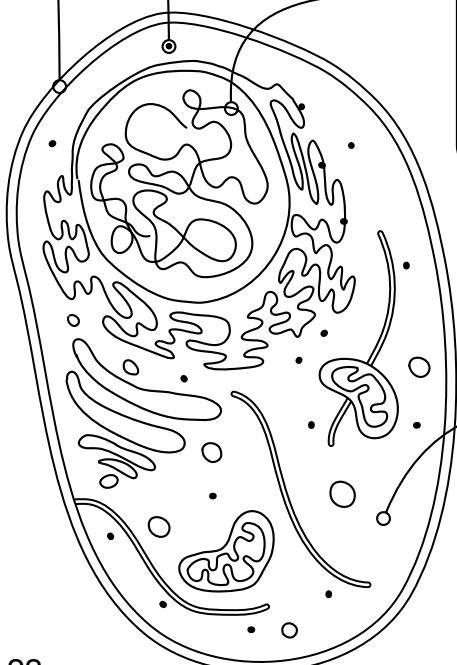
The molecules that make living things! After completing each topic, return to this page and draw or write a favorite fact you learned about each biomolecule.

LIPIDS

PROTEINS

DNA

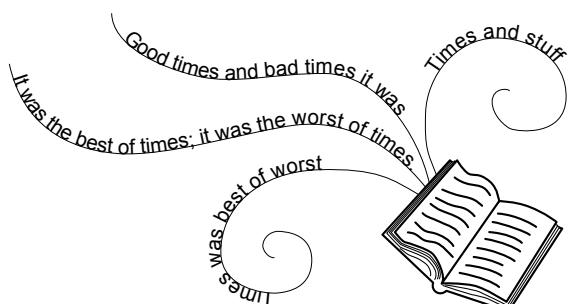
SUGARS



POLYMERS AND MONOMERS

USE THE WORDS BELOW TO FILL IN THE BLANKS WITH THE CORRECT MONOMER AND POLYMER FOR EACH PICTURE:

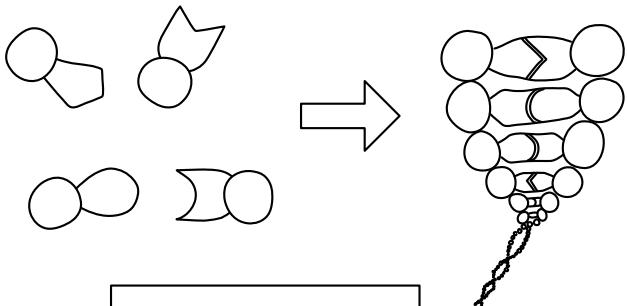
DNA	protein	beads	starch	words	amino acids
stories	HDPE	ethylene	nucleotides	glucose	necklace



Monomer:

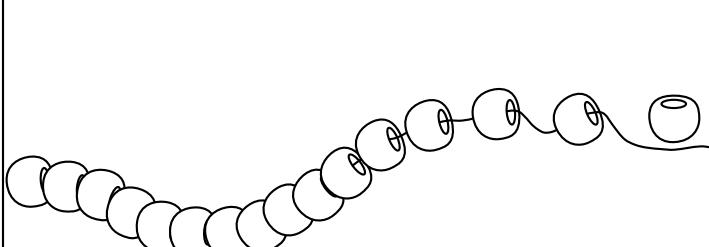
Polymer:

Clue: This polymer has the shape of a spiral or helix



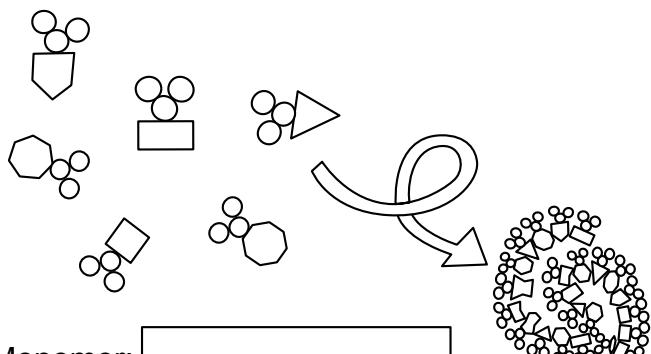
Monomer:

Polymer:



Monomer:

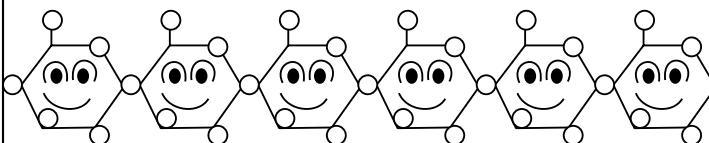
Polymer:



Monomer:

Polymer:

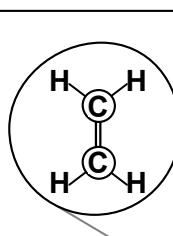
Clue: This polymer is used to store energy.



Monomer:

Polymer:

Clue: One name for this polymer is High Density Polyethylene. It's one of the more common plastics.



Monomer:

Polymer:



FILL IN THE BLANKS USING THESE WORDS:

osmosis impermeable semipermeable

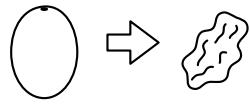
Osmosis

A substance that nothing will pass through is called _____. You could think of it as a solid steel door. Something that is _____ is like a screen door; it lets the air through but keeps the bugs outside.

Grape skins, gummy candy, and cell membranes are all semipermeable. They allow water and other small molecules to pass through them. This movement of water or other molecules through a semipermeable membrane is called _____.

Which examples of osmosis have you seen?

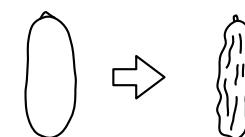
A grape left in the sun shrivels into a raisin.



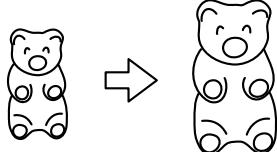
A dried cranberry soaked in water becomes plump.



A cucumber soaked in brine becomes a pickle.

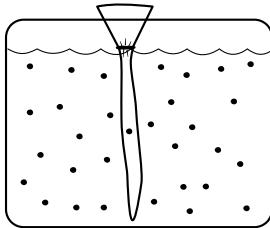
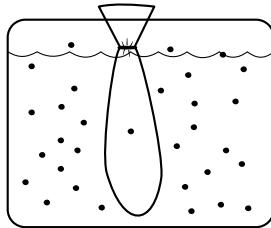
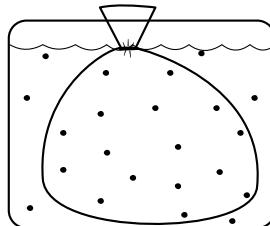
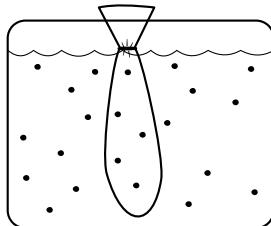
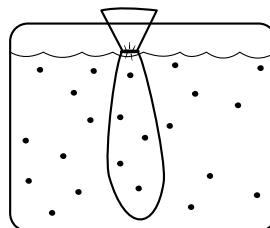
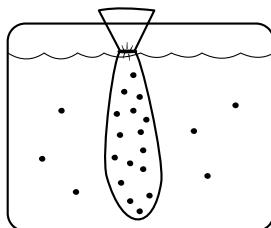


A gummy bear left in water expands.



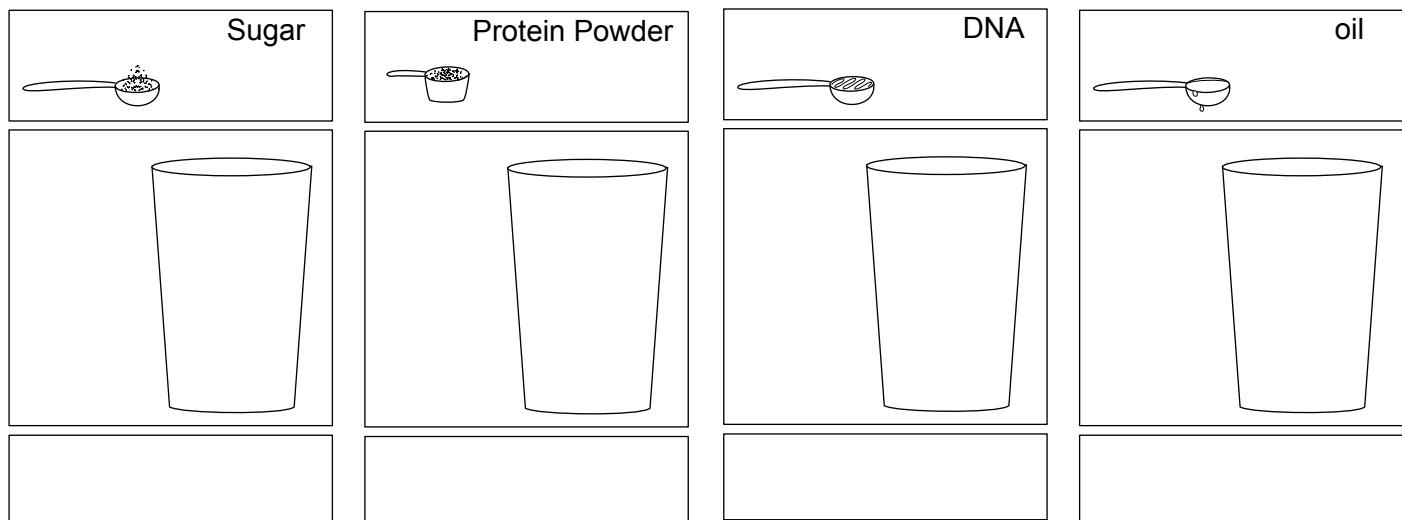
Why does water move out of a cucumber or into dried fruit? Whenever there is something like salt or sugar (**the solute**) dissolved in water (**the solvent**), water will always move toward the area with a high concentration of solutes.

DRAW LINES TO SHOW WHAT WOULD HAPPEN IF A SEMIPERMEABLE BAG OF SALTY WATER WAS PLACED IN ANOTHER CONTAINER OF SALTY WATER. THE DOTS REPRESENT THE AMOUNT OF SALT, OR SOLUTE.

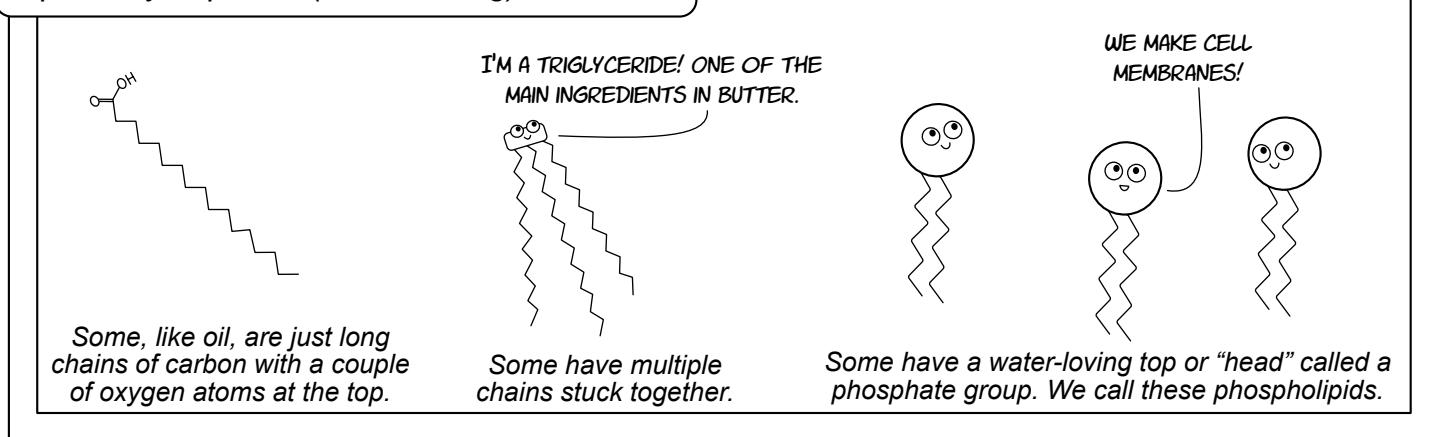


Lipids Make Membranes

If you mixed a large spoonful of each of the biomolecules into a glass of water, would it mix completely with the water or not? Color in the cup with your prediction.



Lipid: a hydrophobic (water fearing) molecule.



The diagram shows three types of lipids:

- A straight-chain molecule labeled "Some, like oil, are just long chains of carbon with a couple of oxygen atoms at the top."
- A zigzag chain molecule labeled "I'M A TRIGLYCERIDE! ONE OF THE MAIN INGREDIENTS IN BUTTER."
- Two phospholipids labeled "WE MAKE CELL MEMBRANES!"

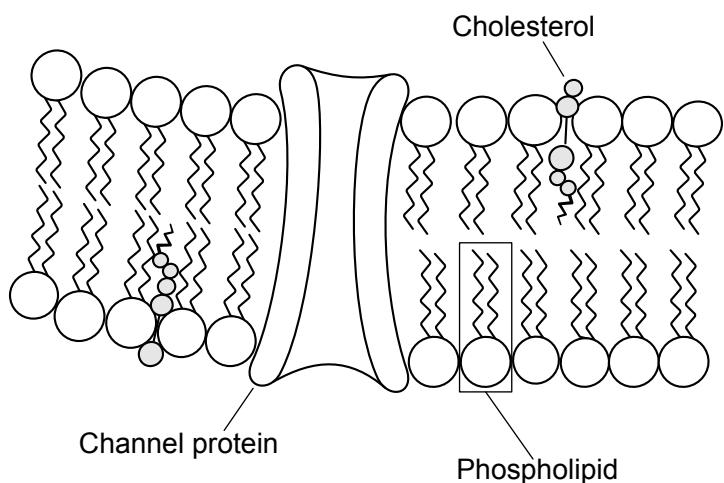
Below the diagram, descriptive text is provided:

- "Some, like oil, are just long chains of carbon with a couple of oxygen atoms at the top."
- "Some have multiple chains stuck together."
- "Some have a water-loving top or ‘head’ called a phosphate group. We call these phospholipids."

FILL IN THE BLANKS USING THESE WORDS:

phospholipids	channel
cholesterol	hydrophobic

The membranes of animal cells are made of _____ . These molecules have a “head” that is _____ (attracted to water) and a “tail” that is _____ (repelled by water). _____ molecules stabilize the membrane and _____ proteins can open to allow molecules to pass through and enter the cell.

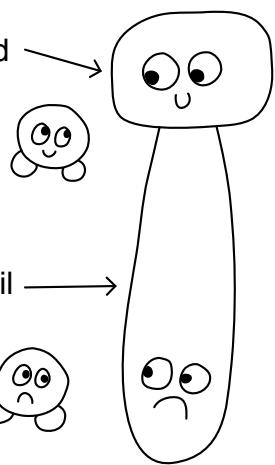


A note about soap

Soap molecules have a very similar structure to phospholipids. They naturally form spheres called *micelles*, and when they come in contact with another membrane (such as a bacteria on your hands) the hydrophobic tails wedge themselves into that membrane, disrupting it and helping it break apart.

SOAP

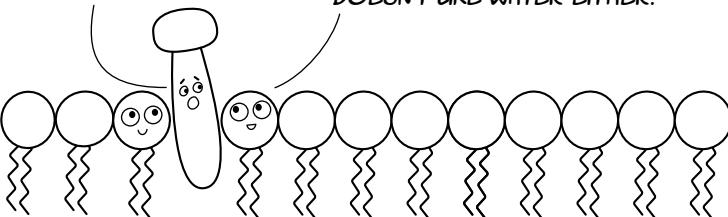
Hydrophilic head



Hydrophobic tail

LET ME IN! THERE'S
WATER EVERYWHERE.

SURE THING! HALF OF ME
DOESN'T LIKE WATER EITHER.

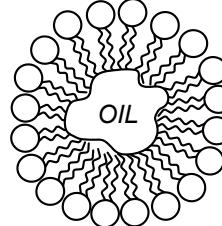


HANG ON, WHY IS THE
MEMBRANE FALLING
APART!?

I'M AFRAID THE PHOSPHOLIPIDS
MADE FRIENDS WITH SOAP AGAIN.



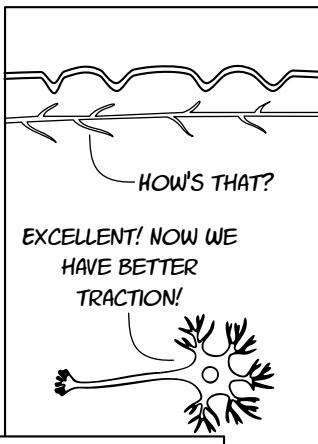
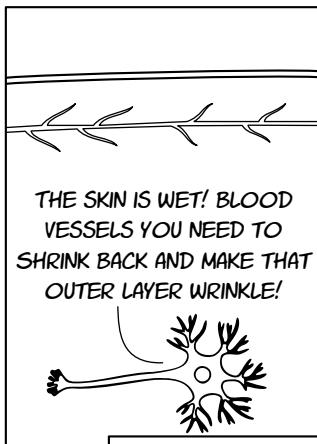
micelle



Hand washing doesn't just wash bacteria and other germs down the sink. It also disrupts their cell membranes. If soap damages bacteria, could it damage your cells too? While too much soap can irritate the skin, the outermost layer of skin is an extra-tough layer of lipids and proteins called the stratum corneum which is designed to protect the body and is much tougher than the average germ membrane.

FACT OR FICTION? Here are two different explanations for why fingers wrinkle in the tub. Which is fact, and which is fiction?

- ① It's caused by a sympathetic nervous response (a response that is involuntary and autonomous) to help improve grip and traction in slippery conditions.



- ② It's caused by osmosis. Water travels into the top layer of dead skin, inflating it and causing wrinkles to form.

DRY

Outer layer of dead skin
Inner layer of living cells

WET

Outer layer absorbs water
Inner layer stays the same

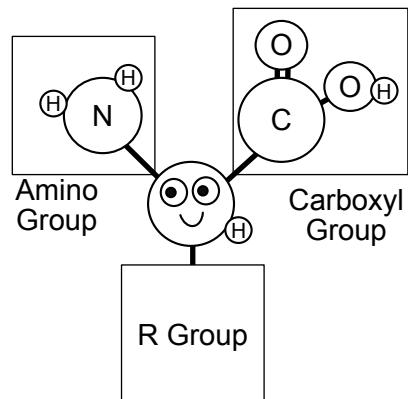
Amino Acids Make Proteins

Proteins are long polymers made of **amino acids**. An amino acid is simply a carbon atom with three attachments: an amino group, a carboxyl group, and a third item that can be anything from hydrogen to an enormously long string of molecules.

While more than 500 amino acids have been observed and described, *only 21 of them are used to make proteins* in eukaryotic cells.* Nine of those amino acids are known as **essential amino acids** because human cells cannot make them. They must come from the food a person eats.

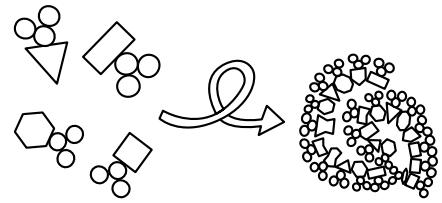
Proteins are polymers of amino acids and can be thousands of units long. They are folded into specific shapes and used for structural support, signaling, and to run the reactions that keep the cell alive.

An Amino Acid

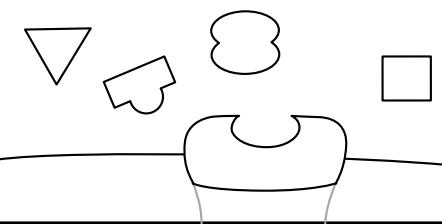


Match each description with a picture

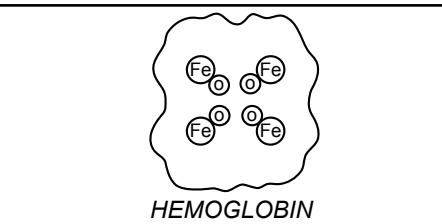
A **receptor** is a protein on the surface of a cell that binds to something specific.



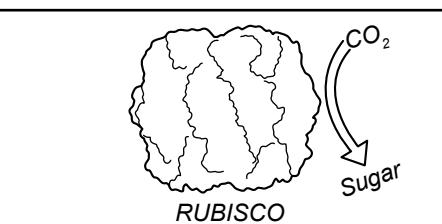
A **protein** is a polymer of amino acids that is folded in a specific way.



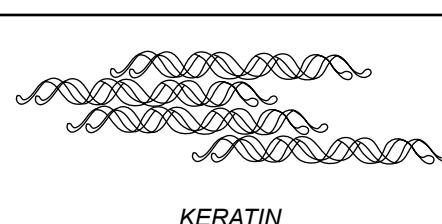
This protein is the most abundant **enzyme** on our planet! It converts carbon dioxide into a small sugar.



This **globular protein** has a round shape and is used by all mammals and birds to carry oxygen and deliver it to other cells.



This **structural protein** is used by animals to make strong tissues like hair, nails, claws, and horns.



*Some argue that there are only 20 amino acids because they don't include selenocysteine.

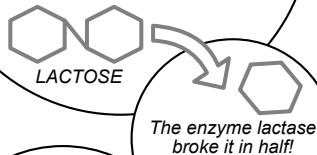
Enzymes are amazing catalysts!

FILL IN THE BLANKS USING THESE WORDS:

sugar lactose substrate catalysts specific protein controlled

Did you know?

Lactose is the most common sugar in milk. Every mammal is born with the enzyme **lactase** so they can digest milk.



Now the body can digest the smaller sugars.

Most adults in the world (about 70%) are lactose intolerant because their body stops making the enzyme **lactase**.

If human cells don't make lactase and break it apart in the small intestines, then bacteria in the large intestines digest it and produce way too much gas, causing bloating and diarrhea.

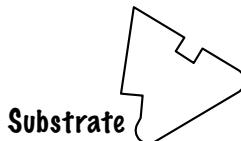
A catalyst is something that helps a chemical reaction happen. _____ are not changed during the chemical reaction and they work quickly. Some of the fastest catalysts can cause a million reactions to happen in a single second! In biology, the catalysts which are produced by living things are made from _____. We call them enzymes.

The molecule that will be changed by the enzyme is called the _____. Different enzymes have different active sites that attach to _____ substrates. One simple example of an enzyme is lactase, a protein that can break apart the _____ lactose. Someone who does not have this enzyme is no longer able to digest _____.

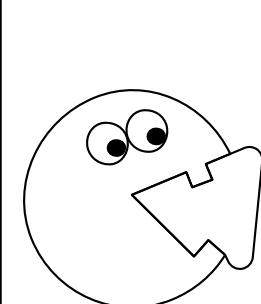
Lactose-intolerance can be solved by avoiding lactose sugar, but breathing oxygen also uses enzymes and it's something we can't live without! Almost everything that happens in the cell is _____ by or influenced by enzymes. They're the most important proteins around.



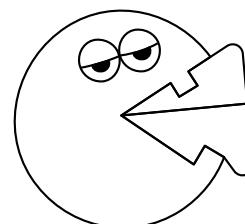
Enzyme



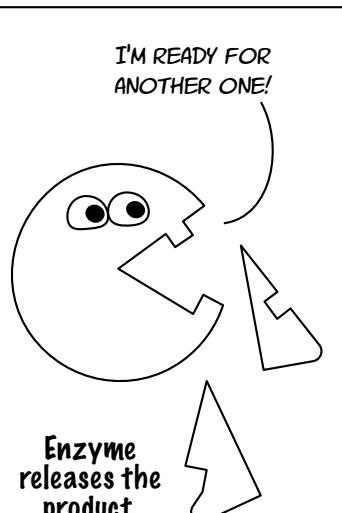
Substrate



Enzyme binds the substrate.



Substrate is changed by the enzyme. It has become something new! Now we call it the product.



Enzyme releases the product.

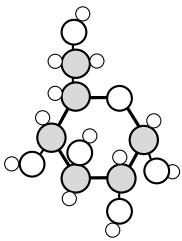
Sugars Store Energy

FILL IN THE BLANKS USING THESE WORDS:

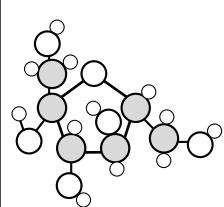
molecules starch energy essential glucose

Sugars are _____ made of carbon, oxygen, and hydrogen. The simplest sugars (monomers) have a ring shape and are sometimes drawn as hexagons or pentagons. When simple sugars are linked together to form polymers, they make _____. Sugars can be broken apart by the cell to produce _____. They are an _____ source of food for many cells. When you eat a meal of protein, fat, or starch, each of those biomolecules will be converted into _____. Glucose is the primary molecule your cells use for energy.

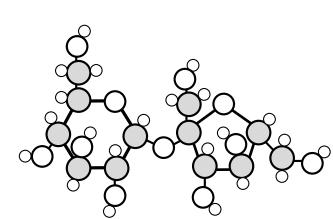
WRITE DOWN A FACT ABOUT EACH MOLECULE:



GLUCOSE

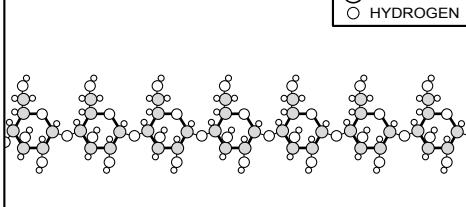


FRUCTOSE



SUCROSE

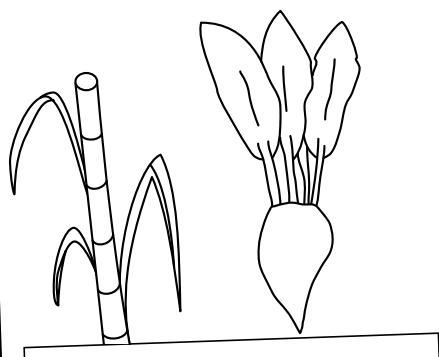
CARBON
OXYGEN
HYDROGEN



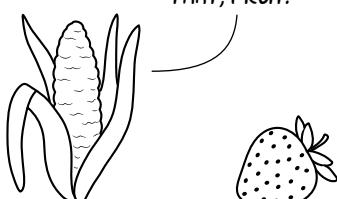
STARCH

ARE THESE FACT OR FICTION? Write your verdict below each statement:

White sugar comes from sugar cane, while brown sugar comes from sugar beets.



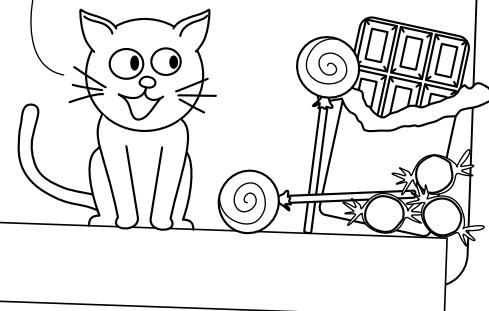
Corn has higher sugar content than strawberries



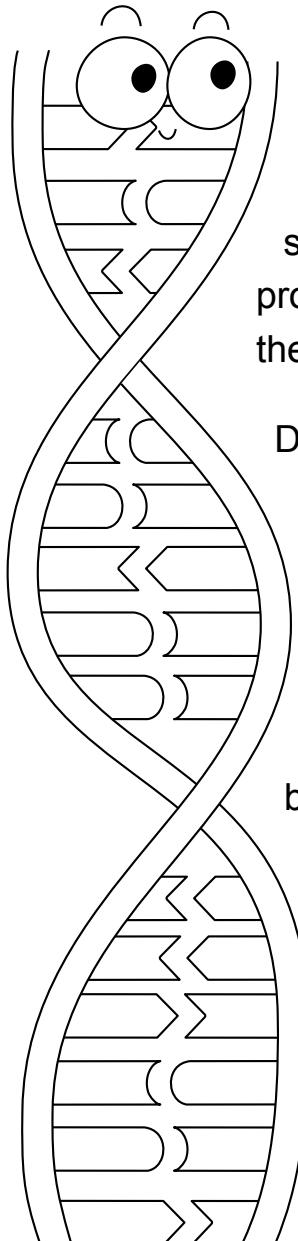
HAH! TAKE THAT, FRUIT!

Cats can't taste sweetness.

WHY WOULD YOU EAT THAT?
IT DOESN'T HAVE ANY FLAVOR AT ALL.



DNA stands for Deoxyribonucleic Acid



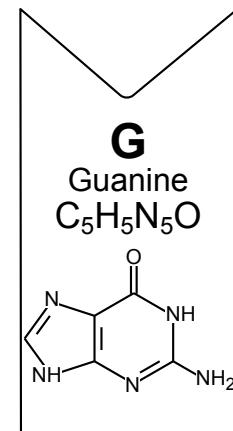
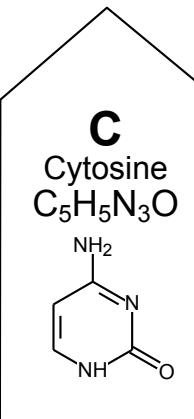
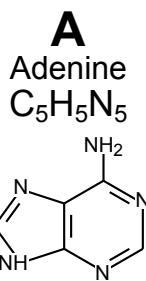
FILL IN THE BLANKS USING THESE WORDS:

nucleotides cell polymer instructions molecules four

DNA is a _____ made of nucleotides. The order and sequence of the _____ tell the cell what type of proteins to build and the proteins (especially enzymes) then direct all the growing, eating, and moving in the _____.

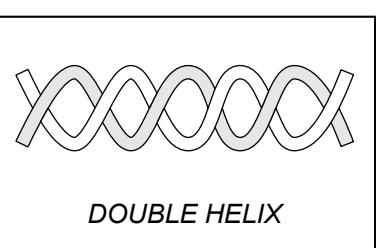
DNA is like a set of _____ for everything that happens in the cell. It is an incredibly long molecule with millions of nucleotides repeating in long sequences. But there are only _____ types of nucleotides in DNA: adenine, thymine, cytosine, and guanine.

In textbooks, these nucleotides are often represented with little bars between a double helix, but in reality they are small ring-shaped _____ made of carbon, nitrogen, oxygen, and hydrogen.



SINGLE HELIX

CAN YOU FIGURE OUT WHICH BASES PAIR TOGETHER?



_____ pairs with _____.

_____ pairs with _____.

THE BLUEPRINT FOR LIFE

We'll learn more about genetics in Biology 2, but here is a simple overview of how DNA controls protein creation in the cell: the DNA is "transcribed" into a shorter RNA molecule that leaves the nucleus. The RNA is then "read" by a ribosome that matches the nucleotides with the correct amino acids to build a protein.

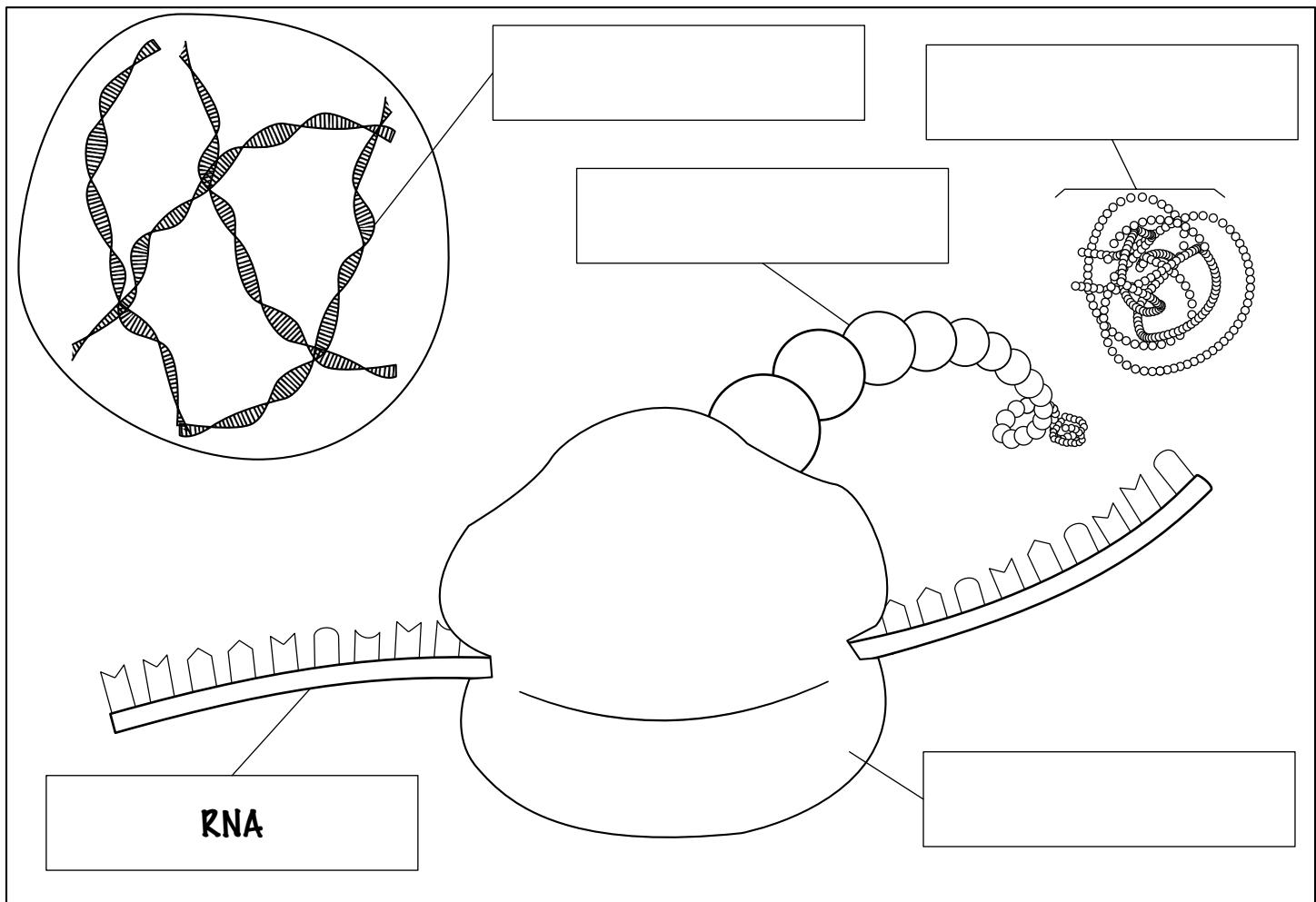
Use the following words to label each box in the drawing below:

RIBOSOME

DNA

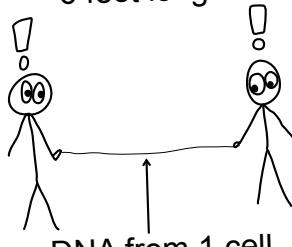
AMINO ACID

PROTEIN

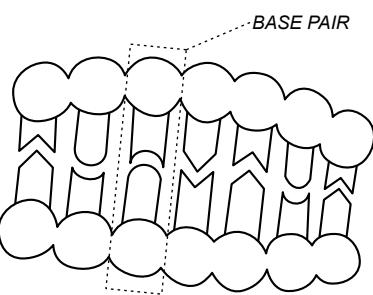


ARE THESE FACT OR FICTION? Write your verdict below each statement:

If the DNA from just one of your cells were stretched out end to end, it would be 6 feet long!



The DNA inside each of your cells has 3 billion base pairs.



Red blood cells in mammals have no DNA, but blood cells in fish, reptiles, and birds do!

HEY! HOW COME YOU GOT TO KEEP YOUR NUCLEUS?



I DON'T KNOW.

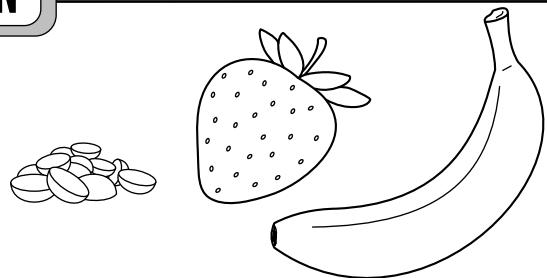
Hands-on Science Project

DNA EXTRACTION



Take Note!

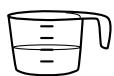
This activity can be done with split peas, bananas, OR strawberries. You can choose whichever version is most convenient or try them all and compare them!



OPTION ONE: STRAWBERRY



2 or 3 fresh strawberries
(frozen can be used if they have been completely thawed)



½ cup warm water
(4 ounces)



1 tsp salt
(6 grams)



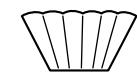
Plastic bag OR a bowl and fork for squishing the strawberry to a pulp.



2 tsp concentrated dish soap
(10 ml)



Rubbing alcohol
(91 percent)



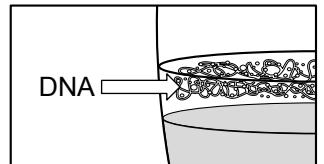
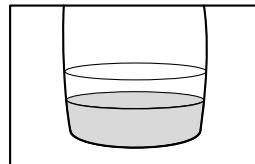
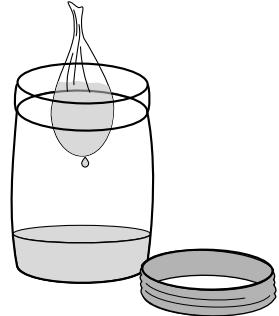
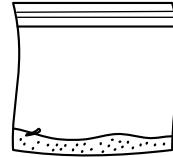
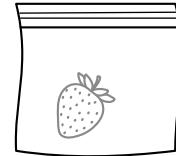
Coffee filter



Cup or glass jar and a rubber band or ring for securing the coffee filter

Instructions

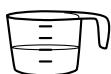
1. Place your rubbing alcohol in the fridge.
2. Thoroughly squish the strawberries. There should be no chunks or large pieces when you are done.
3. Make your extraction solution by mixing together the water, salt, and dish soap. Then add 2 to 3 teaspoons of extraction solution to your squished strawberry and stir gently for one minute.
4. Pour the strawberry mixture into a coffee filter and let sit for 5 minutes. VERY GENTLY close the tops of the coffee filter and press to extract more liquid. Be careful not to press too hard. If the coffee filter breaks you will need to strain the liquid again.
5. Take the rubbing alcohol out from the fridge and carefully pour a layer on top of the fruit liquid. The goal is for the amount of rubbing alcohol to be roughly equal in height to the layer of fruit liquid.
6. Observe and watch for a white foamy substance to form in the rubbing alcohol. This is your DNA! If desired, you can use a toothpick or fork to lift it out.



OPTION TWO: BANANA



$\frac{1}{2}$ ripe banana, completely frozen and then thawed.



$\frac{1}{2}$ cup warm water (4 ounces)



1 tsp salt (6 grams)



Blender or bowl and fork for pulverizing the banana.



2 tsp concentrated dish soap (10 ml)



Rubbing alcohol (91 percent)



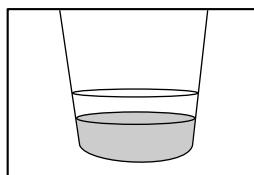
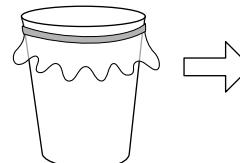
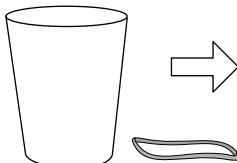
Coffee filter



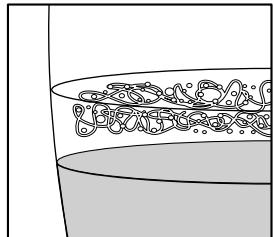
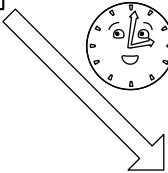
Cup or glass jar and a rubber band or ring for securing the coffee filter

Instructions

1. Place your rubbing alcohol in the fridge.
2. Add $\frac{1}{2}$ cup warm water and $\frac{1}{2}$ frozen-but-then-thawed banana to a blender. Freezing and then thawing the banana helps the cells to break open more easily and results in better yields of DNA. Blend for 30 seconds. If not using a blender, be sure to mash the banana until it is *completely* smooth.
3. Transfer mixture to a cup and add 1 tsp salt and 1 tsp liquid soap.
4. Mix gently. (You don't want the mixture to become frothy or full of suds and soap bubbles.)
5. Place a coffee filter over a cup or jar and pour the banana mixture into a coffee filter. Let sit for 10 minutes. Water, DNA, and other small cell parts will drain through the filter into the jar.
6. Remove the filter and pulp. Tip the cup or jar to the side and slowly add a layer of cold rubbing alcohol on top of the banana juice. The goal is for the amount of rubbing alcohol to be roughly equal in height to the layer of fruit liquid.
7. Observe and watch for a white foamy substance to form in the rubbing alcohol. This is the DNA strands sticking together. Don't worry if you don't see anything in the first minute or two. The process may take up to 10 minutes. The DNA will look like a white strands floating in the rubbing alcohol layer.



BE PATIENT!



OPTION THREE: SPLIT PEAS

½ cup of split peas
(100 ml)

1 cup water
(8 ounces)

1/8 tsp salt
(1.5 grams)

Electric blender

1 tsp concentrated dish soap (15 ml)

Rubbing alcohol (91 percent)

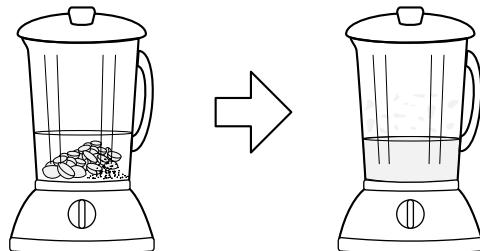
Mesh strainer

Narrow test tube or a small clear cup

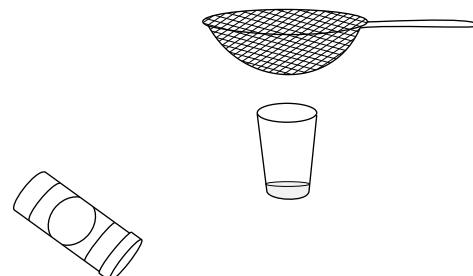
Meat tenderizer

Instructions

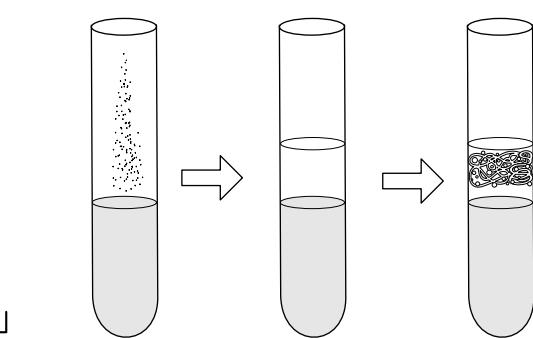
1. Add the water, split peas, and salt to the blender. Check to make sure the lid to the blender is on securely. Blend on high speed for 25 seconds.



2. Pour the pea mixture through a strainer and collect the juice.



3. Add one tablespoon of soap to the strained split pea juice. Mix slightly and let sit for at least 5 minutes. During this step the soap is dissolving the membranes and releasing the DNA.



4. Pour the juice into a test tube or other narrow container. Add a small pinch of meat tenderizer and mix very gently. The meat tenderizer enzymes help separate the DNA from other proteins so that it will clump together in the next step. Do not shake or stir. Too much motion will cause meat tenderizer to break down the DNA.

5. Very gently add a layer of rubbing alcohol above the split pea mixture.



6. Observe the container for several minutes. You should see a cloudy, white layer form in the rubbing alcohol layer. This is the DNA!

Strawberry vs Banana vs Pea

Of the three variations, DNA extraction from strawberries is the easiest because strawberries naturally contain enzymes called pectinases and cellulases. Once the strawberry is squished, these enzymes start breaking down the cell walls and membranes, releasing the DNA into the mixture. Strawberry extraction typically yields good results even if the rubbing alcohol is warm or the mixture isn't mashed thoroughly. Bananas and peas, on the other hand, can be more challenging because they do not contain enzymes that will help break apart the cells. If you don't see DNA in the first attempt, try again and follow the instructions more carefully.



How does it work?

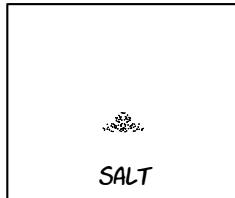
Draw lines to match each ingredient or step with what it's doing:



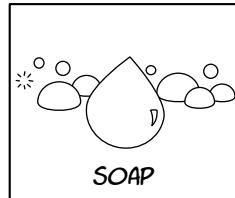
RUBBING ALCOHOL



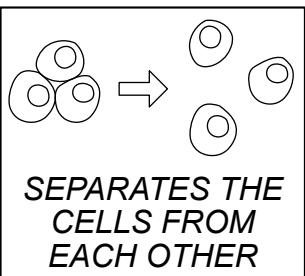
MASHING OR
BLENDING THE
FOOD.



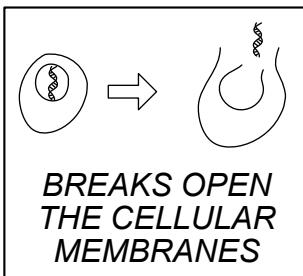
SALT



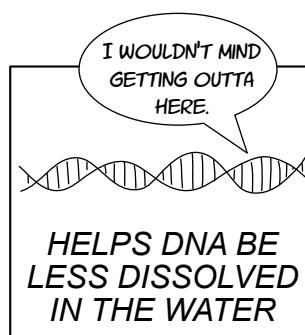
SOAP



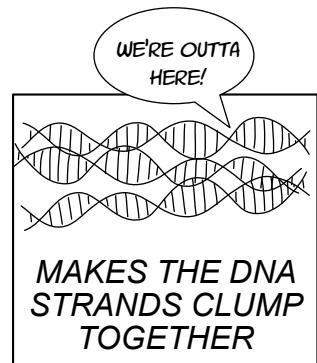
SEPARATES THE CELLS FROM EACH OTHER



BREAKS OPEN THE CELLULAR MEMBRANES



I WOULDN'T MIND
GETTING OUTTA
HERE.
HELPS DNA BE
LESS DISSOLVED
IN THE WATER



WE'RE OUTTA
HERE!
MAKES THE DNA STRANDS CLUMP TOGETHER

YOUR OBSERVATIONS

Did your DNA precipitate (clump together) in the layer of rubbing alcohol?

What advice would you give another person who was trying this science activity?

DNA UNDER A LIGHT MICROSCOPE

THIS IS NOT ONE STRAND, IT'S HUNDREDS OF STRANDS CLUMPED TOGETHER, AND WRAPPED AROUND PROTEINS TOO.



CAN ONLY SEE LARGE CLUMPS.
NO DOUBLE HELIX WILL BE VISIBLE.

DNA is actually very difficult to see under a microscope because it's a VERY thin molecule (only 2 nanometers across!) and it's quite fragile. Electron microscopes (which can see objects as small as 2 nm) will cause a single strand to break apart.

DNA UNDER AN ELECTRON MICROSCOPE*

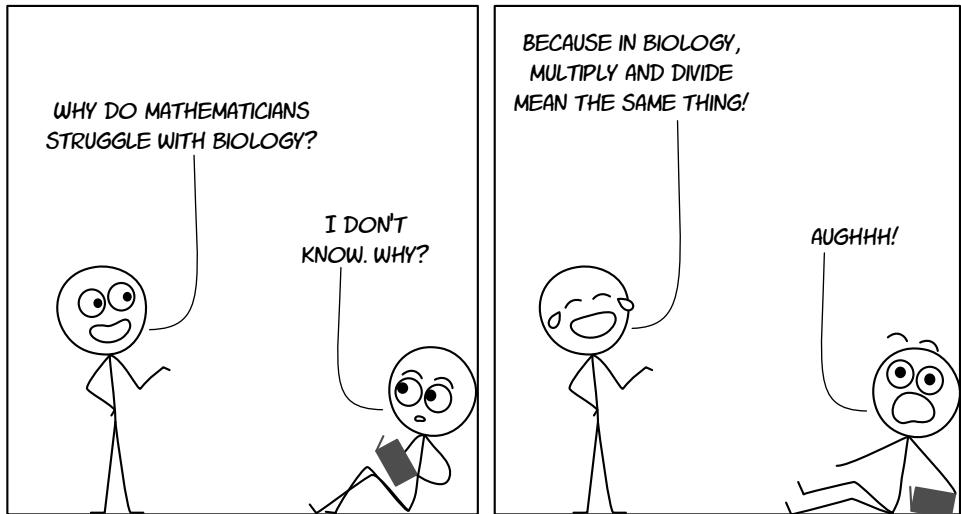
STILL DIFFICULT TO SEE. WE KNOW DNA HAS A DOUBLE HELIX STRUCTURE BECAUSE OF HOW XRAYS DIFFRACT OR BOUNCE OFF THE MOLECULE.

*Artistic interpretation of an image by Enzo di Fabrizio published in the journal *Nanoletters* in 2012.

Cell Division

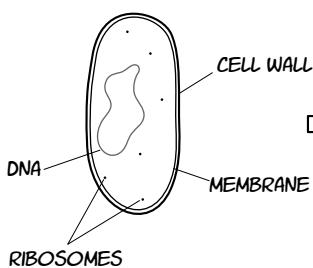
Growing is one of the primary characteristics of living things. A newborn baby likely has around 30 billion cells. When fully grown, that same person is estimated to have more than *30 trillion* cells. As they grew from infant to adult, their body made trillions of new cells using **cell division**.

It's called cell division because under the microscope, it often looks like a cell is being "divided in half" to produce two new cells. But cell division can also be referred to as cells multiplying or reproducing.

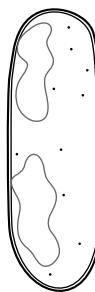


How one bacterium becomes two

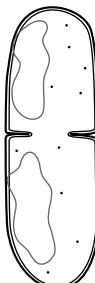
This bacterium has one circular piece of DNA:



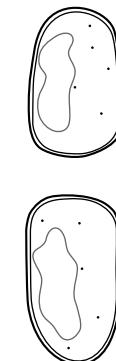
When ready to reproduce, the cell duplicates the DNA and attaches each copy to different spots on the plasma membrane:



A new cell membrane and cell wall grow in between the two rings of DNA:



Now there are two identical bacteria!

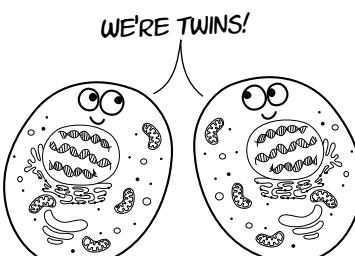


Did you know?

Under ideal conditions, many bacteria can double their populations every 20 minutes. This means that in 8 hours, JUST ONE bacterium could multiply to produce 16 MILLION bacteria!

ARE THESE FACT OR FICTION? Write your verdict below each statement:

Mitosis produces cells that are identical.



A normal human cell will only divide about 20 times.



Out of control cell division causes cancer

I HAVE DISCOVERED THE SECRET TO IMMORTALITY!



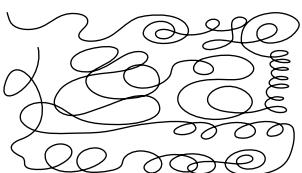
FILL IN THE BLANKS USING THESE WORDS:

replicate DNA proteins membrane mitosis

Mitosis

DNA in the cell is usually loose and “unwound” so that the information it contains can be “read” and used. But when the cell gets ready to _____ itself, it needs to make extra copies of the DNA and separate them. For this step, the DNA is packed tightly with small _____ and each strand or chromosome is clearly visible. Next, the chromosomes line up and then split apart and move to opposite ends of the cell. Then the center of the cell pinches together until the cell splits into two and the membranes close. The _____ of the nucleus reforms in each cell and the _____ in the chromosomes unpacks again so it can be used by the cell. This process of cell division is called _____.

A STRAND OF DNA IS USUALLY LOOSE AND “UNWOUND” SO IT CAN BE USED BY THE CELL.



DURING CELL DIVISION THE DNA CONDENSES TO FORM TIGHTLY-PACKED CHROMATIDS.

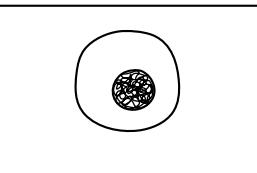
SAME STRAND AS ABOVE! NOW IT'S JUST PACKED TOGETHER.



Draw lines to match each image of mitosis with the correct name and description:

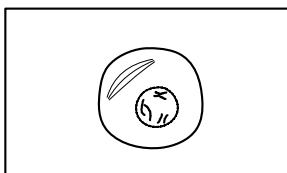
Prophase

The cell prepares to divide by condensing the DNA.



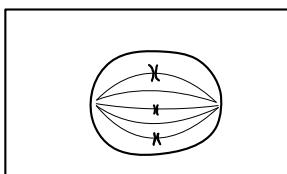
Interphase

The DNA is inside the nucleus, loose and uncondensed. This is the longest phase of the cell cycle.



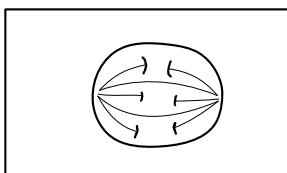
Metaphase

Pairs of tightly packed DNA line up in the center of the cell.



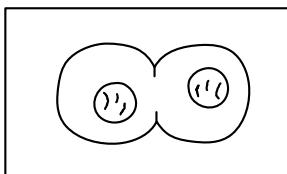
Telophase and Cytokinesis

A nuclear membrane forms around the DNA and a cleavage furrow forms between the two nuclei.



Anaphase

Thin strands called microtubules pull the chromatids apart to opposite ends of the cell.





Quiz Time!

ANSWER THE QUESTIONS TO
SEE WHAT YOU LEARNED
ABOUT BIOMOLECULES!

- 1 DNA is a polymer made of which monomer?
A. Amino acids
B. Nucleotides
C. Sugars
D. Phospholipids
- 2 A substance that will allow some molecules to pass but not others is best described as:
A. Impermeable
B. Semipermeable
- 3 During osmosis, water will flow from an area with a _____ concentration of solute to an area with a _____ concentration of solute.
A. Higher, lower
B. Lower, higher
- 4 A raisin placed in warm water will:
A. Shrink
B. Swell
C. Stay the same size
- 5 Membranes of animal cells are made of:
A. Protein
B. DNA
C. Phospholipids
D. Amino Acids
- 6 Something that mixes well with water is described as being _____.
A. Hydrophobic
B. Hydrophilic
- 7 Lipids are classified as being _____.
A. Hydrophobic
B. Hydrophilic
- 8 What is cholesterol's role in a cell membrane?
A. It stabilizes the membrane and keeps it from falling apart.
B. It allows molecules to pass from one side of the membrane to the other.
C. Most of the membrane is made of cholesterol.
- 9 Just like a phospholipid, soap has a _____ head and a _____ tail.
A. Hydrophobic, hydrophilic
B. Hydrophilic, hydrophobic
- 10 True or False: Soap molecules will naturally form tiny spheres when they are mixed with water.
A. True
B. False
- 11 Proteins are polymers made of which monomer?
A. Amino acids
B. Nucleotides
C. Sugars
D. Phospholipids
- 12 The most abundant enzyme on the planet is:
A. Hemoglobin
B. Rubisco
C. Keratin
D. Receptor proteins
- 13 Something that helps a chemical reaction happen more quickly is called a _____.
A. Catalyst
B. Substrate
C. Sugar
D. Phospholipid
- 14 An enzyme binds to a _____.
A. Catalyst
B. Substrate
C. Sugar
D. Phospholipid
- 15 True or False: All enzymes are catalysts but not all catalysts are enzymes.
A. True
B. False
- 16 Starch is a polymer made of which monomer?
A. Amino acids
B. Nucleotides
C. Sugars
D. Phospholipids
- 17 How many different types of nucleotides are used to make DNA?
A. 4
B. 5
C. 21
D. More than a million
- 18 True or False: Guanine pairs with cytosine.
A. True
B. False

19 Draw a picture of a phospholipid:

20 Draw a picture of a protein molecule:

21 Draw a picture of a DNA molecule:

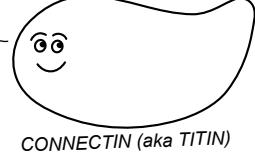
22 Draw a picture of a sugar molecule:

ARE THESE FACT OR FICTION? Write your verdict below each statement:

The biggest protein in the human body is made of more than 34,000 amino acids.

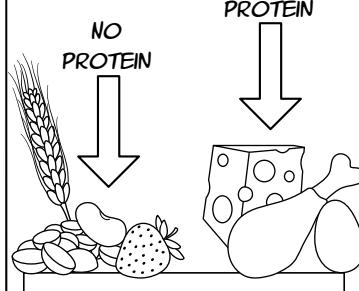
THEY CALL ME TITIN!

WOW! I ONLY HAVE 574 AMINO ACIDS.



CONNECTIN (aka TITIN)

Protein is only found in animal products.



People living in developed countries are more likely to suffer from protein excess than protein deficiency.

I FEEL TERRIBLE.
DO I NEED TO EAT MORE PROTEIN?

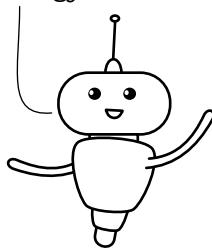


ACTUALLY, I'D RECOMMEND LESS.



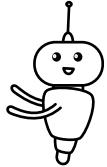
WHERE DOES THE ENERGY COME FROM?

All living things use energy!



Some get energy from eating food.

Others make their own food (and then eat it).

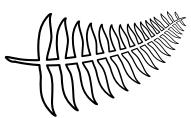


One of the most important questions to ask about a living thing organism is **where** and **how** it gets its energy. The graphic on page 16 divides life into single-celled and multi-celled categories. Another way to divide living things is to look at whether they **can** make their own food (**autotroph**) or **cannot** make their own food (**heterotroph**).

AUTOTROPH

WE HAVE CREATURES THAT CAN DO BOTH! SOME MAKE THEIR OWN FOOD AND OTHERS CONSUME FOOD THAT SOMEONE ELSE MADE.

PLANTS



Fern

A plant that doesn't have flowers



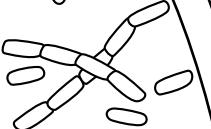
Tulip

A flowering plant



Brown Algae

Also called kelp



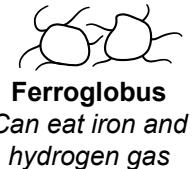
Cyanobacteria

Photosynthetic



Halobacterium

Photosynthetic salt-loving archaea

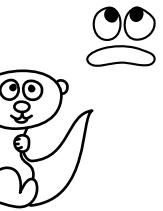


Sulfolobus

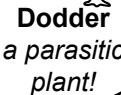
Can do both using sulfur!

HETEROTROPH

HOW COME NONE OF US GET TO GO ABOVE THAT DOTTED LINE?



ANIMALS



Dodder
a parasitic plant!

THERE'S A REASON THEY CALL US THE CONSUMERS.



FUNGI

PROTISTS



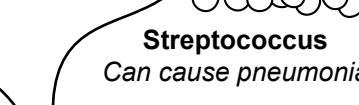
Amoeba

Eats other cells



Acidophilus

Used to make yogurt



Streptococcus

Can cause pneumonia

BACTERIA



Thermus aquaticus

Grows in hot springs

ARCHAEA

Amazing Animals

All animals get their energy from eating food. Can you write the name for each animal in the box that matches its diet? For example, worms eat rotting bits of leaves or decaying animal matter, so they are detritivores.



worm



ladybug



snail



sponge



cow



blue whale



koala



giraffe



raccoon



tiger



spider



bear



shark



axolotl



tadpole



frog

DETRITIVORE - eat decaying things

worms

HERBIVORES - eat plants or algae

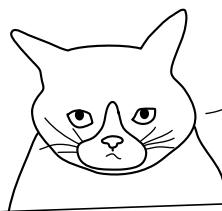
CARNIVORES - eats other animals

OMNIVORES - eat plants and animal matter

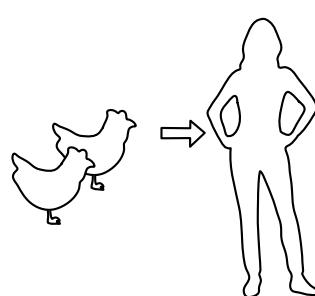
ARE THESE FACT OR FICTION? Write your verdict below each statement:

All animals are multicellular consumers made of eukaryotic cells.

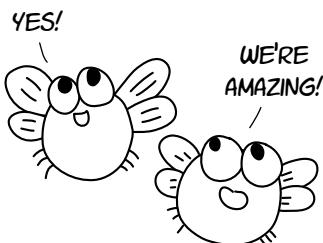
NO ONE CAN KNOW WHAT I'M MADE OF!



On Earth, there are twice as many chickens as human beings.



Of the 1.5 million named and described species on Earth, more than 1 million are insects.

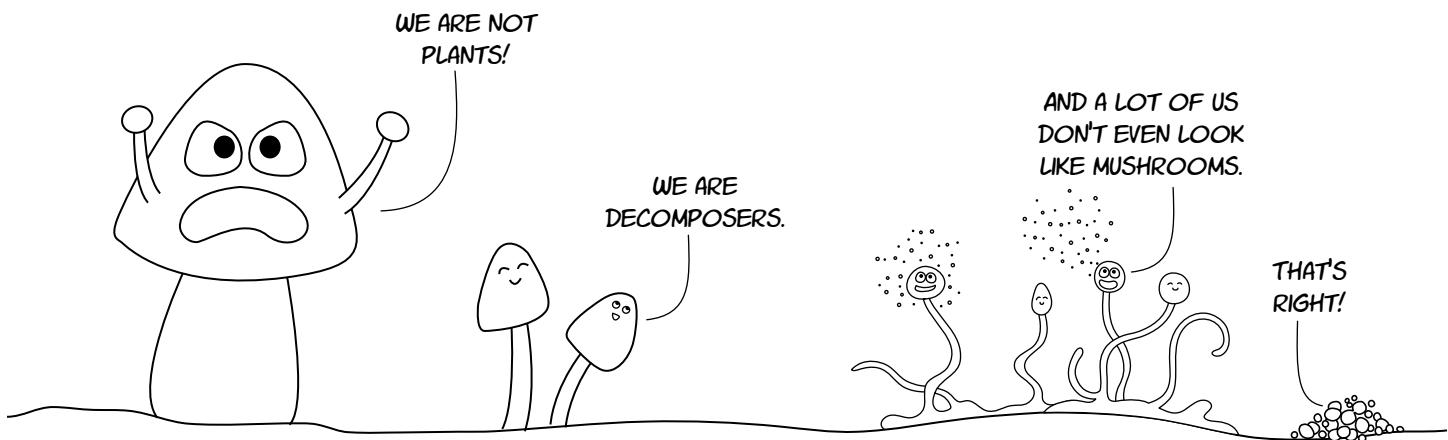


Fabulous Fungi

FILL IN THE BLANKS USING THESE WORDS:

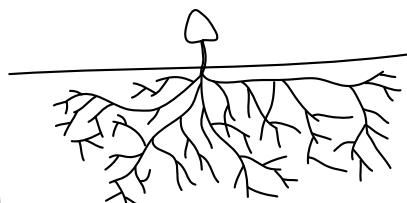
agrees yeast trees organic infecting
energy digest plants specialize consumers

All fungi are _____. They get their _____ from eating plant or animal matter. Most fungi are decomposers, meaning they break down _____ matter and _____ things like dead wood, leaves, or old food that is left in the fridge too long. But that doesn't mean we only find fungi living on rotten food or dead _____. Many species _____ in attacking and then _____ living plants or animals. No matter what type of fungus you have, from single-celled _____ to slime molds to mushrooms, every biologist _____ that fungi are not _____!

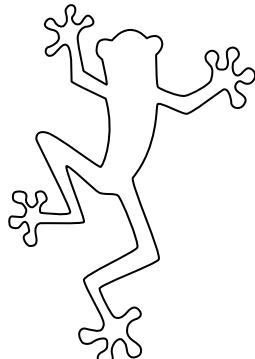


ARE THESE FACT OR FICTION? Write your verdict below each statement:

If you see a mushroom on your lawn, most of the mass of that fungus is underground.



The chytrid fungus has caused the extinction of several species of frogs.



Fungi cells don't contain mitochondria.



CELLULAR RESPIRATION

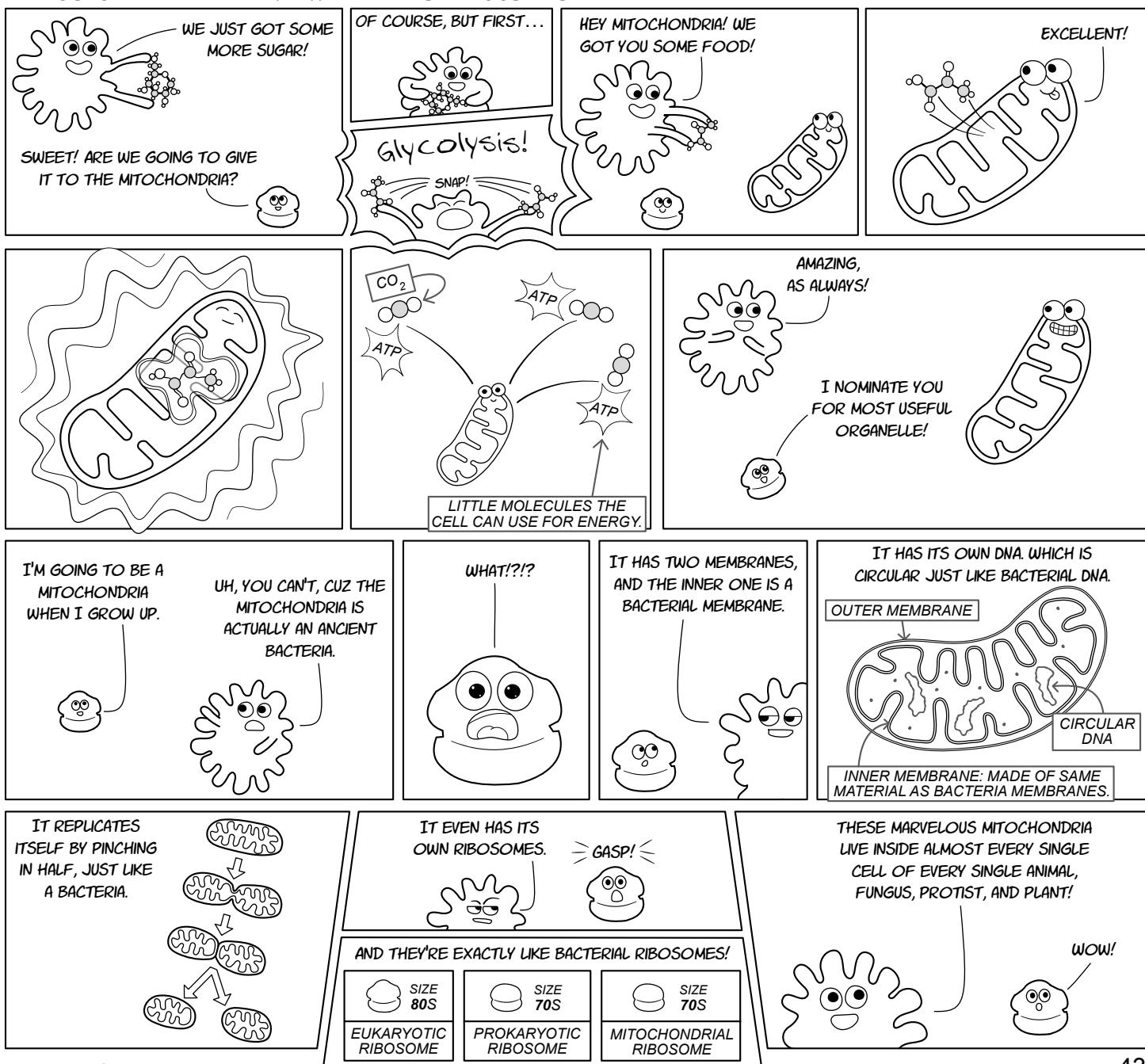
Animals and fungi get their energy from food, but how do they do it? The answer is cellular _____, one of the most important

FILL IN THE BLANKS USING THESE WORDS:

energy	glucose	glycolysis
carbon	respiration	mitochondria

reactions on the planet! It starts with _____, which is an excellent source of _____. Before the energy can be released, the glucose needs to be split in half. This is called _____. Next the _____ uses oxygen to break the molecules into smaller pieces until they are converted to _____ dioxide and water.

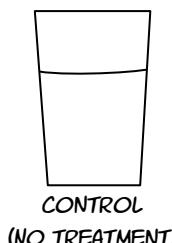
MITOCHONDRIA - THE MVP WITH A MYSTERIOUS PAST



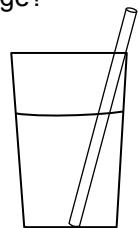
Try these activities to learn more about cellular respiration!

CARBON BREATH?

Each time you exhale, you breath out carbon dioxide, or CO₂. Carbon dioxide changes the pH of cabbage juice, making it more acidic. Take a straw and blow bubbles into water that has been boiled with purple cabbage. Do you see a color change?



CONTROL
(NO TREATMENT)



CUP WITH STRAW
(TREATED WITH AIR FROM LUNGS)

WITH OR WITHOUT AIR?

Measure the amount of carbon dioxide that baker's yeast produces in a bottle that is full of water vs one with half water and half air. Add 2 TBS yeast and 2 TBS sugar to both bottles. Then add water to fill them half full, cover the opening of the bottle and shake. Next, fill one bottle completely full of water and cover both with balloons. Which bottle produces more carbon dioxide gas?

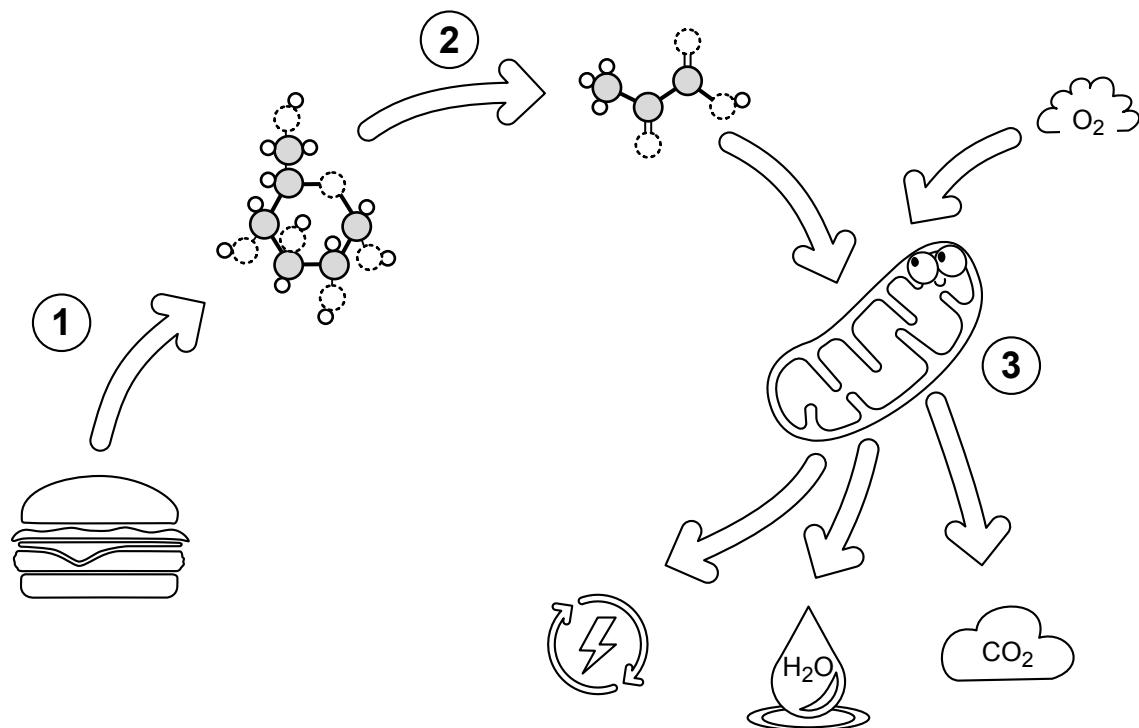


½ water and ½ air



all water

THE EQUATION



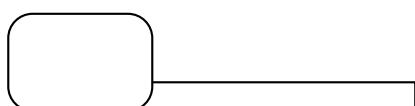
Write the correct number from the diagram in the box with the matching description:



The mitochondria uses oxygen to break the molecules down even more. This series of reactions produces carbon dioxide, water, and energy.

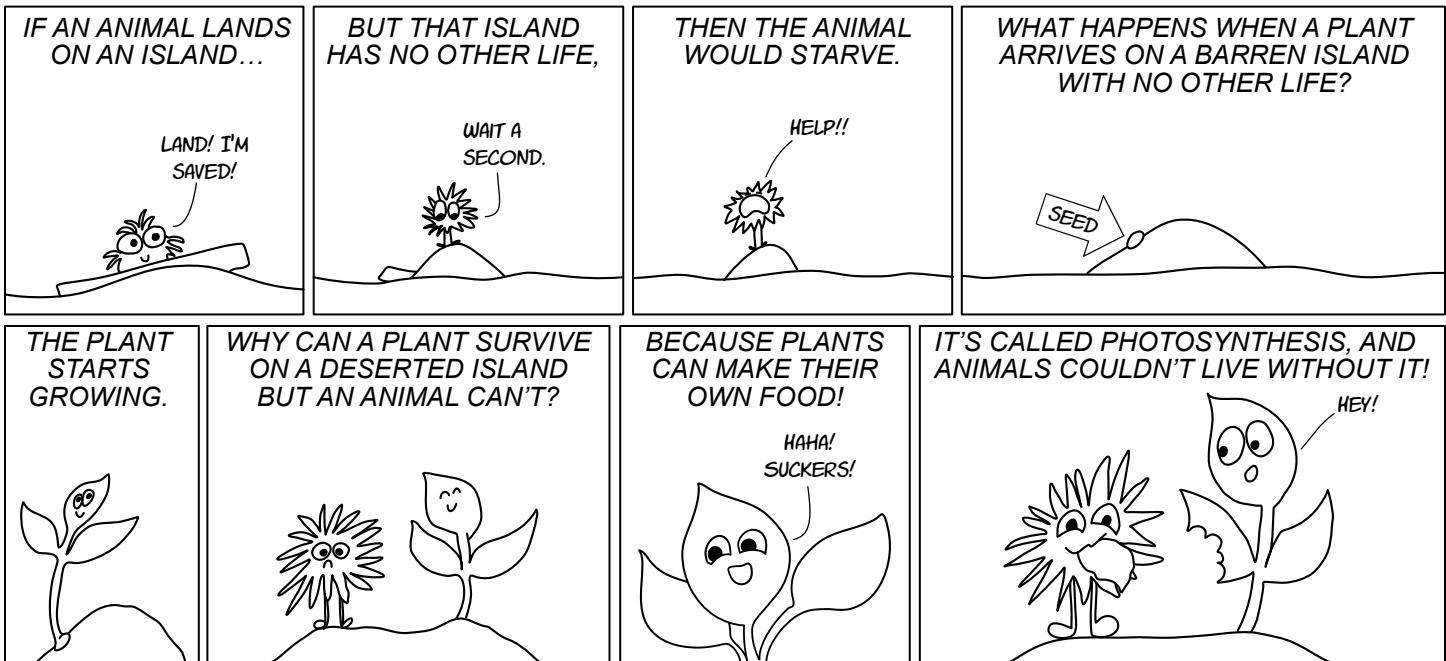


Glucose enters the cell and is broken down in the cytoplasm into smaller molecules. This is called glycolysis.



The body digests food into the sugar glucose. Then the glucose is released into the blood stream.

Phenomenal Plants



**What plants
are you using?**

We depend on plants for more than food! Can you find FOUR THINGS in your home that come from plants? As a bonus challenge, can you figure out which specific plants they came from?

Example: A WOODEN DESK MADE FROM PARTICLEBOARD COMES FROM POPLAR TREES AND PINE TREES.

1. _____

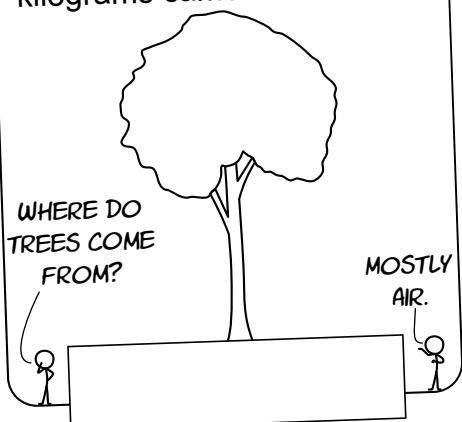
2. _____

3. _____

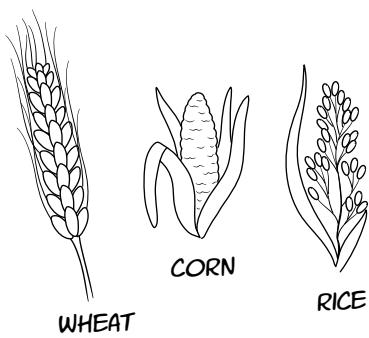
4. _____

ARE THESE FACT OR FICTION? Write your verdict below each statement:

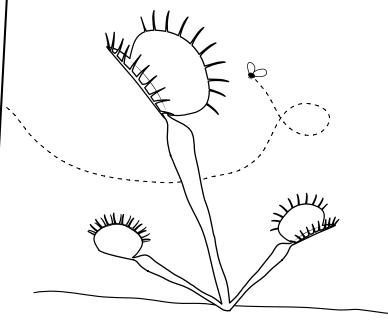
In a tree weighing **100,000** kilograms, approximately 95,000 kilograms came from air and water and **only 5,000** kilograms came from the soil.



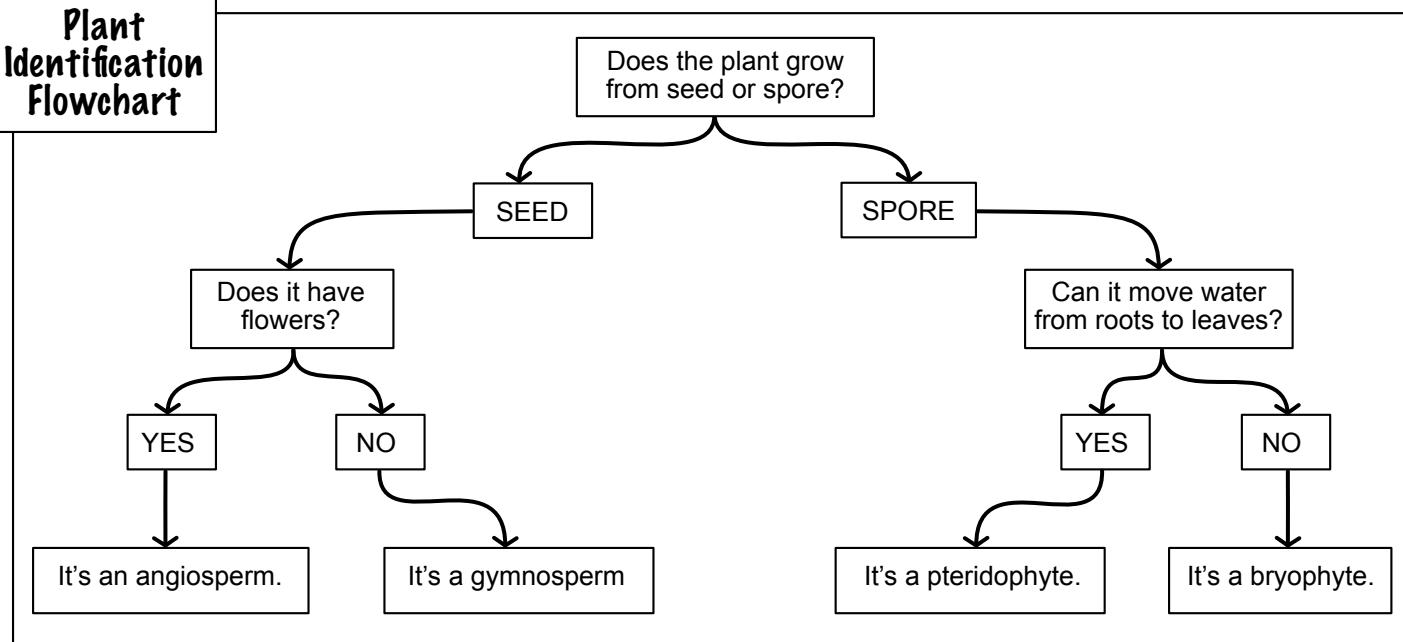
Approximately 90% of the world's food energy is provided by just 15 plants.



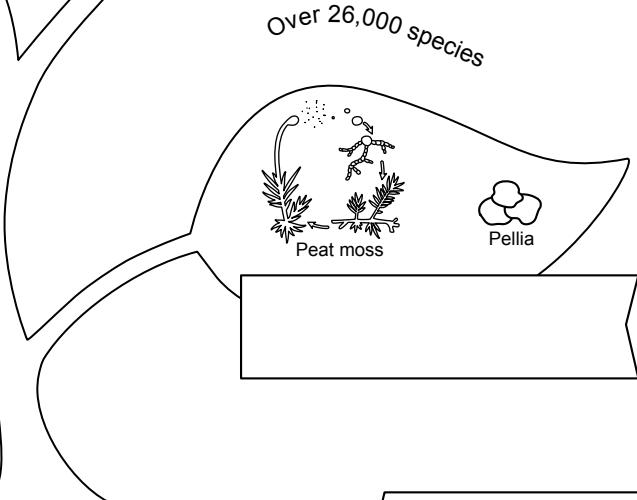
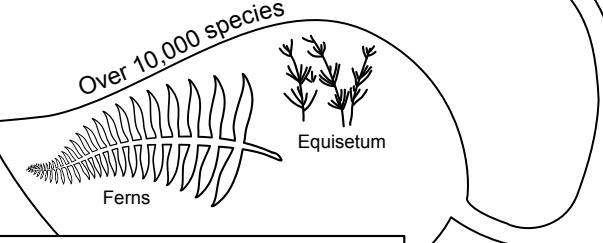
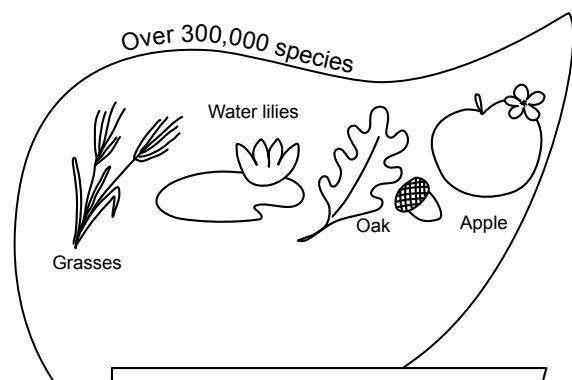
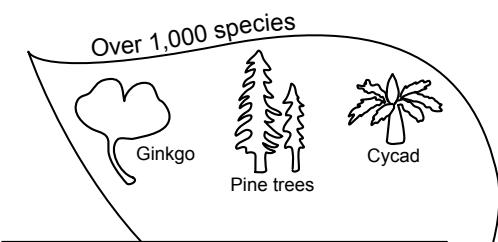
Carnivorous plants don't perform photosynthesis.



Plant Identification Flowchart



Use the clues below to label each leaf with the name of that group of plants!



Angiosperms
(an-gee-oh-sperms)
More than 94% of plant species are in this group!

Pteridophyte
(teh-rid-uh-fite)
Reproduce with spores but are larger than the other spore plants.

Bryophytes
(bry-oh-fite)
Reproduce with spores! Most live in very wet areas.

Gymnosperms
(gymn-no-sperms)
Many have cones and needles instead of leaves.

PHOTOSYNTHESIS

Plants, algae, and cyanobacteria are all able to make their own _____ by capturing _____ in the atmosphere

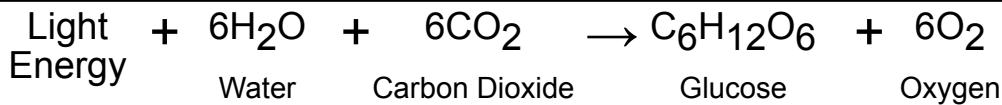
FILL IN THE BLANKS USING THESE WORDS:

carbon	sugar	light	energy
food	chloroplast	dioxide	

and converting it into _____ molecules. During the reactions of photosynthesis, water is split and oxygen gas is released from the plant. Photosynthesis is powered by _____. It can't happen without sunlight!

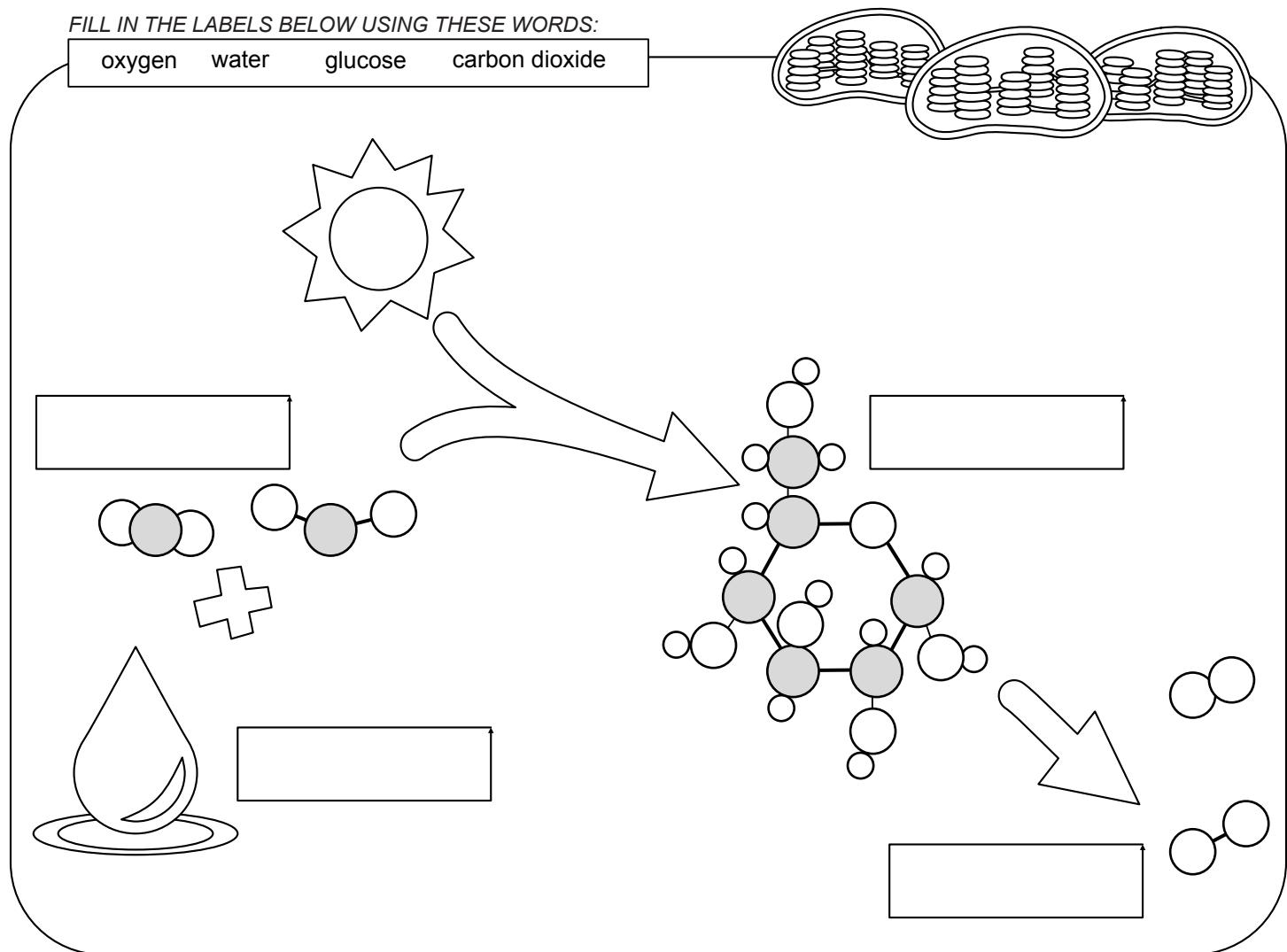
In plants and many algae, photosynthesis takes place in an organelle called the _____.

THE EQUATION



FILL IN THE LABELS BELOW USING THESE WORDS:

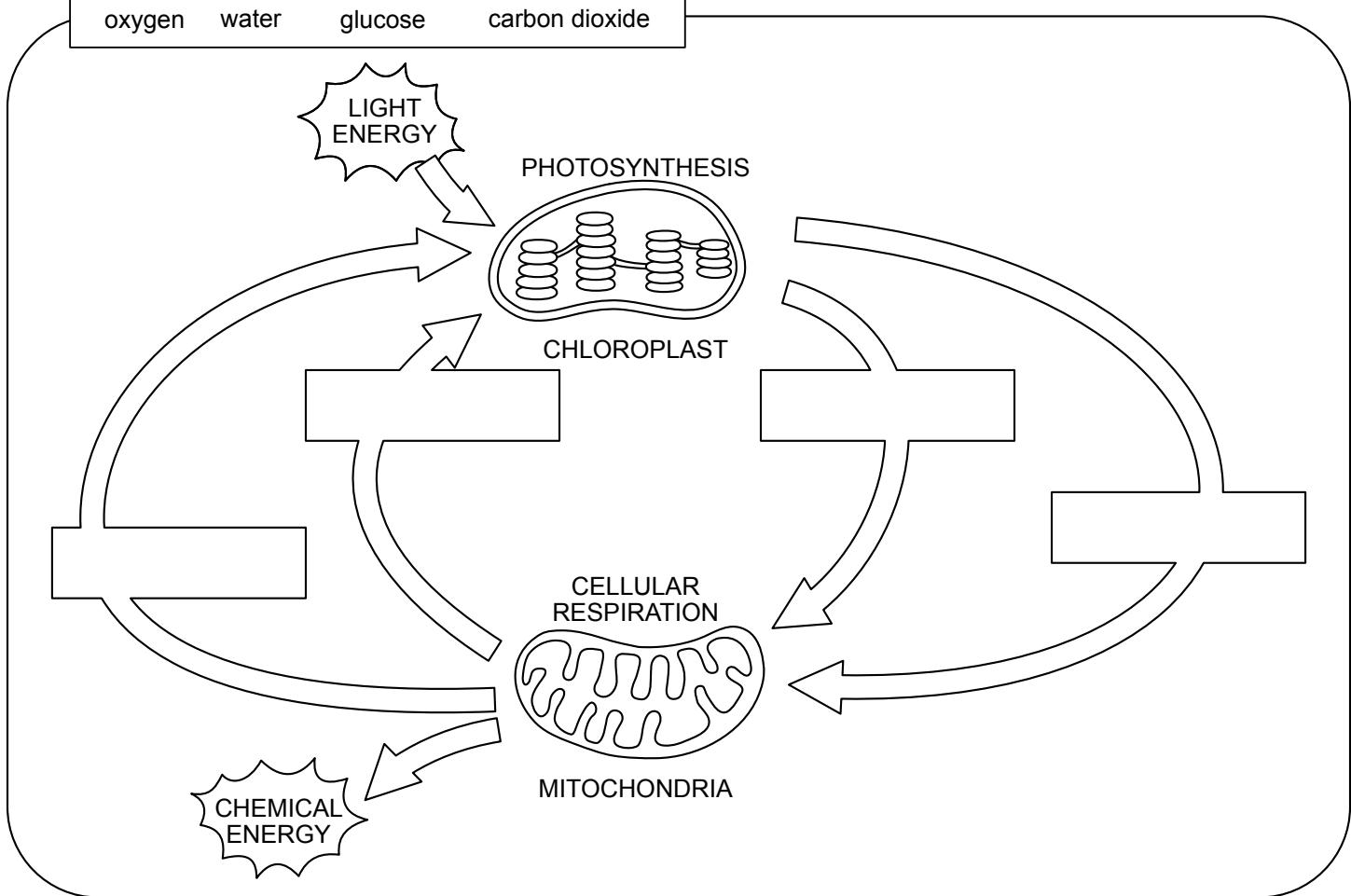
oxygen	water	glucose	carbon dioxide
--------	-------	---------	----------------



THE CYCLE OF PHOTOSYNTHESIS AND RESPIRATION

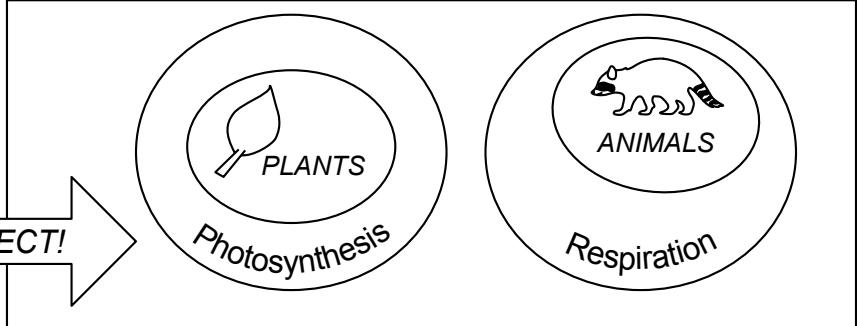
FILL IN THE LABELS BELOW USING THESE WORDS:

oxygen water glucose carbon dioxide



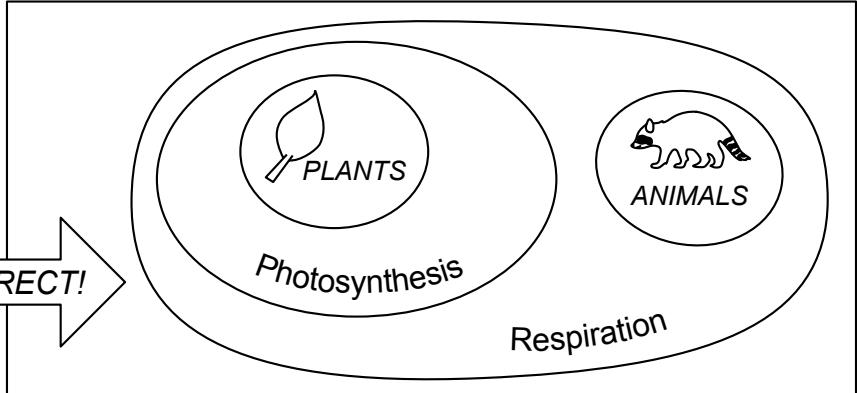
Some people think that plants only do photosynthesis and that animals only do respiration. If this were true, a Venn diagram of these organisms and their energy pathways would look like this:

INCORRECT!



A plant that could do photosynthesis but not respiration would quickly starve to death. Plant cells need to perform respiration to survive. In reality, a Venn diagram for the energy pathways of plants and animals looks something like this:

CORRECT!



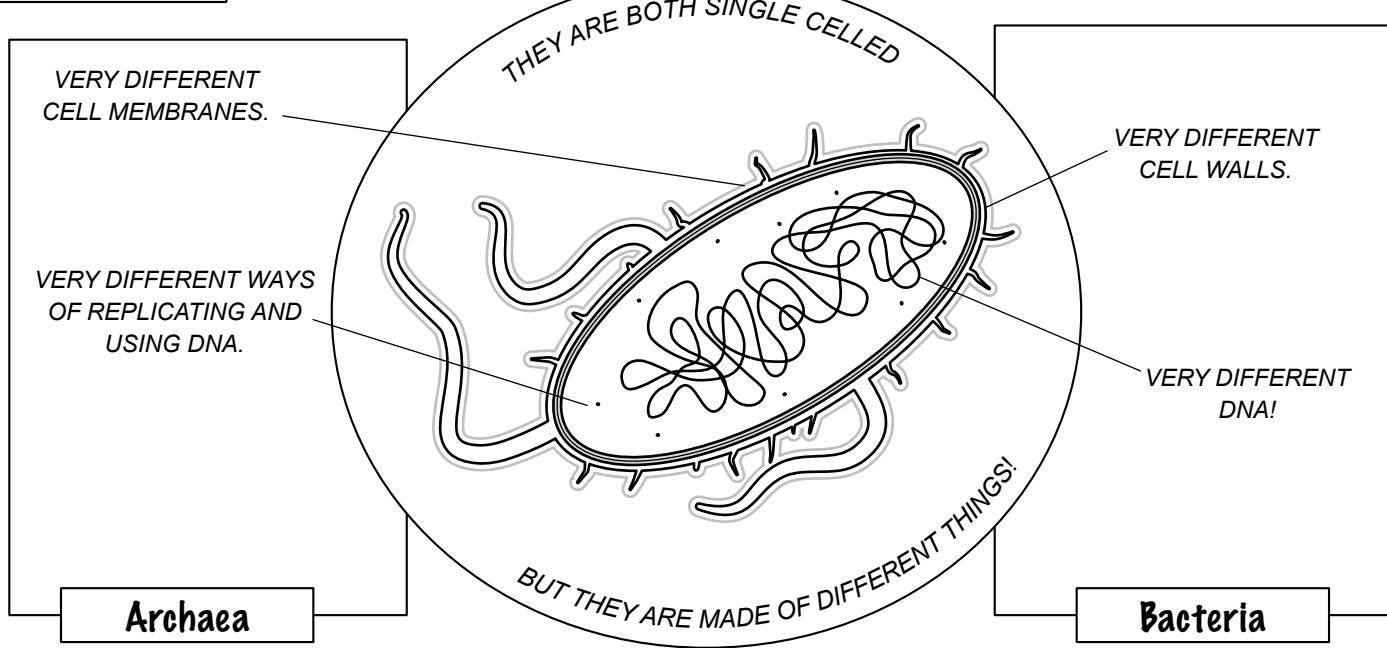
Prolific Prokaryotes

Plants use energy from sunlight to create glucose. They then use respiration to break down some of those sugars for energy. Animals and fungi get energy from eating sugars that were made by other plants or animals. But in the archaea and bacteria domains, there are single-celled organisms that can get energy from ammonia, metal ions, sulfur, or even hydrogen gas! There are also cells that use sunlight as an energy source but do not perform photosynthesis. "Extremophiles" live in locations where no other thing can survive!

In terms of how they get energy and use it, prokaryotes are the most diverse and well distributed organisms on Earth. They are everywhere from deep sea vents to salt flats, glaciers, soil, and inside of you!

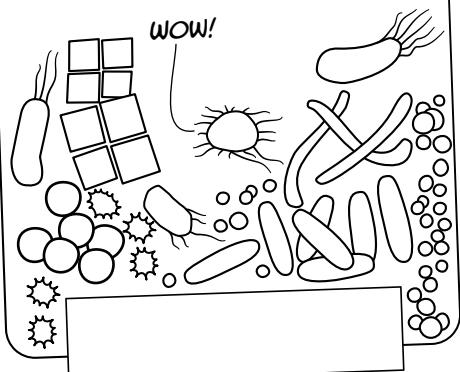
Why two domains?

Archaea and Bacteria are both prokaryotes, so some classification systems group them together. But there are some big differences between the two!

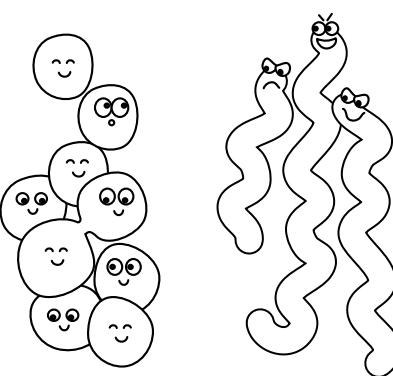


ARE THESE FACT OR FICTION? Write your verdict below each statement:

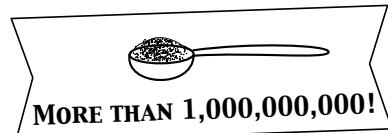
Despite being some of the most numerous organisms on the planet, no parasitic or disease-causing archaea have ever been found.



50% of known bacteria are disease-causing or pathogenic.



A single spoonful of soil could contain more than one billion bacteria.

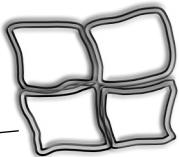


Mixed up Microbes

Draw lines to match each microbe with the correct habitat?

Haloquadratum walsbyi

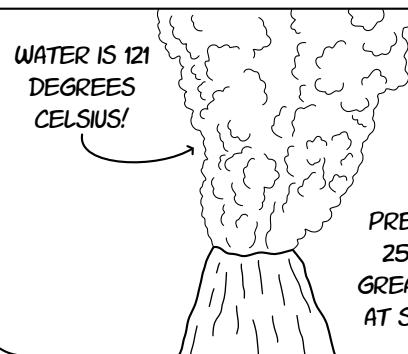
MY NAME MEANS
THE SALTY SQUARE
OF WALSBY!



FOOD: Carbon containing compounds
ENERGY SOURCE: food OR light
OXYGEN? Yes please!
SPECIAL SKILLS: Can live in SUPER salty water. Has little bubbles (vesicles) to help it float.

DEEP SEA VENT

WATER IS 121
DEGREES CELSIUS!



PRESSURE IS
250 TIMES
GREATER THAN
AT SEA LEVEL.

Methanobrevibacter smithii

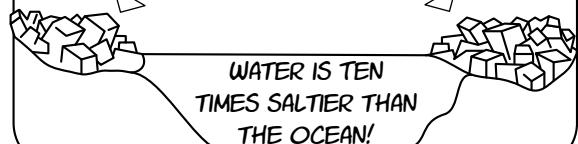
MY FRIENDS CALL
ME M. SMITHII.



FOOD: Hydrogen gas & carbon dioxide
ENERGY SOURCE: food
OXYGEN? No way!
SPECIAL SKILLS: Can make methane. Thrives in oxygen-free (anoxic) environments.

SALTY BRINE POOL

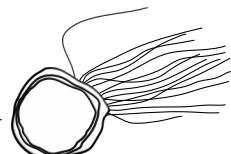
SALT CRYSTALS GROW AT
EDGES OF POOL.



WATER IS TEN
TIMES SALTIER THAN
THE OCEAN!

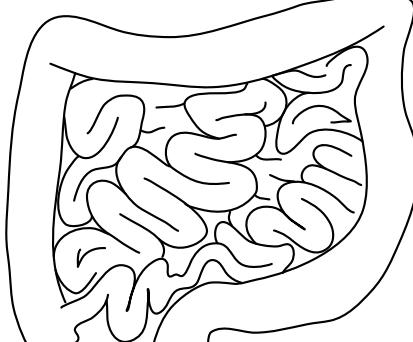
Geogemma barossii

MY OTHER NAME
IS STRAIN 121.



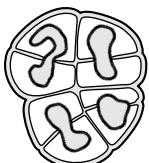
FOOD: Iron and Hydrogen gas!
ENERGY SOURCE: food
OXYGEN? No thanks.
SPECIAL SKILLS: Can live in total darkness and survive being autoclaved.

AN ANIMAL'S INTESTINES



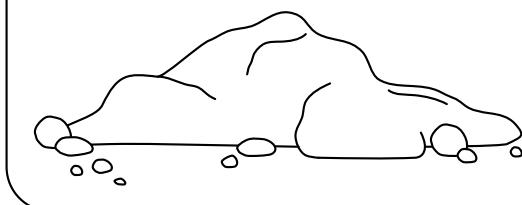
Deinococcus radii

I SURVIVED 3 YEARS
IN OUTER SPACE!



FOOD: Carbon containing compounds
ENERGY SOURCE: food
OXYGEN? Yes, please!
SPECIAL SKILLS: Can withstand 1,000 times the amount of radiation fatal to a human. Once given the nickname of "Conan the Bacterium."

DIRT



Hands-on Science Project

HOMEMADE PETRI DISHES

MATERIALS:



Stove and a pot for boiling water



8 ounces water



1 bouillon cube
or 1 tsp bullion granules



Cotton swabs



4 petri dishes or other clear
and clean containers with lids



1 Tbsp agar
or 1 packet unflavored gelatin



2 Tsp sugar



Permanent marker

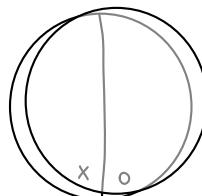
1. Prepare the Petri Dishes

1. Heat the water to a full boil in a saucepan and add the agar, stirring until it is completely dissolved. Add the bouillon and sugar and stir until dissolved. Cover and let cool for 2-3 minutes.

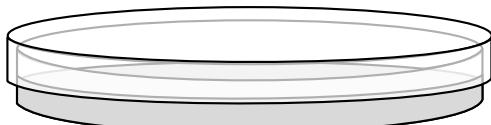


For BEST results

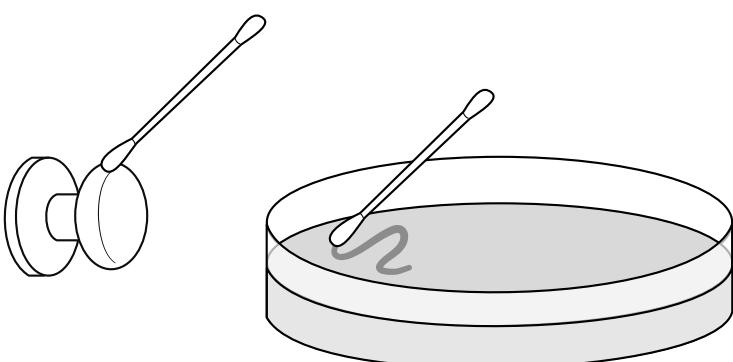
Watch the instructional video before you collect samples. Then decide what you want to investigate! Include a **control** as part of your experiment.



2. Use a permanent marker to draw a line on the bottom of your petri dish or other clear container. Label the sections of the dish. I recommend using an x and o so that you do not have to write backwards. The labels should be visible when you look at the top of the dish.



2. Collect samples and swab the plates!

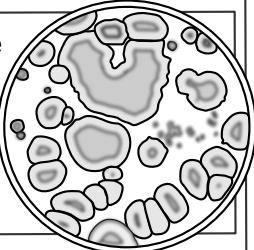


1. To collect a sample, take a cotton swab and rub it on the surface you are sampling. For best results, twirl the swab to get contact with the entire swab. It can also help to get the swab slightly damp with clean water before collecting your sample.

2. Use the swab to very gently trace a squiggle line over one half of the petri dish. Be sure to use a new swab for each surface your test.

SAFETY WARNING

While many bacteria and fungi that may grow on a petri dish are harmless, there is the possibility of growing pathogenic (disease-causing) bacteria and fungi. **DO NOT REMOVE THE LID OR TOUCH THE SAMPLES ONCE YOUR COLONIES START TO GROW!** When you have concluded your experiment, either disinfect the dishes or seal them in a closed container and throw them away. In the case of accidental exposure to the colonies, promptly use disinfectants such as rubbing alcohol to clean the area.



SUBSTITUTIONS

The main goal of this experiment is to appreciate how **ubiquitous** microorganisms are. There are fungi spores, bacteria, archaea, and viruses around us ALL the time. Once they have the ideal environment, their populations can grow at an incredible rate. This is why we store food in refrigerators! If you do not have all the ingredients for this experiment, don't worry. There are several substitutions you can try:

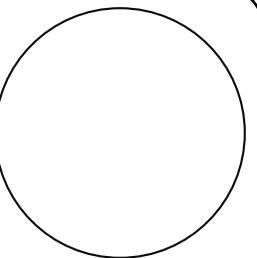
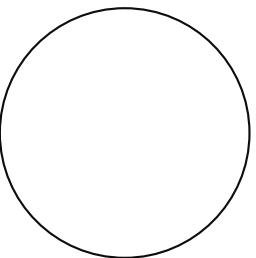
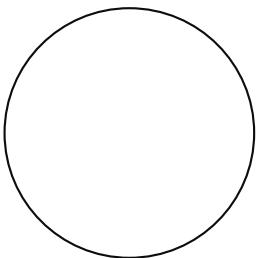
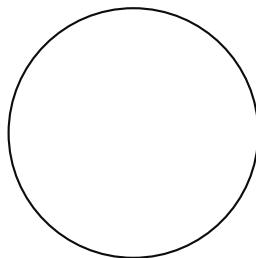
If you do not have **agar**, you can substitute a similar amount of unflavored gelatin. Some bacteria can cause the gelatin to dissolve and it can melt if it is stored above 95° F. But in general, it works as well as agar.

If you do not have **petri dishes**, you can substitute a clear container or jar that has been thoroughly cleaned. It is essential that the container has a lid!

If you do not have **cotton swabs** you can use a damp paper towel.

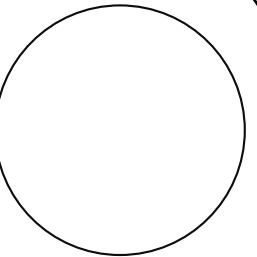
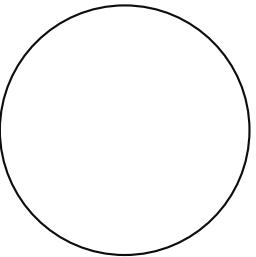
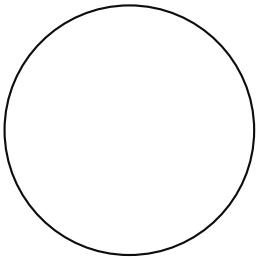
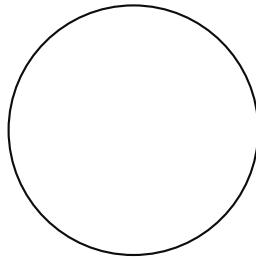
If you want to try an **alternative experiment**, you can place four pieces of bread into separate ziplock bags. Try to keep one piece of bread as clean and uncontaminated as possible. Deliberately contaminate the second and third by coughing on them or wiping them over a doorknob or by adding a spoonful of dirty water. Be sure each of the first three pieces of bread are moist. Dehydrate the fourth by toasting it lightly in a toaster and letting it cool before placing it in the bag. Seal all bags and record observations over a period of 2 weeks.

Observations:



DATE:

Observations:

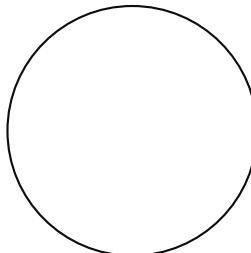
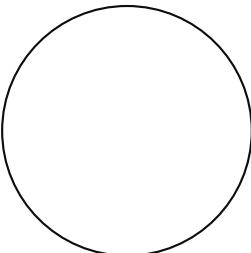
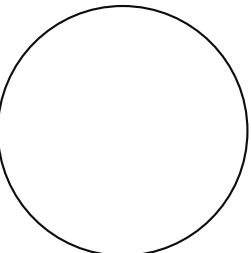
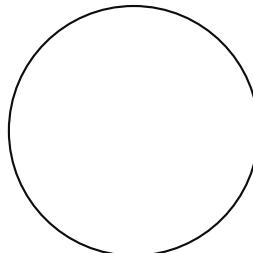


DATE:

When to record data? How fast your colonies grow depends very strongly on the temperature. The warmer it is, the faster they will grow.* You should record what the plates look like immediately after gathering samples and then check them twice a day after that. Make your next observation whenever you first see visible signs of colonies. Then repeat every 24-48 hours afterwards. Be sure to record the date when you make your observations.

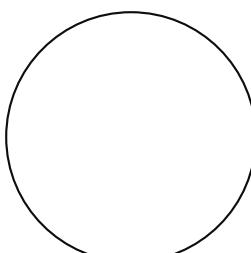
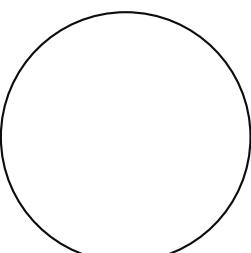
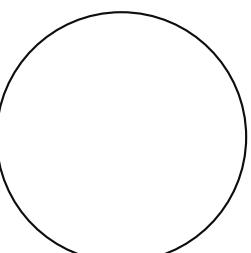
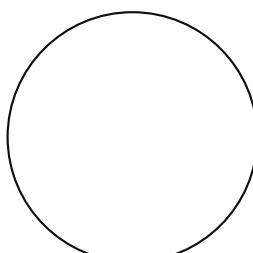
*The fastest/best growth will happen between 21° and 32° C (70° and 90° F). If temperatures get above about 40° C or 105° F, then you will start to see less growth on the plates. It is not recommended to let your plates get above 32° C or 90° F.

Observations:



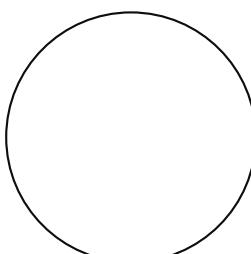
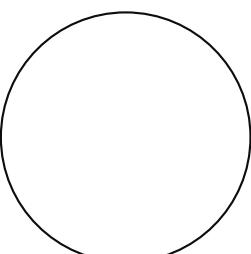
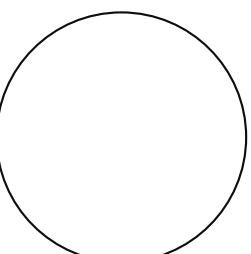
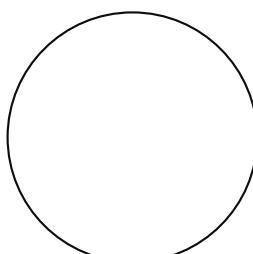
DATE:

Observations:

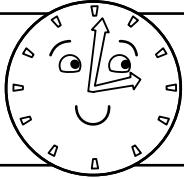


DATE:

Observations:



DATE:

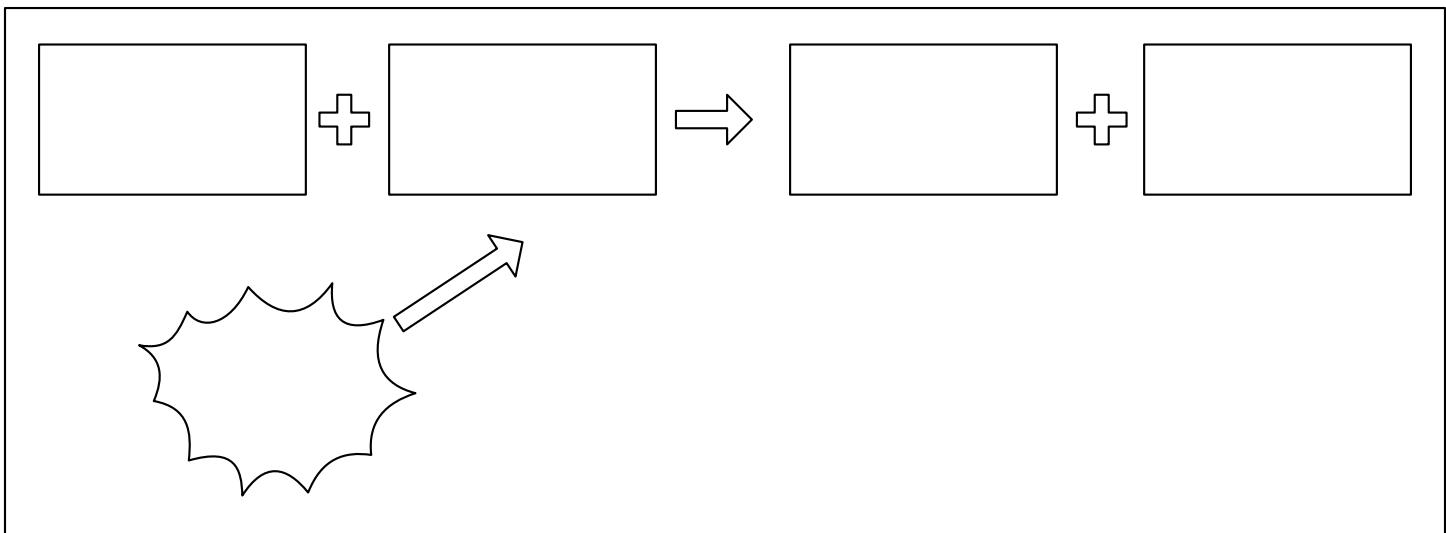


Quiz Time!

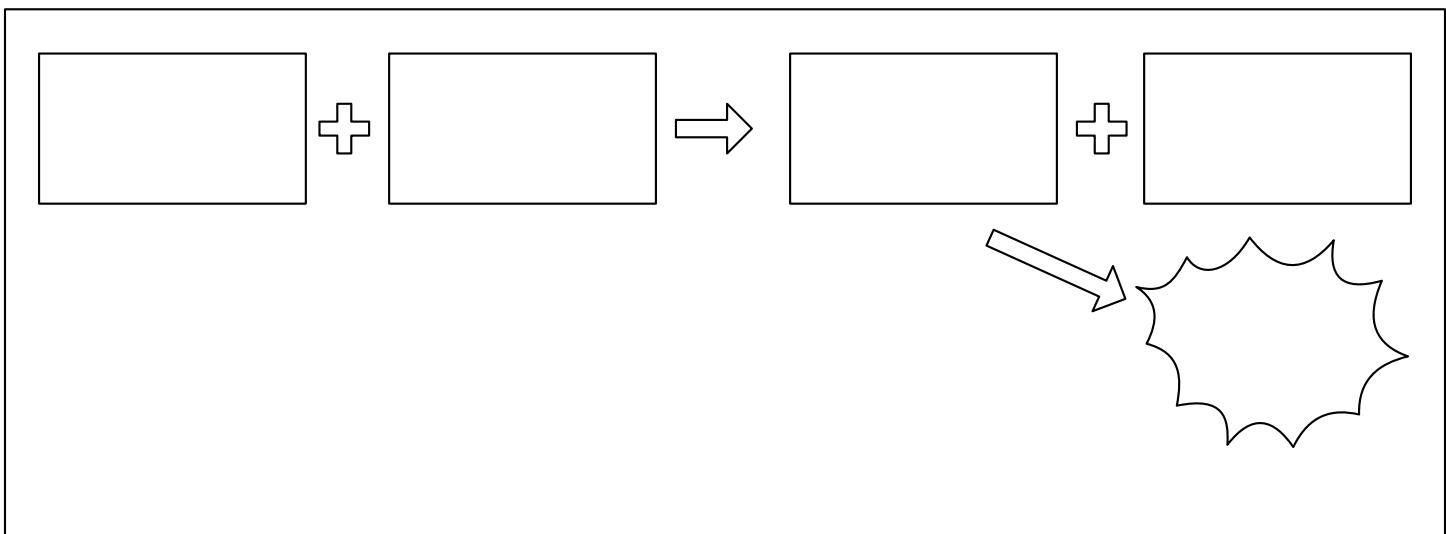
ANSWER THE QUESTIONS TO
SEE WHAT YOU LEARNED ABOUT
THE DIVERSITY OF LIFE!

- 1 Omnivores are heterotrophs.
A. True
B. False
- 2 The chloroplasts in fungi cells are white instead of green.
A. True
B. False
- 3 Most plant species fall into which of the following groups?
A. Angiosperms
B. Ferns
C. Mosses
D. Gymnosperms
- 4 What part of the cell contains the DNA?
A. Ribosome
B. Nucleus
C. Plasma membrane
D. Cytoplasm
- 5 Which organelle(s) came about when a cell incorporated a bacteria?
A. Nucleus
B. Chloroplast
C. Ribosome
D. Mitochondria
- 6 What products are created by cellular respiration?
A. Oxygen
B. Carbon Dioxide
C. Water
D. Glucose
- 7 Which groups of living things contain both autotrophs and heterotrophs?
A. Plants
B. Animals
C. Fungi
D. Protists
E. Bacteria
F. Archaea
- 8 A visible mushroom is only a small part of a fungus. Most of the mass is underground.
A. True
B. False
- 9 In cellular respiration...
A. Water is used to create oxygen.
B. Oxygen is used to create water.
- 10 Most of the mass of a tree comes from
A. Soil and water
B. Water and air
C. Air and soil
- 11 In photosynthesis....
A. Carbon dioxide is used to create glucose.
B. Glucose is used to create carbon dioxide.
- 12 There are bacteria and fungi spores floating in the air.
A. True
B. False
- 13 Which group of organisms is the most diverse and numerous on the planet?
A. Prokaryotes
B. Plants
C. Animals
D. Fungus
E. Protists
- 14 What is the scientific name for a flowering plant?
A. Gymnosperm
B. Angiosperm
C. Bryophyte
D. Pteridophyte
- 15 Which energy pathway(s) do plants perform?
A. Photosynthesis only
B. Respiration only
C. Respiration and photosynthesis
- 16 Most bacteria cause diseases.
A. True
B. False
- 17 Which energy pathway(s) do animals perform?
A. Photosynthesis only
B. Respiration only
C. Respiration and photosynthesis

18) The drawing below represents the reaction of photosynthesis. Label each box , including the type of energy used.



19) The drawing below represents respiration. Label each box , including the type of energy produced.



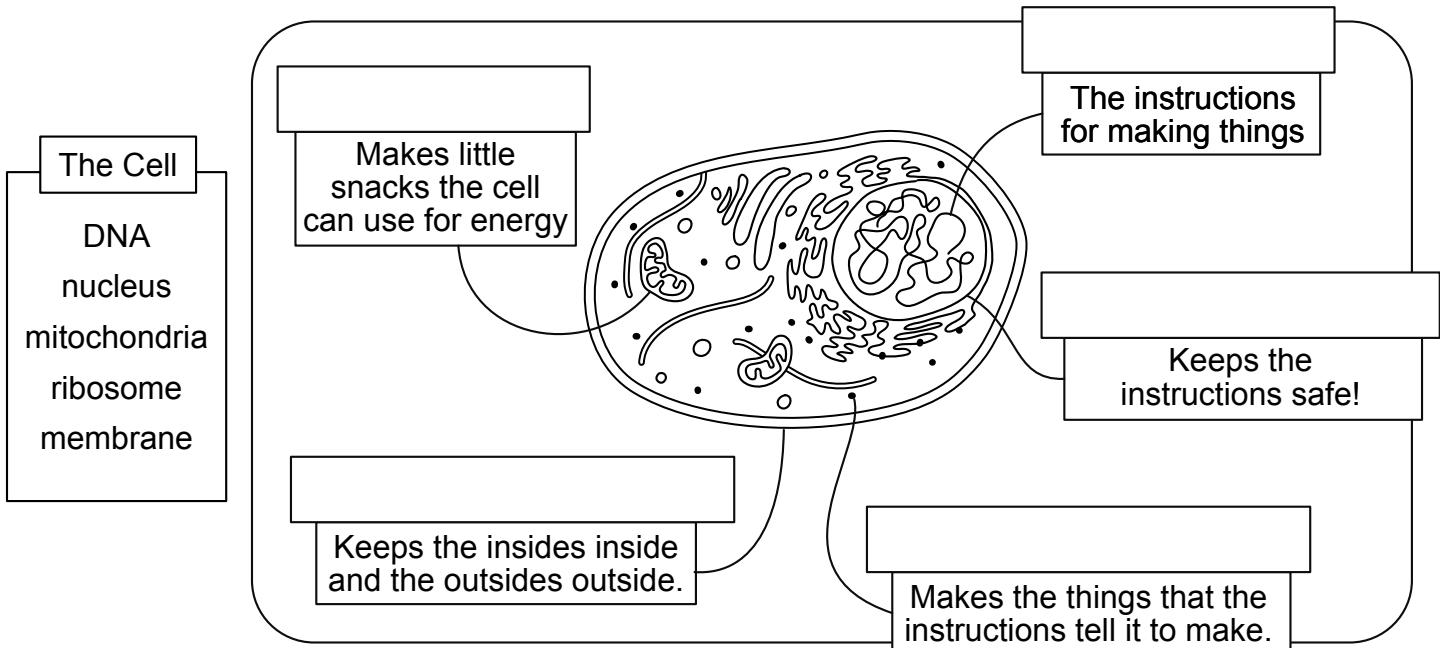
20) Write the name of each organism or group of organisms in the correct box according to whether it performs photosynthesis, respiration, or both processes:

PINE TREE, MUSHROOM, BACTERIA, GRASS, MOLD, FERN, MAMMAL, MOSS, ARCHAEA, ANIMAL

ONLY PHOTOSYNTHESIS	PHOTOSYNTHESIS AND CELLULAR RESPIRATION	ONLY CELLULAR RESPIRATION

CELL SYSTEMS

A cell is made of several different parts which each have their own job or function.
Can you match the names of each cell part with its corresponding description?



Inside an animal **CELL** there will be

to help make

SOBRIMOES

ROPESTIN

USCLUNE

CHIMTOONDARI

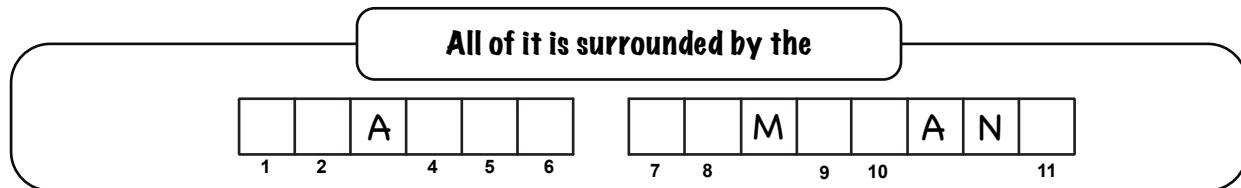
GEERNY

CAN YOU REARRANGE THE LETTERS TO REVEAL THE PART OF THE CELL?

located inside the

that generate chemical

SCIENCE MAM



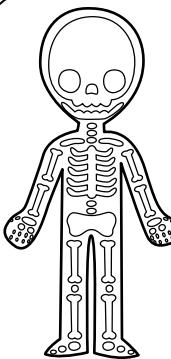
BODY SYSTEMS

FILL IN THE
BLANKS USING
THESE WORDS:

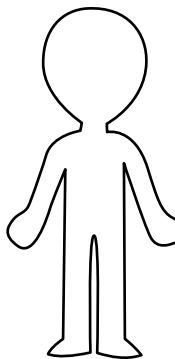
systems
cells
organs
perform
body

Animals are made of _____, but not all of the cells in an animal are the same! They have different shapes and do different things. Groups of cells that work together to _____ a certain task are called systems or _____. The human _____ has many different _____. In the next lessons, we will take a closer look at five of them: the circulatory, respiratory, nervous, digestive, and immune systems.

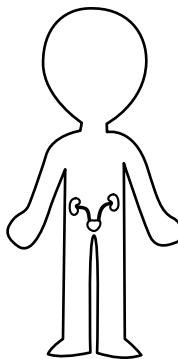
Match the system with the correct description.



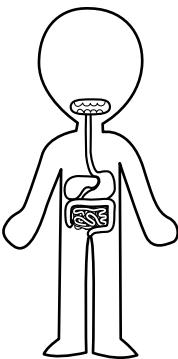
Muscular/
Skeletal



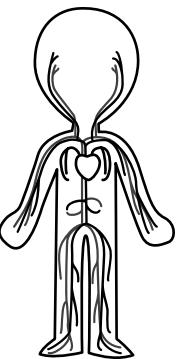
Integumentary



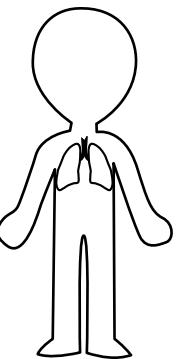
Urinary



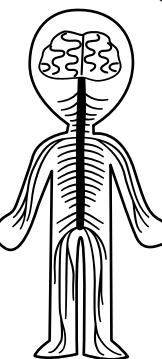
Digestive



Circulatory



Respiratory



Nervous

Moderates body temperature, makes vitamin D, and senses surroundings through touch!

Delivers oxygen, removes carbon dioxide, and protects the body from infection

Provides information, senses, memory, and feeling.

Provides nutrients and changes the food we eat into food that our cells can use.

Provides structure, stability, form, and movement.

Cleans the blood and removes all the waste.

All about breathing, works with the circulatory system to oxygenate the blood.

The circulatory system

Try these activities to learn more about your circulatory system!

RACE THE PUMP

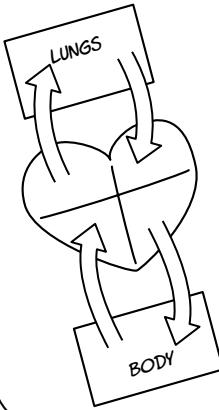
The average adult heart pumps about 6 liters of blood each minute when at rest. How much water can you move in a minute? Fill up a container and give it a try!

1/3 MEASURING CUP

6 LITERS

MAKE A MODEL

It can be simple or realistic. But however you make it, be sure to include both the pulmonary and systemic circulation loops.



ON THE CLOCK

Count your pulse at rest. How many heartbeats in one minute?

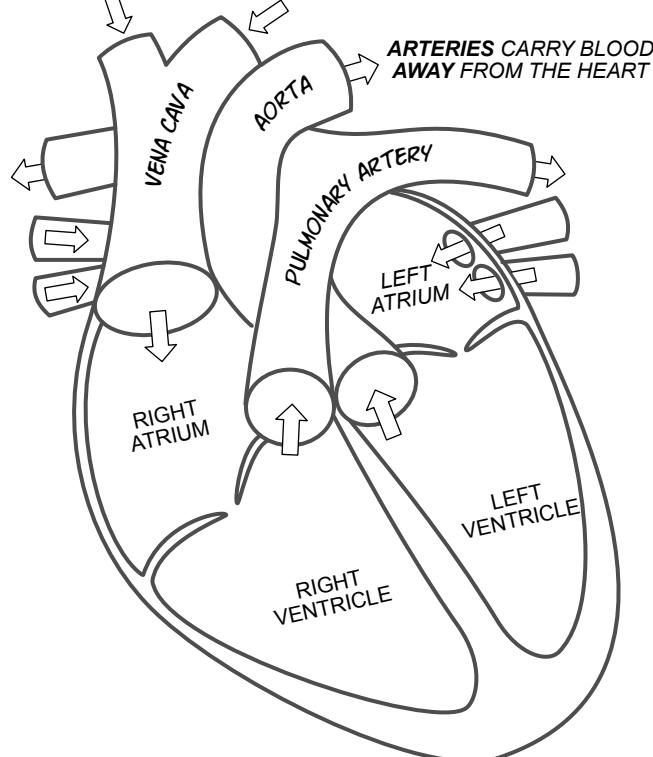
Then do 30 jumping jacks or some other type of exercise and count your pulse again. How did it change?

Pulse at rest:

Pulse after exercise:

VEINS CARRY BLOOD TO THE HEART

ARTERIES CARRY BLOOD AWAY FROM THE HEART



Ever notice how your heartbeat sounds “ba-buh” “ba-buh” with two beats? That’s because it’s pumping two systems or loops!

The smaller loop runs from the heart to the lungs and back again. It’s called **pulmonary circulation**, and its purpose is to oxygenate the blood.

The larger loop is called **systemic circulation**. This is when the heart pumps blood out the aorta and to the entire rest of the body.

The heart has 4 chambers, and each chamber receives or sends blood from one of these loops.

FIND YOUR PULSE.

Pulse points are where arteries are close enough to the skin that you can feel the pulse of your heart beating. Which of these could you feel?

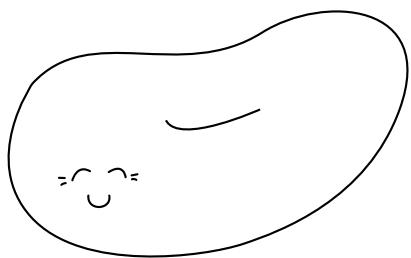
- Brachial artery: upper arm, near elbow
- Carotid artery: either side of neck
- Dorsalis pedis artery: top of foot
- Radial artery: inside wrist below thumb
- Temporal artery: in front of ear

If you lay down on your back and place one hand over your navel, you might feel the pulse of your aorta in your abdomen! It isn’t close to the surface like the other pulse points, but it’s a lot bigger than the others.

WHAT IS BLOOD MADE OF?

Red Blood Cell

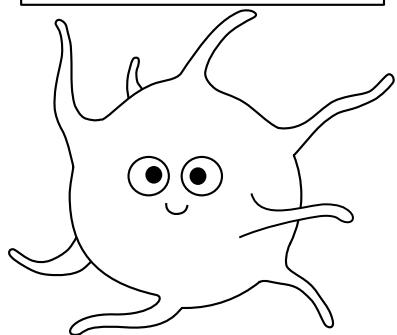
Also known as: Erythrocyte



The most common cell in the human body. There are 250 million of these in just one drop of blood! They are full of a protein called hemoglobin that carries oxygen. The hemoglobin is what makes them red.

Platelet

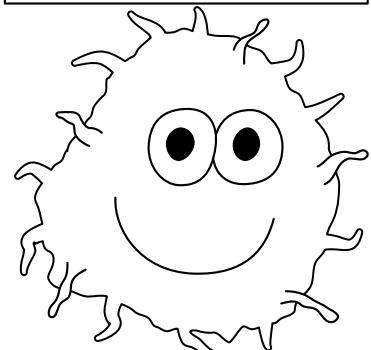
Also known as: Thrombocyte



Platelets prevent bleeding! These tiny cell fragments form clots when needed. They help the blood stay in the circulatory system.

White Blood Cell

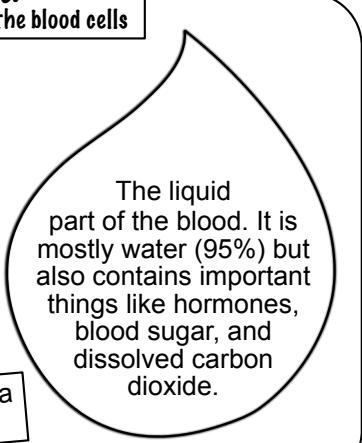
Also known as: Leukocyte



There are a lot of different types of white blood cells. This one is a macrophage and it's really good at eating things like other cells!

Plasma

The liquid that holds the blood cells



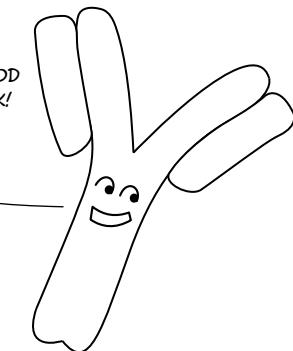
Cool fact: blood plasma isn't red. It's yellow!

The liquid part of the blood. It is mostly water (95%) but also contains important things like hormones, blood sugar, and dissolved carbon dioxide.

Antibodies

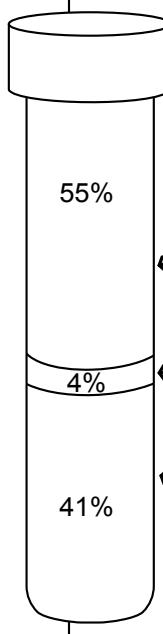
Small proteins

WE TELL THE WHITE BLOOD CELLS WHERE TO ATTACK!



Your notes:

This vial contained a sample of blood that was centrifuged (spun around fast to separate it into layers.) Can you label the layers correctly? One is red blood cells, one is plasma, and the other is white blood cells and platelets.



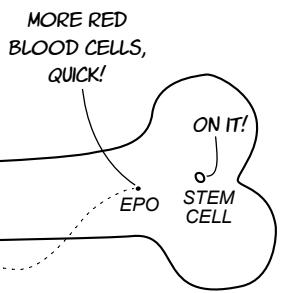
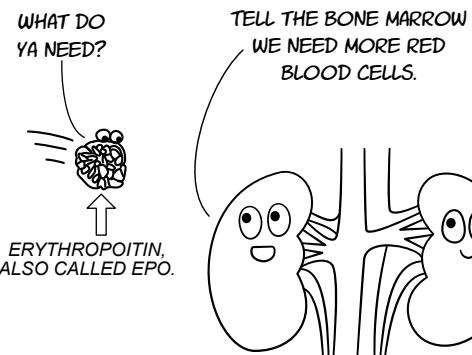
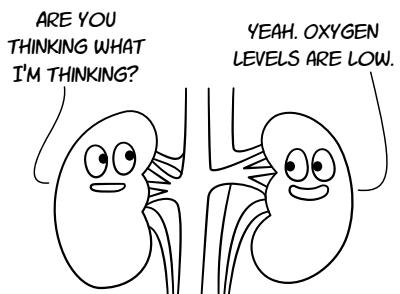
[Empty box for labeling the top layer]

[Empty box for labeling the middle layer]

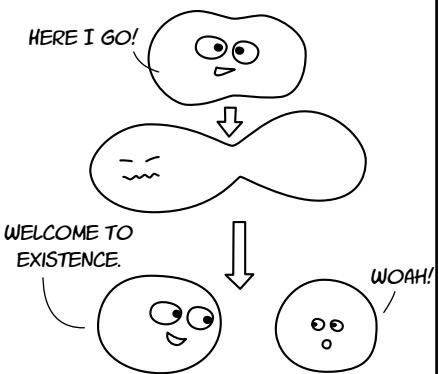
[Empty box for labeling the bottom layer]

THE LIFE OF A RED BLOOD CELL

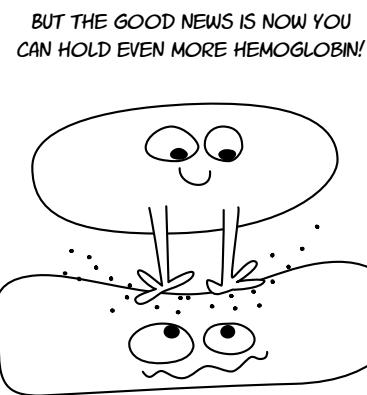
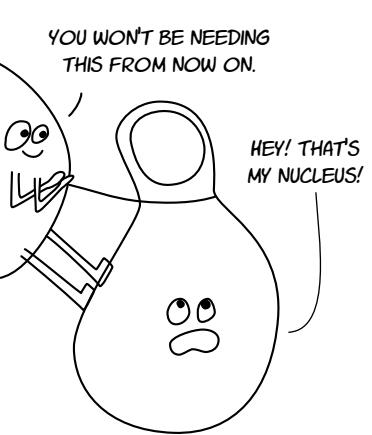
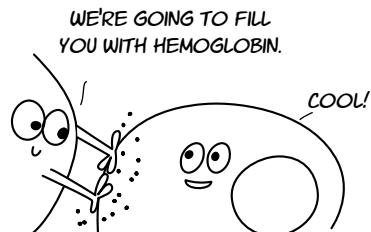
The life of a new red blood cell actually starts with a message from the kidneys:



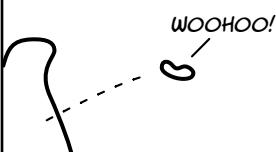
A stem cell in the bone marrow divides, creating a new cell.



The new cell stays in the bone marrow for several days, undergoing several changes.

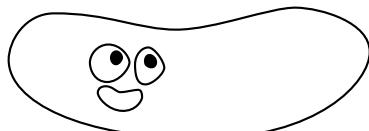


With the nucleus removed, the cell is now a reticulocyte - a brand new red blood cell. It's officially ready to leave the bone marrow and begin carrying oxygen.



It circulates through the entire body approximately every 60 seconds, bringing oxygen to other cells.

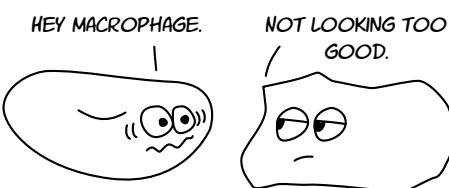
I GET TO GO EVERYWHERE, AND EVERYONE LOVES ME. BEST JOB EVER!



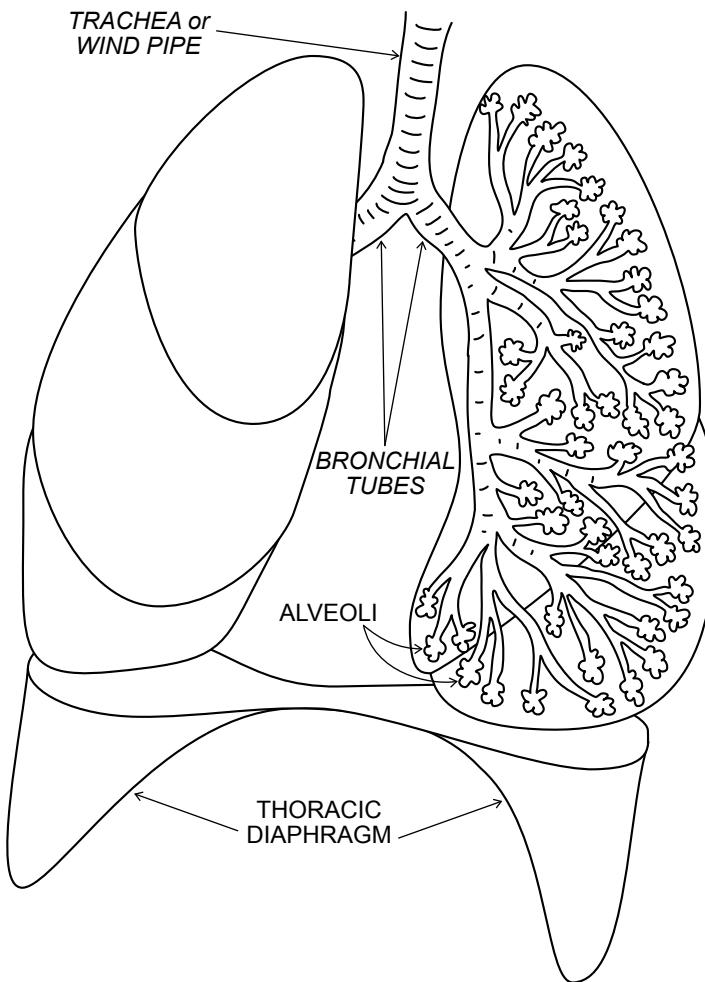
After 120 days, the RBC starts to get a little worn out from so much travel... and is eaten by a macrophage.

CHECKPOINT

Pause here to enter the liver.



The Respiratory System



Just a hiccup?

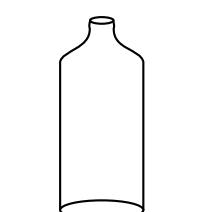
Hiccups are caused by the muscle that separates the lungs and heart from the abdomen: the thoracic diaphragm. When the diaphragm spasms it causes air to suddenly rush past the vocal chords and into the lungs. This is what produces the hiccup sound. Hiccups can be caused by many different things and severe chronic hiccups (lasting more than 2 days!) are not well understood. Whether you experience hiccups frequently or hardly ever, one thing is certain: you use your diaphragm every day and would have a hard time breathing without it!

Make a model lung!

SUPPLIES:

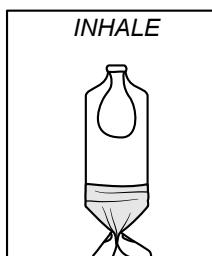
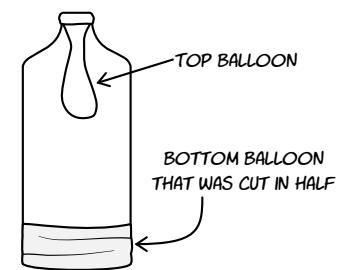


2 BALLOONS



PLASTIC BOTTLE
WITH BOTTOM
CUT OFF

Place one balloon on the top of the bottle and carefully push the body of the balloon into the water bottle. Cut off the top of the other balloon and stretch it over the bottom of the bottle so that it is flat. The bottom balloon represents the thoracic diaphragm. Pull down on the bottom balloon to inflate or "inhale" the lung and release it to "exhale" the lung.



INHALE



EXHALE

FILL IN THE BLANKS USING THESE WORDS:

carbon dioxide	lungs	gills
gases	oxygen	alveoli

Breathing is the process of exchanging _____ . Every animal needs to absorb _____ and get rid of _____ , but they do it in very different ways! Human beings have two _____ and a diaphragm that helps the lungs expand and take in oxygen. Inside the lungs are small sacks called _____ where oxygen is passed into the blood. Fish use _____ to breathe. Worms and amphibians breathe through their _____ , and birds have extra air sacs around their lungs that make them more efficient. Air only flows one direction through bird lungs, allowing them to take in oxygen with each exhale and inhale!

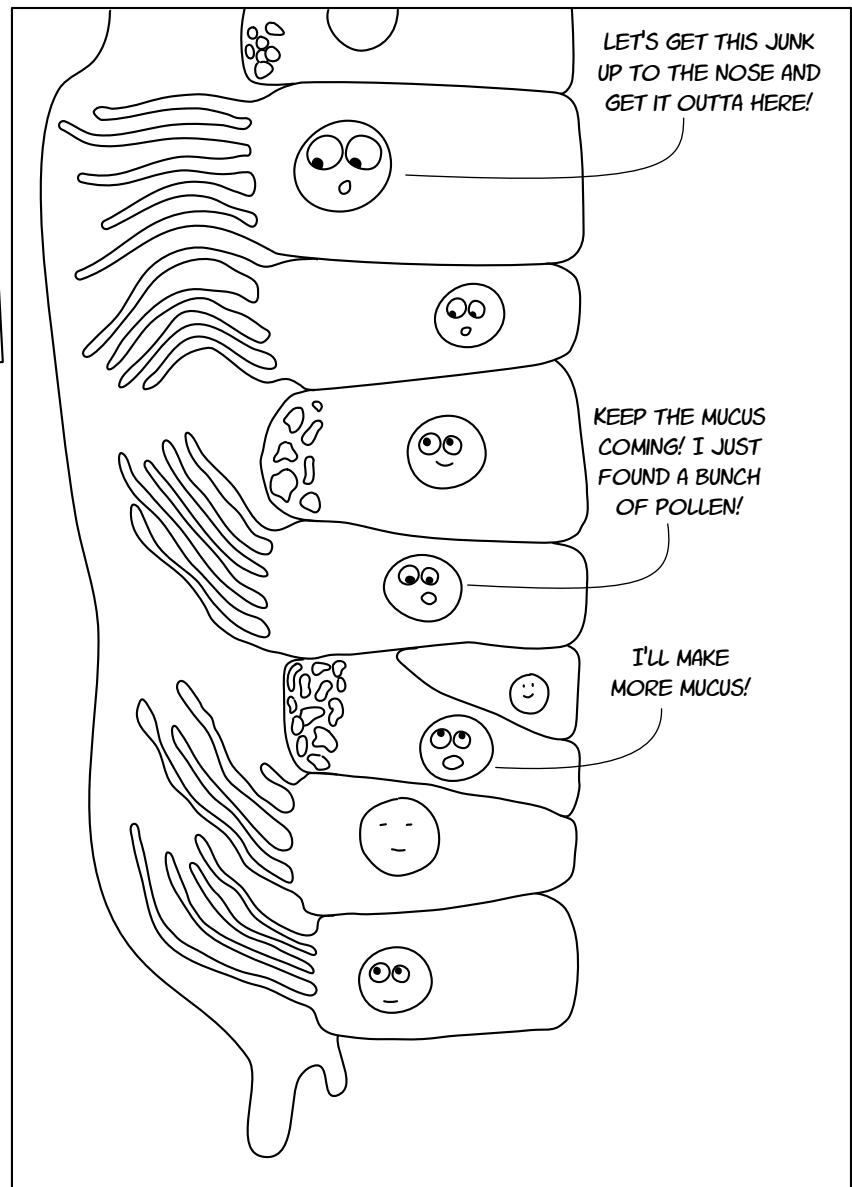
Did you know?

The cells on the inside of your lungs are coated in mucus! The outer layer of cells are called lung epithelial cells and they have long cilia that wave constantly, pushing any dust, pollen, or bacteria spores up and OUT of the lungs. The mucus is either swallowed (sent into the acidic stomach) or it comes out your nose!



Your body makes about 1 liter of snot every day. That's more than 33 ounces!

Your notes:



ARE THESE FACT OR FICTION? Write your verdict below each statement:

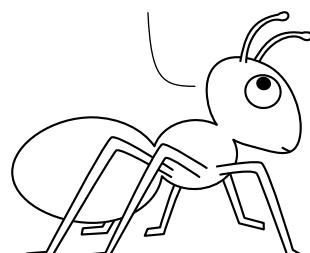
Aerobic exercise like running improves lung capacity by making the lungs larger.

I CAN BREATHE MORE OXYGEN THAN YOU!

SAYS WHO?

Insects have no lungs.

THEN HOW DO WE BREATHE?



Horses can only breathe through their noses.

I HAB A TEWIBLE COLD AND A STUFFY NOSE!

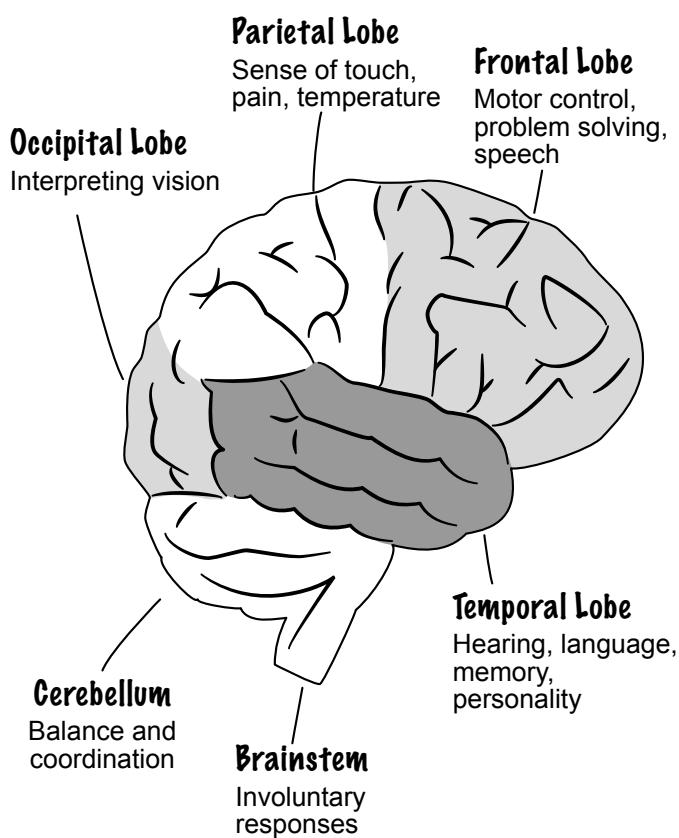
I CAN'T!

JUST BREATHE WITH YOUR MOUTH.

The Nervous System

FILL IN THE BLANKS USING THESE WORDS:

spinal cord	involuntary	neurons
store	peripheral	sense



The nervous system is a network of cells called _____ that transmit signals between different parts of the body. These neurons also help us to _____ and _____ information. The central nervous system consists of the brain and the _____. The _____ nervous system carries sensory and motor information between the central nervous system and the organs and limbs while also helping to regulate _____ body functions like heartbeat and breathing.

Try this activity to learn more about your nervous system!

TIME YOUR REFLEXES!

A partner holds a ruler vertically just above your outstretched fingers and drops it without warning. Try to catch it before it falls too far! Use the distance it fell to measure your reaction time using the table below.

Distance	Time
2 in (~5 cm)	0.10 s
4 in (~10 cm)	0.14 s
6 in (~15 cm)	0.17 s
8 in (~20 cm)	0.20 s
10 in (~25.5 cm)	0.23 s
12 in (~30.5 cm)	0.25 s
15 in (~38 cm)	0.28 s
20 in (~51 cm)	0.32 s
25 in (~63.5 cm)	0.36 s
30 in (~76 cm)	0.39 s
35 in (~89 cm)	0.43 s

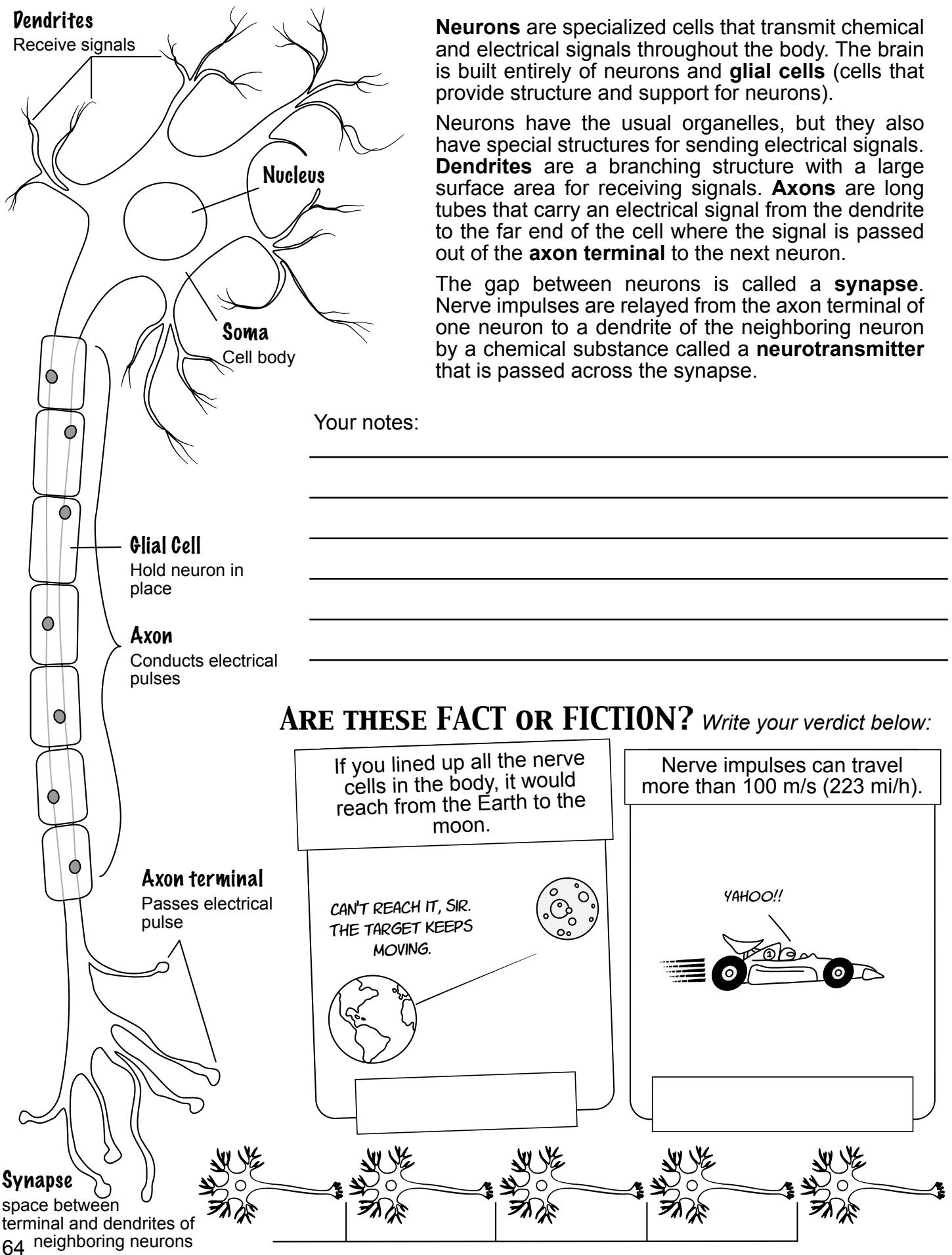
Try the experiment 10 times and then average your results:

Reaction Time: _____

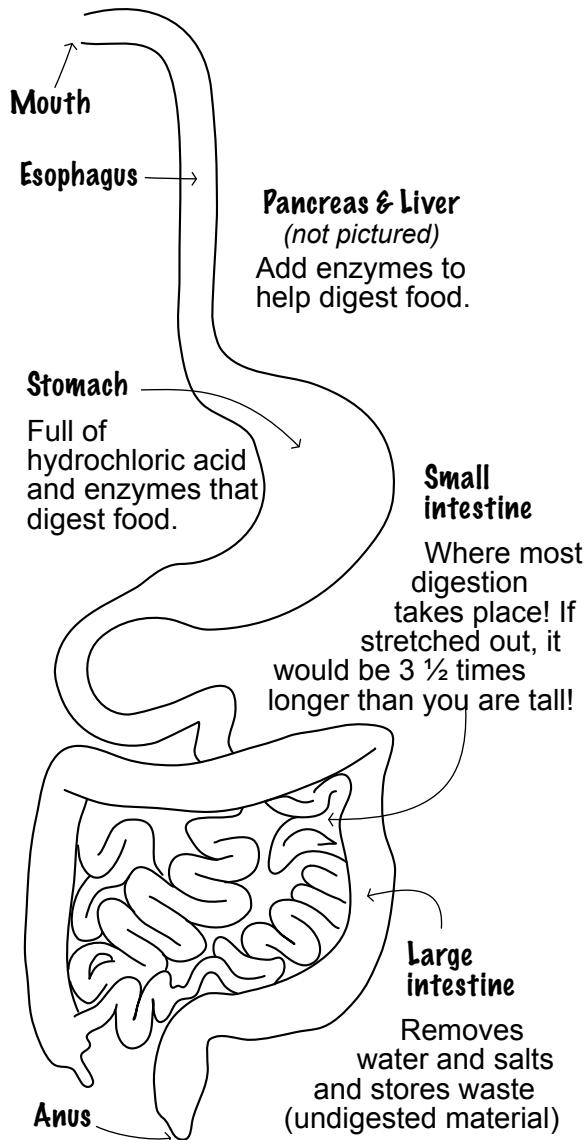
Your average reaction time is how long it took for your body to react, which included your nerve cells sending the VISUAL signal to your brain, your brain cells deciding or THINKING about what to do, and your brain sending the MOVEMENT signal to the muscles in your hand.

Would it be possible to have a reaction time of zero seconds?

YES	NO
-----	----



The Digestive System



FILL IN THE BLANKS USING THESE WORDS:

nutrients	protect	signal	repair
lining	bacteria	tract	hormones

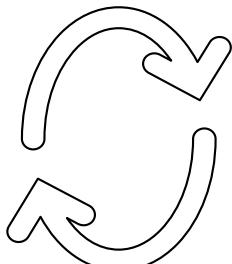
The main part of the digestive system is called the gastrointestinal tract or GI _____. It moves food from one part to another by contracting muscles. Enzymes, _____, and other substances are released that help the body digest the food and _____ to the brain when we are hungry or full. _____ are broken down into molecules small enough to pass through the _____ of the gut so they can enter the bloodstream. The digested nutrients are used or stored for energy, growth, and _____. But the food we eat doesn't just feed us! Our digestive system is home to trillions of _____ as well as archaea, fungi, protists, and viruses. These microbes are called our human microbiome. They help us digest our food and _____ us from disease.

ARE THESE FACT OR FICTION? Write your verdict below each statement:

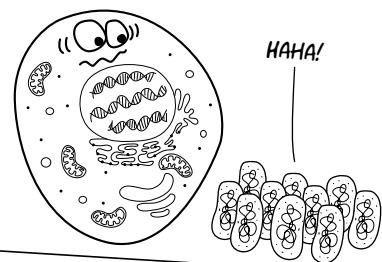
A platypus doesn't have a stomach.



You can't swallow food while hanging upside down because gravity is required for swallowing.



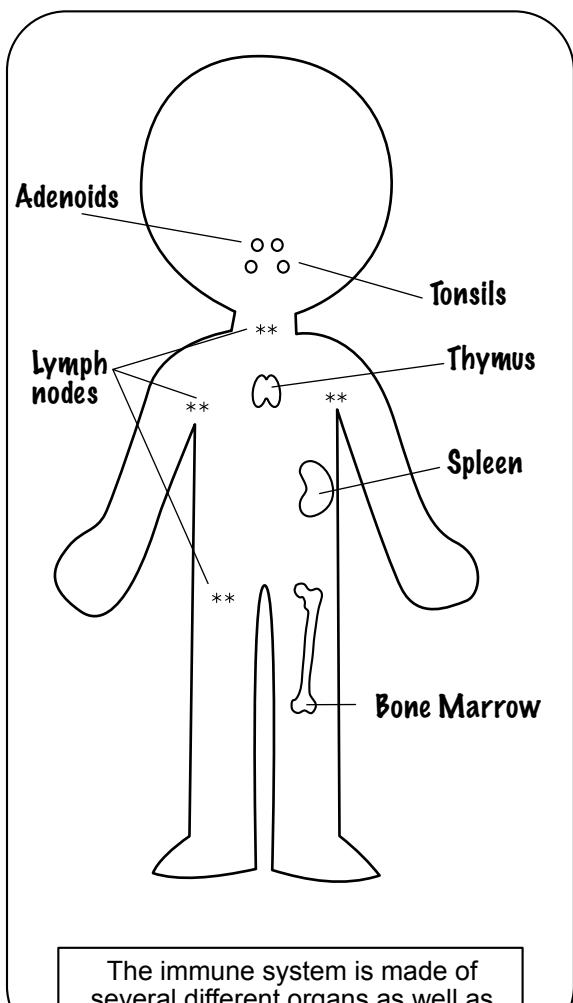
There are more prokaryotic cells inside your body than human cells.



The Immune System

FILL IN THE BLANKS USING THESE WORDS:

pathogens	infection	immune response
primary	secondary	memory



The immune system is made of several different organs as well as cells that circulate in both the blood and a specialized system of vessels called the lymphatic system.

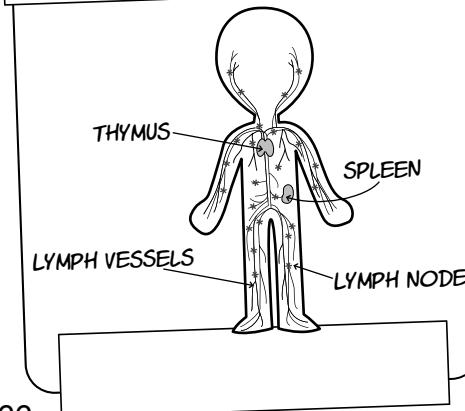
The immune system protects the body from outside invaders like bacteria, viruses, fungi, and toxins. Microorganisms that can make us sick are called _____ (or germs). When pathogens invade and multiply, we call this an _____.

The body's action to fight off the pathogens is called an _____. The first time the pathogen is detected and destroyed is called the _____ immune response. When the same pathogen is encountered again, this triggers the _____ immune response.

White blood cells (leukocytes) do most of the work of finding pathogens and distinguishing them from the body's own cells. Long-lived white blood cells called _____ cells are able to recognize and remember specific pathogens.

ARE THESE FACT OR FICTION? Write your verdict below each statement:

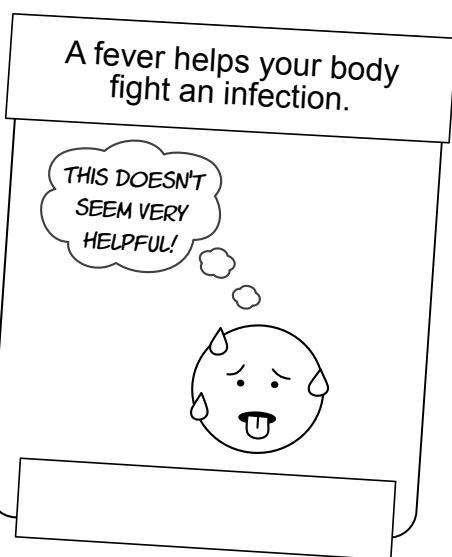
The lymph system collects excess fluid from the rest of the organs in the body.



You can never catch the same cold twice.



A fever helps your body fight an infection.



Match each organ with its description.

Filters the blood, removing damaged blood cells. If it is surgically removed then the body becomes more prone to infection.

Adenoid

Located at the back of the throat. This is often surgically removed because of swelling and infection.

Tonsil

This starts shrinking in childhood and has often disappeared entirely by the time a person becomes an adult.

Thymus

Lymph nodes

Spleen

Bone marrow

These are the shape and size of peas. They are located throughout the body and store lymphocytes.

This body part produces all the body's blood cells.

This organ is shaped like a thyme leaf. It is located near the heart and helps make white blood cells.

Your notes:

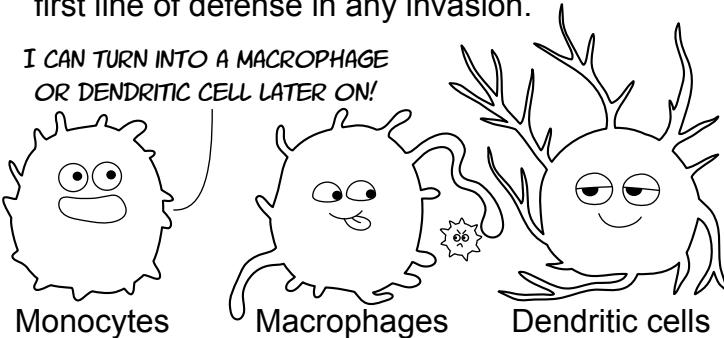
THE WHITE BLOOD CELLS

There are several different types of white blood cells or leukocytes. Below are some of the body's key defenders:

Phagocytes

These general-purpose fighter cells engulf and dissolve invading microorganisms. They are the first line of defense in any invasion.

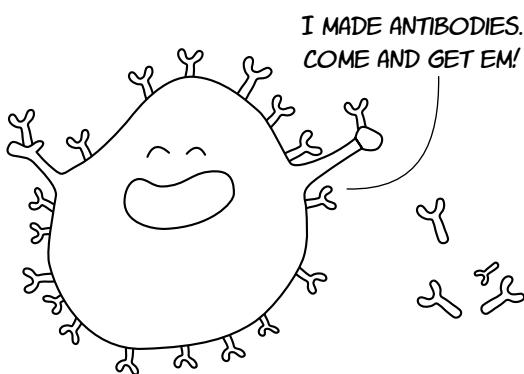
I CAN TURN INTO A MACROPHAGE OR DENDRITIC CELL LATER ON!



B lymphocytes or B cells

These cells don't attack pathogens directly. They work behind the scenes.

I MADE ANTIBODIES. COME AND GET EM!

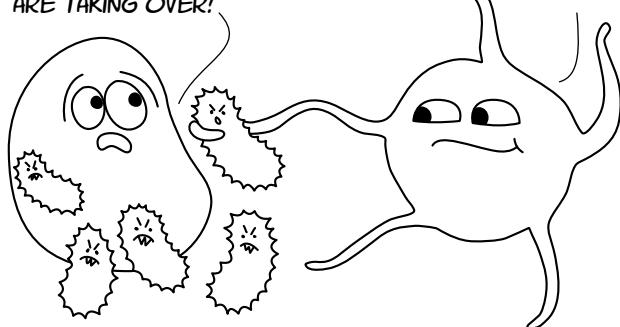


T lymphocytes or T cells

These specialized cells can only fight one type of pathogen, but they are experts at taking them out. They come in two types:

HELP! PATHOGENS ARE TAKING OVER!

I'LL TAKE CARE OF IT.



Killer T cells find infected cells using an antibody and kill the infected cells by injecting a cytotoxin.

WE WILL ONLY SURVIVE IF WE ASSEMBLE THE TEAM! B CELLS AND OTHER T CELLS, REPORT FOR DUTY AT ONCE!



Helper T cells coordinate the attack by giving chemical instructions to the other cells of the immune system.

Plasma B cells make antibodies with special receptors that lock onto pathogenic cells and mark them for destruction.

DON'T FORGET THIS ONE, OKAY?!



Memory B cells are permanent sentries that can recognize a specific pathogen and quickly jump start the body's immune response.

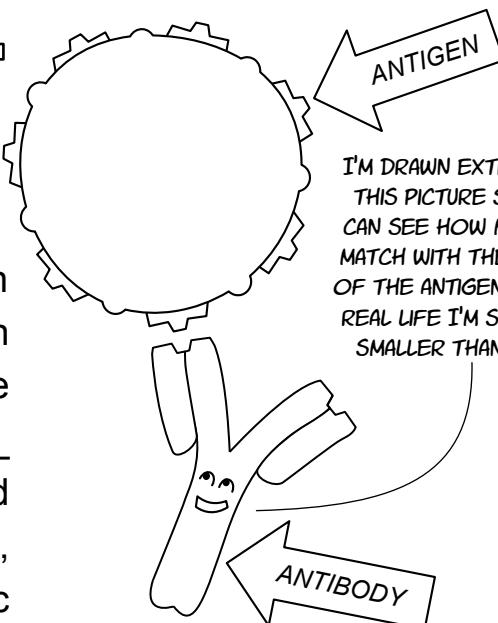
Your notes:

Antibodies & Antigens

FILL IN THE BLANKS USING THESE WORDS:

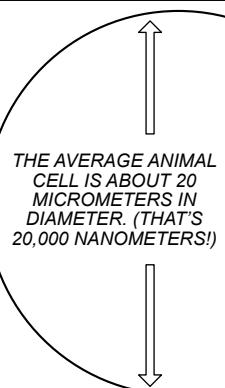
bind	pathogens	specific
inactivate	antibodies	antigens

All cells have molecules on their cell surface membranes called _____ that can trigger an immune response. Our bodies are able to distinguish between its own antigens and foreign antigens. When the body recognizes a foreign antigen, it starts an immune response because cells with foreign antigens could be _____ and cause disease. Special white blood cells called B lymphocytes (B cells) release _____, which are proteins that will _____ to a specific antigen. The antibodies have a shape that is _____ to a particular antigen, so binding is only possible between those molecules, much like a door can only be opened by keys of a specific shape. When antibodies latch onto the antigens on the surface of the pathogen, they help to _____ the pathogen and signal white blood cells to come attack.

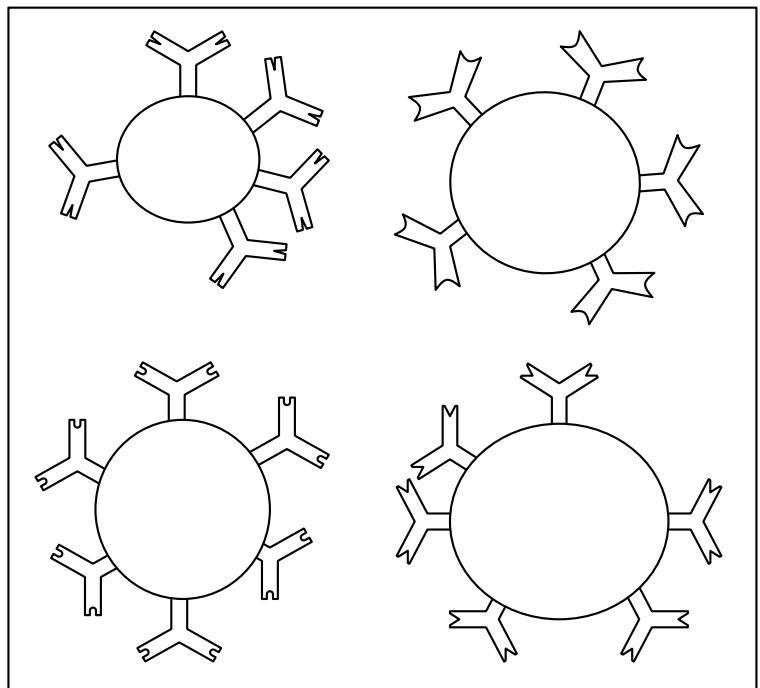
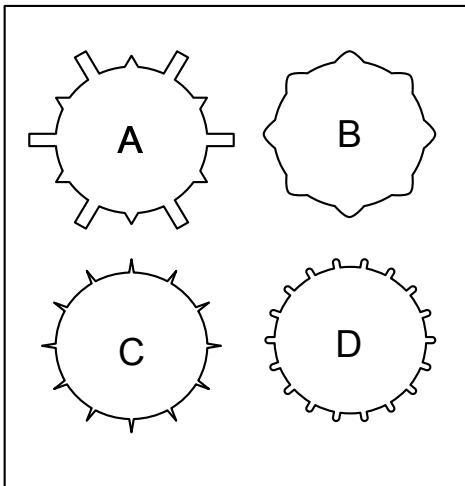


SIZE COMPARISON

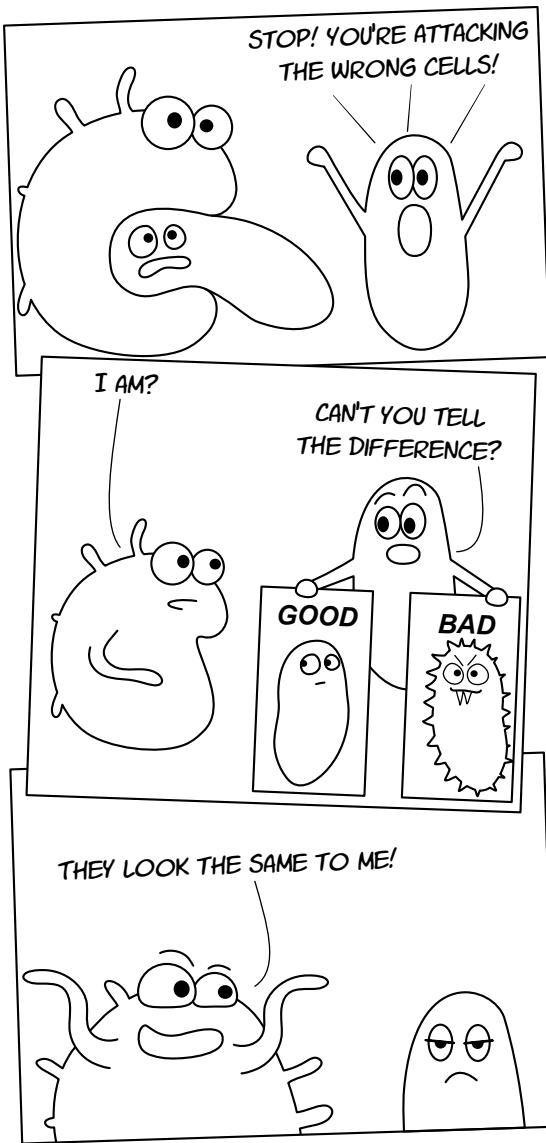
THE AVERAGE ANTIBODY IS ABOUT 10 NANOMETERS IN LENGTH.



Four different pathogens are pictured below, each with different antigens on their cell surface. Match each pathogen with the antibodies that will bind to it.



Autoimmune & Allergies



FILL IN THE BLANKS USING THESE WORDS:

nerve	autoimmune	allergies
connective	pancreas	allergen

When the immune system develops antibodies for the body's own cells or tissues and begins to attack them, this causes an _____ disorder. There are several different types: Rheumatoid arthritis is caused when the immune system attacks the _____ tissue around the joints. Multiple sclerosis is the result of the immune system attacking the myelin coating of _____ cells. Type 1 diabetes is caused by antibodies destroying cells in the _____ that produce insulin.

_____ are another example of the immune system attacking the "wrong" thing. During an allergic reaction, the body responds to a foreign substance or _____ by producing histamines that fight infection. This causes inflammation. In a severe allergic reaction, the inflammation can be life threatening and cause anaphylactic shock.

ARE THESE FACT OR FICTION? Write your verdict below each statement:

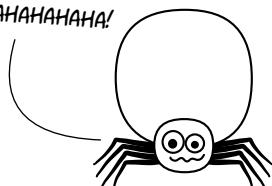
It is possible to have an allergy to water.

Hookworm parasites can cure most allergies.

A tick bite can make you allergic to meat.

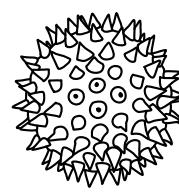


SOON, YOU'LL ALL
BE VEGETARIANS!
BUWAHAHAHAHA!



CAN YOU MATCH EACH FACT WITH IT'S CORRESPONDING PICTURE(S)?

High humidity in your home will make it more likely to encounter this allergen



Pollen

These animals eat flakes of human skin, mold, and cotton fibers. Proteins from their shells and feces are common allergens.



Dust mites

Hay fever, with symptoms of a runny nose, swollen eyes, and sneezing, is often caused by exposure to these things.



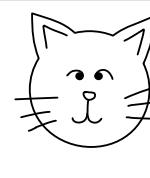
Mold

Approximately 5% of the population has a severe allergy to the venom of this animal.



Bees

This is one of the most common food allergies and can be very severe.



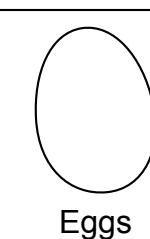
Cats

Allergies to this animal are not caused by hair! They are caused by proteins in the saliva and skin.



Peanuts

If you have an allergy to this food you also need to be careful about eating mayonnaise, marshmallows, and some types of pasta.

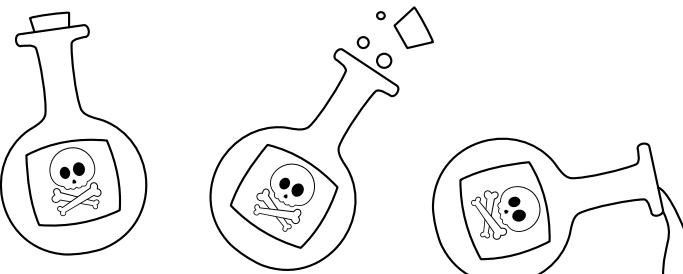


Eggs

Why are Poisonous Things Poisonous?

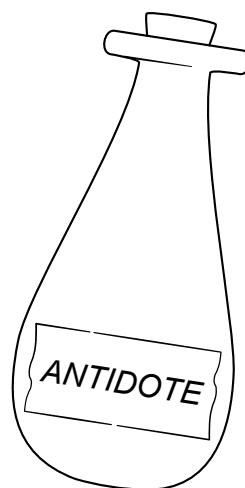
Because they cause something to go wrong with the cell!

The cell exists in a state of balance where the different parts are working together in harmony. If one thing stops working, it can upset the entire system. Poisons and toxins exist in virtually every category of molecule or compound: there are poisonous elements, toxic proteins, dangerous minerals, and small alkaloids (nitrogen-containing molecules made by plants). But the most important question when talking about poisons is the DOSE. Anything can become toxic if there is too much of it!

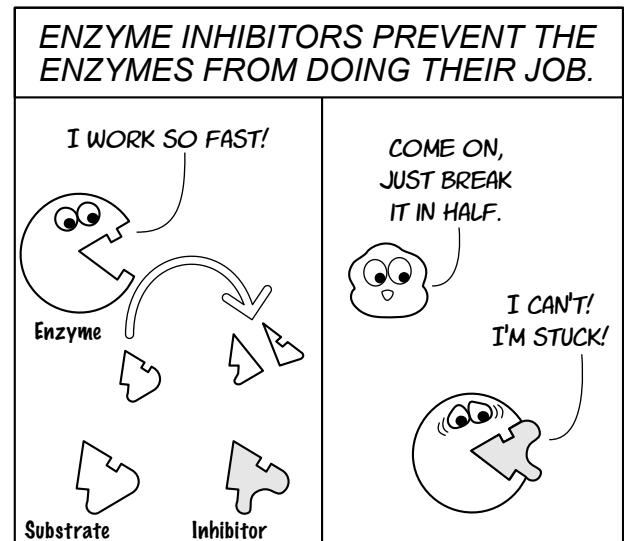
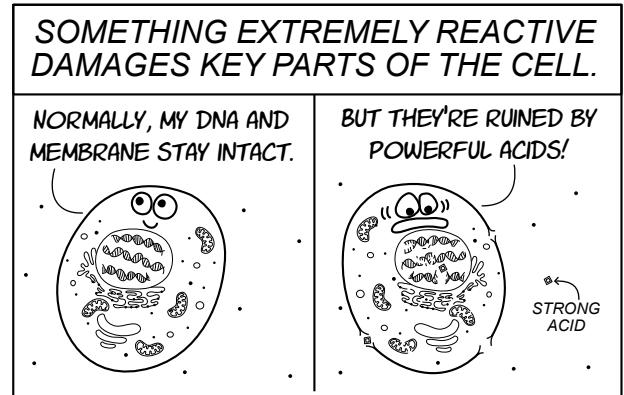
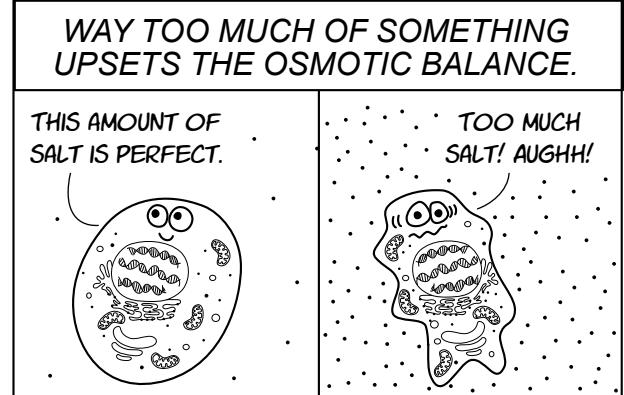


An **antidote** is a chemical that can stop the damage caused by a poison. Some poisons have antidotes and others do not.

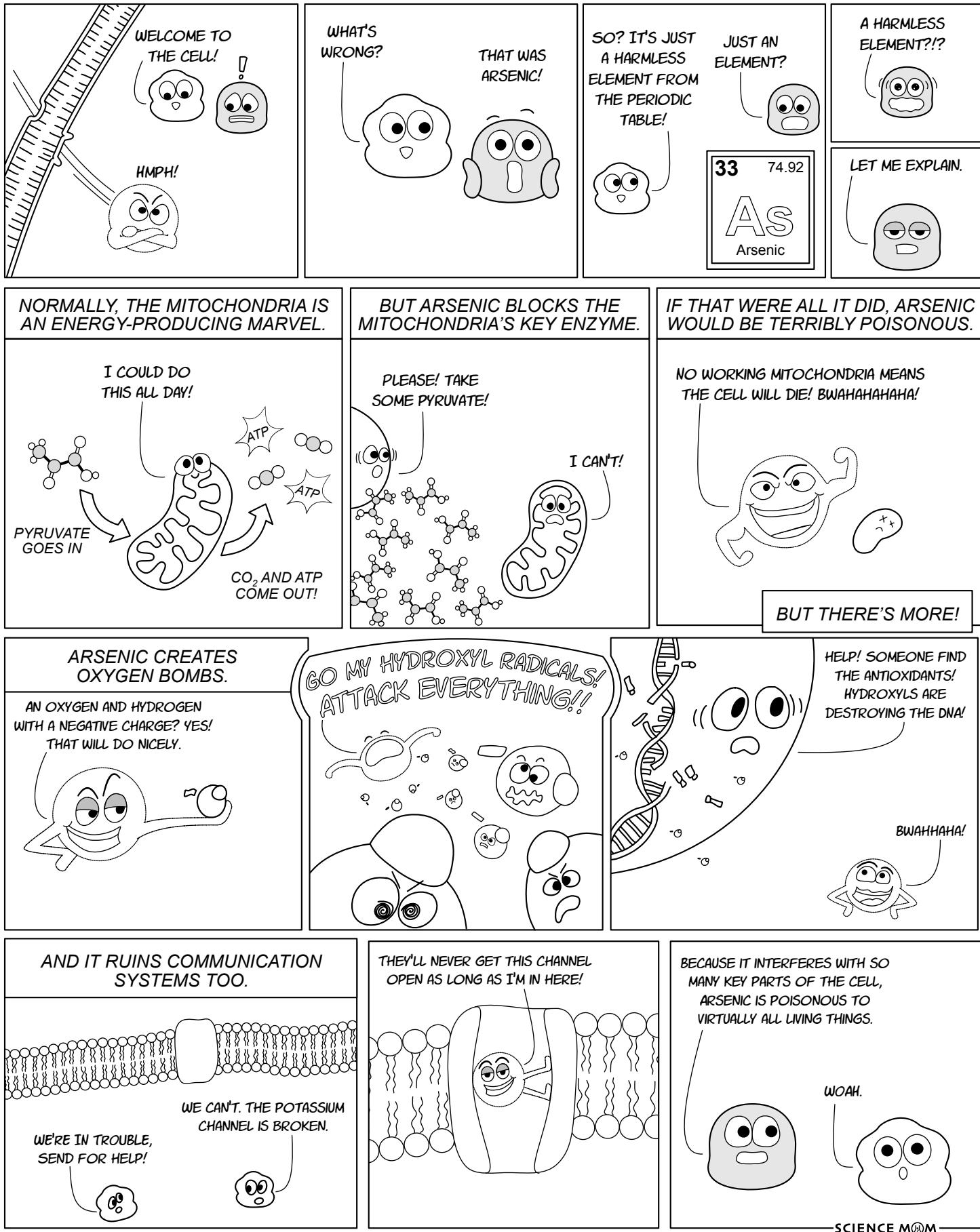
There is no such thing as a *universal antidote* that would cure any poison, but activated charcoal is used in many cases when poison has been ingested because it can prevent many types of toxins from entering the bloodstream.



Your notes:

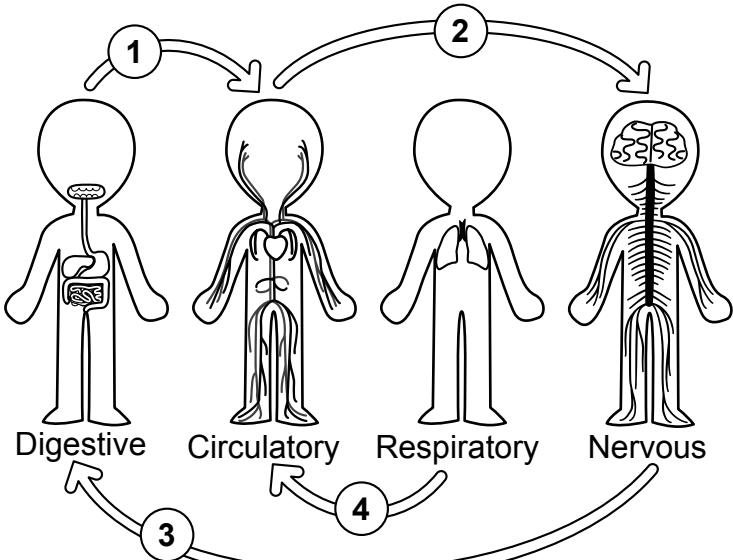


AWFUL ARSENIC - A POISONOUS ELEMENT



Interdependent Systems

The body's systems interact with and depend on each other. Describe how one system influences another in the list below:



1 The digestive system impacts the circulatory system by: _____

2 The circulatory system impacts the nervous system by: _____

3 The nervous system impacts the digestive system by: _____

4 The respiratory system impacts the circulatory system by: _____

Which system was poisoned?

Use clues from the toxin's description to decide which system is going to be most affected. Then write the name of that system in the box below the toxin.

BOTULINUM TOXIN

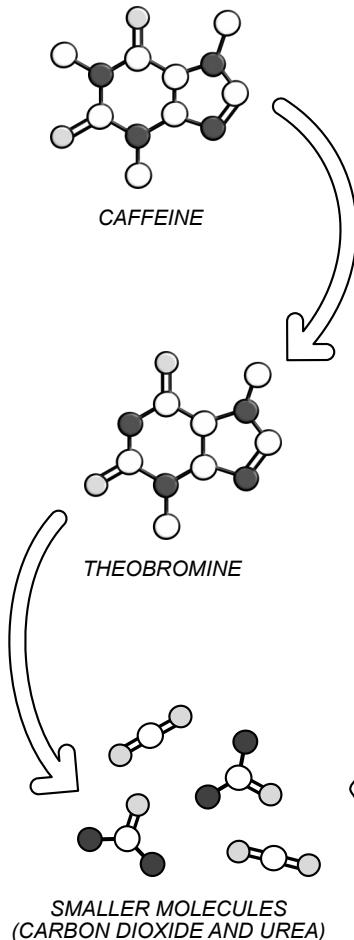
The most poisonous toxin known. It blocks the receptors on nerve cells. Symptoms of poisoning include difficulty breathing and muscle weakness. It is so effective at paralysis that it is used in medical and cosmetic applications (botox injections).

FOXGLOVE

This plant contains cardiac glycosides, compounds that disable sodium-potassium ion pumps on cell membranes. They especially impact heart cells but also impact the nervous and gastrointestinal systems, causing, nausea, vomiting, and diarrhea.

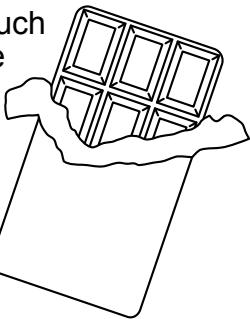
HEMOTOXINS FROM A RATTLESNAKE

Rattlesnake venom contains an enzyme that destroys a protein in red blood cells, causing them to break open. This results in bruising and internal bleeding. The venom also has other compounds that prevent clotting and reduce platelets.



WHY NO CHOCOLATE FOR DOGS?

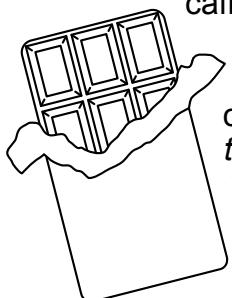
Caffeine and theobromine are found in many foods such as chocolate. They block certain **receptors** in the nervous system, producing a stimulating effect that makes people feel more alert and awake.



When people eat chocolate, **enzymes** in their body break down the caffeine and theobromine into smaller molecules. Within a few hours, all of the stimulants have been **metabolized** by being converted into different molecules.

Dogs, bears, and cats have slightly different enzymes in their cells and instead of digesting or metabolizing theobromine in two to three hours, it takes them almost twenty! This is why chocolate is poisonous to dogs, cats, and bears.

Could chocolate also be poisonous to humans if they ate too much of it? Of course! *Anything* can cause poisoning if the dose is too high. A caffeine or theobromine overdose can cause irregular heartbeat and seizures in any mammal.



But because a human body has **enzymes** that can break caffeine down quickly, a person would need to eat *more than 700 regular-sized (1.5 oz) chocolate bars* before they would experience theobromine toxicity.

A dog, bear, or cat, on the other hand, can become poisoned from a small amount. All because of the difference between their **enzymes** and how they work.

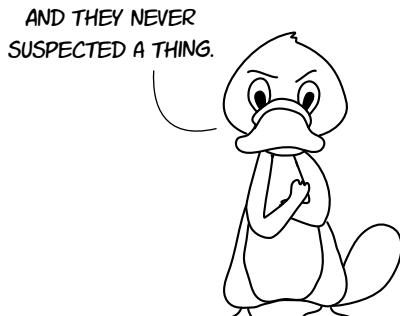
Your notes:

ARE THESE FACT OR FICTION? Write your verdict below each statement:

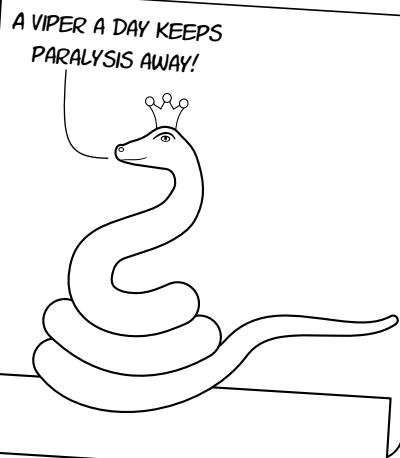
If you bite it and die, it was poisonous. If it bites you and you die, it was venomous.



Platypuses are the only venomous mammals.



Kingsnakes are immune to viper venom because they eat rattlesnakes.



Physiology ART PROJECT

MATERIALS:



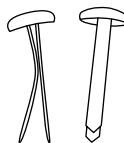
Several pieces of waxed paper, parchment paper, or tracing paper



Pencil

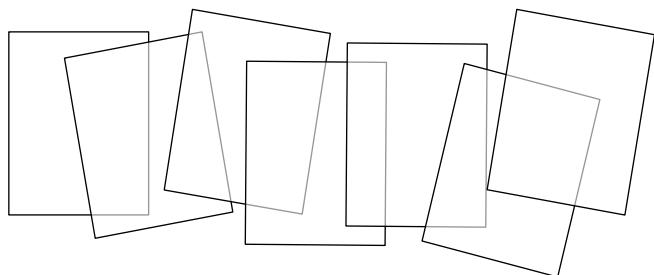


Markers

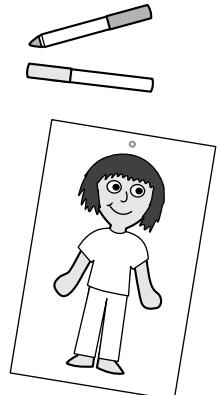
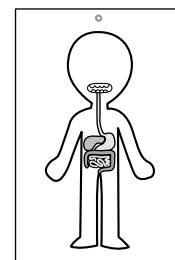
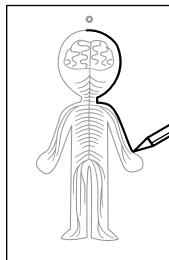


Paper Fastener
(also called brads)

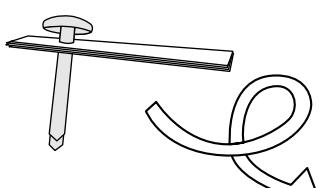
1. Cut seven pieces of transparent paper to be approximately the same size as a regular piece of paper.



2. One at a time, place a piece of the transparent paper over the 5 templates of the body systems we covered in class. (Templates can be found in the appendix.) Trace each body system with pencil and then outline it with markers and color in the parts.



3. After tracing all 5 body systems on different pieces of transparent paper, trace two additional outlines. One is for a bonus system (you could do the skeletal, muscular, urinary, reproductive, or integumentary system). The other is for coloring in to look like a person. Feel free to add hair and clothes that extend beyond the body outline.

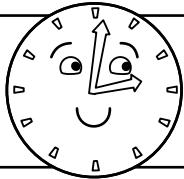


4. Stack the seven pieces of waxed paper together so that the dots above the outlines are all aligned. Carefully puncture the dots and fit the paper fastener through the hole, opening the wings so that the pieces are fixed together.



5. Line the body outlines up and then trim the paper in a smaller oval or rectangular shape (optional).

6. Hold your physiology art up to the window and experiment with rotating different pieces in and out to see how the view changes and how different organs overlap.



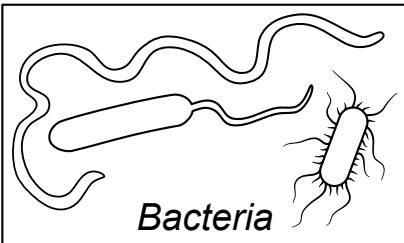
Quiz Time!

ANSWER THE QUESTIONS TO
SEE WHAT YOU LEARNED
ABOUT PHYSIOLOGY!

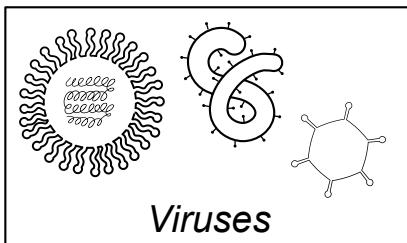
- 1 Which body system is responsible for cleaning the blood and removing waste?
- Integumentary system
 - Urinary system
 - Nervous system
 - Digestive system
- 2 The flow of blood between the heart and the lungs is called:
- Limbic circulation
 - Pulmonary circulation
 - Systemic circulation
 - Aortic circulation
- 3 The most numerous type of cell of the body is a
- Red blood cell
 - White blood cell
 - Bone marrow cell
 - Skin cell
- 4 Where is the Carotid artery located?
- Behind the knee
 - The belly button
 - The neck
 - The wrist
- 5 _____ are the component of blood that prevents bleeding.
- Plasma
 - Red blood cells
 - White blood cells
 - Platelets
- 6 How long does a typical red blood cell circulate?
- 7 days
 - 36 days
 - 120 days
 - 365 days
- 7 Where does most our digestion take place?
- Stomach
 - Small intestine
 - Large intestine
 - Liver
 - Pancreas
- 8 The center of the nervous system is in the:
- Brain
 - Spine
 - Heart
- 9 Which system of the body is the liver in?
- Circulatory system
 - Respiratory system
 - Digestive system
 - Urinary system
- 10 Select all of the functions below that are carried out by the integumentary system of the body.
- Sensing via touch
 - Cleaning the blood
 - Storing memories
 - Providing protection
 - Breaking down nutrients
- 11 The ribcage is part of which system of the body?
- Respiratory system
 - Digestive system
 - Skeletal system
 - Nervous system
- 12 What connects muscle to bone?
- Ligaments
 - Cartilage
 - Tendons
- 13 The largest organ of the body is the:
- Skin
 - Heart
 - Brain
 - Pancreas
- 14 Approximately how many times does a person breath each day?
- 230
 - 2,300
 - 23,000
 - 230,000
- 15 The smallest type of blood vessels are called:
- Arteries
 - Veins
 - Capillaries

Pathogen: A microorganism that can cause disease

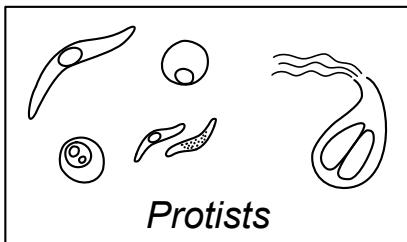
Match each family of pathogens with their description:



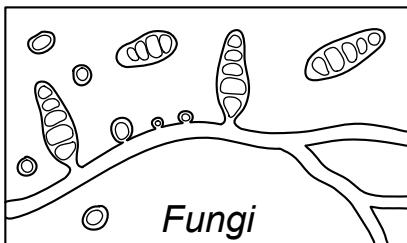
The genetic information of this pathogen is covered with a structure known as a capsule or envelope. It has no ribosomes or true cellular structure and cannot reproduce on its own.



Some of these single-celled prokaryotic cells produce toxins that are poisonous to their host. Famous examples include Tuberculosis, E-coli, and Salmonella.



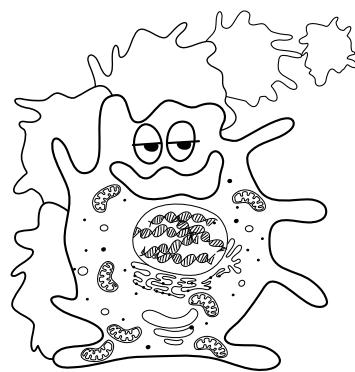
Most of these pathogens are not deadly but several species cause persistent and annoying infections such as ringworm, athletes' foot, toenail fungus, and yeast infections.



These pathogens can be difficult to treat because their cells are eukaryotic. The most deadly pathogen in this family is spread by mosquitos.

If you could prevent two species of pathogens from causing any further disease, which two would you choose and why?

What about diseases that are NOT caused by pathogens?

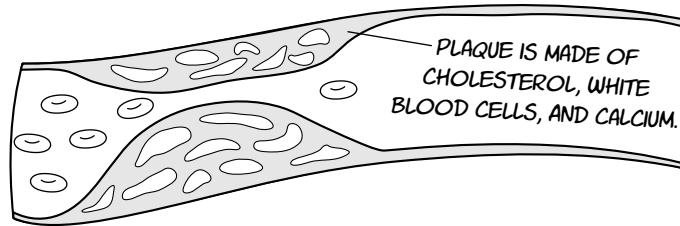


Cancer is caused by uncontrolled cell growth. When the body's own cells mutate and become malignant, they invade and grow in tissues where they shouldn't, causing pain and death. Some types of cancer are strongly genetic, others can be caused by things that damage DNA, such as radiation. But others are caused by *viruses*.



Genetic Diseases like sickle cell anemia or hemophilia are caused by pieces of DNA that cause a problem with an important protein. There are no pathogens involved in most genetic diseases. We'll learn more about them in Biology 2.

Heart Disease is the leading cause of death in developed countries. It is caused by a buildup of plaque in the arteries that stops the flow of blood through the heart. Diet, exercise, and genetics all play a role in heart disease, but infections do as well. Scientists are researching how certain bacteria and viruses contribute to the formation of heart disease.



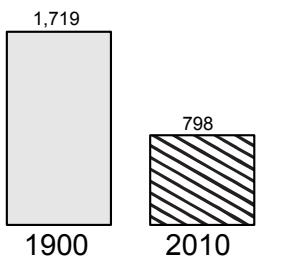
Prion Diseases like mad cow disease are caused by proteins that are folded differently. Their amino acid sequence is identical to the normal proteins found in the brain and nerves. But somehow, these infectious proteins cause the normal proteins to change shape and then cluster together, destroying nervous tissue.

WANNA CHANGE YOUR SHAPE TO MATCH OURS?

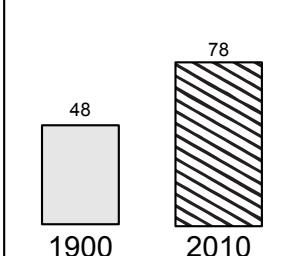
SURE!



Total Deaths per 100,000 in the United States

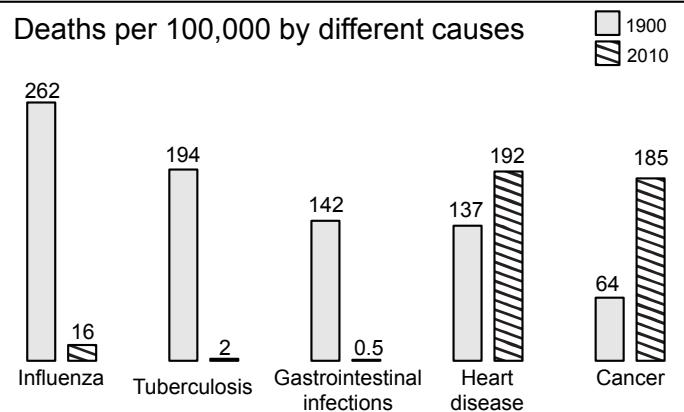


Average Life Expectancy



Between 1900 and 2010 the number of deaths and causes of deaths have changed dramatically. What do you think explains these changes?

Deaths per 100,000 by different causes



Data for the graphs was adapted from a 2012 article from the New England Journal of Medicine titled *The Burden of Disease and the Changing Task of Medicine* by Jones et al. The 2010 data for tuberculosis and gastrointestinal infections was estimated from reports on the Center for Disease Control and World Health Organization websites.

Most Wanted Microbe

ART PROJECT

MATERIALS:



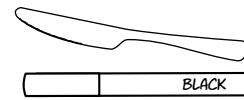
Several copies of the most wanted microbe templates (located in the appendix)



Pencil

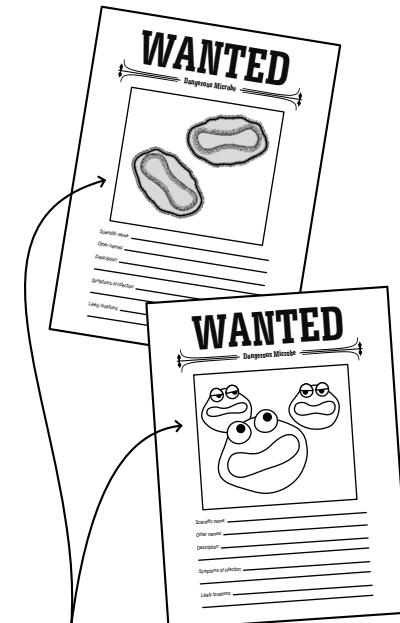


Markers, colored pencils, crayons, or paint.



Knife and ink for weathering the edges (optional)

1. (Optional) Weather the paper to make it look old by scraping a knife along the edges and then wiping them with a piece of tissue wet with ink.
2. Select four microbes to study for the creation of your most wanted microbe posters. You can select them from the suggested microbes list in the appendix, or find your own. Make sure you have at least 1 virus and at least 1 bacteria.
3. Find photos of the microbe and make notes of key features. Record the official name of the organism as well as names for the disease the microbe causes. Make notes on a piece of scratch paper or computer as you do research, and then fill out the poster.
4. Draw a “wanted portrait” for your microbe. It can be realistic or cartooned, but whichever approach you choose, be sure to highlight key features of the microorganism.
5. Share your artwork with a friend and tell them something you learned!



NOTE HOW BOTH THE REALISTIC AND CARTOON VERSIONS OF SMALLPOX HAVE OVAL-SHAPED VIRUSES WITH RELATIVELY SMOOTH SURFACES AND DUMBBELL-SHAPED VIRAL CORES.

What's in a name?

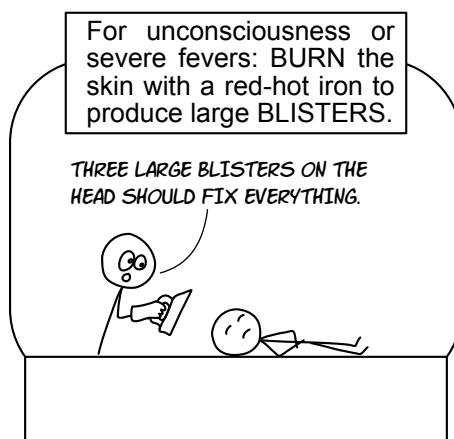
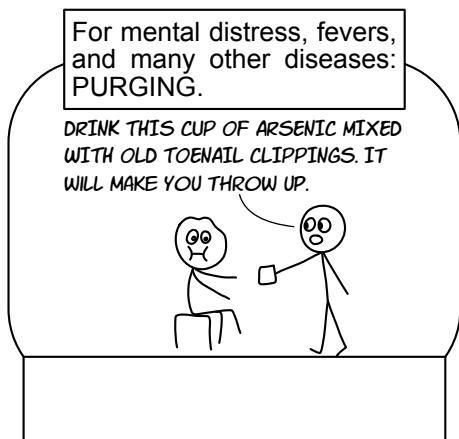
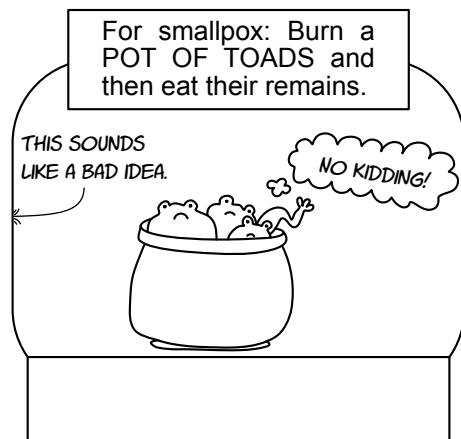
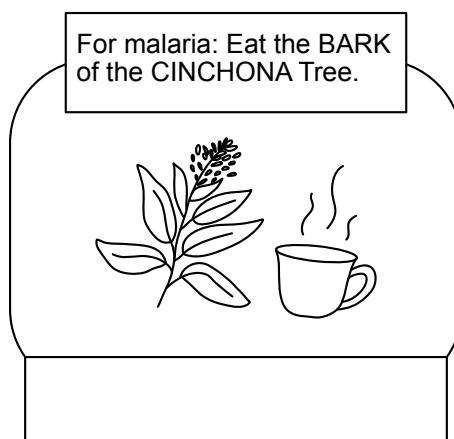
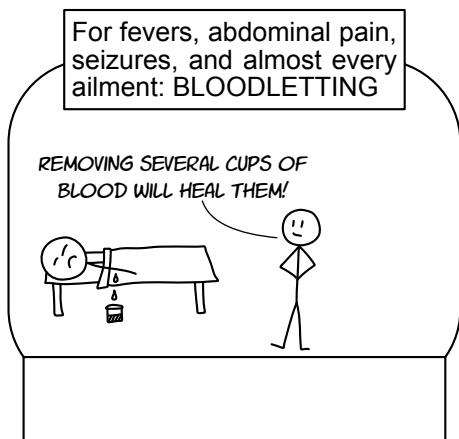
The name of the microorganism is often different than the name of the disease it causes. For example, **chicken pox** is caused by the **varicella-zoster virus** (VZV) which has an official name of “Human alphaherpesvirus 3.”

When a person is first infected with this virus, they will become ill with chickenpox. A case of chickenpox usually involves a headache, fever, fatigue, and an itchy rash of small fluid-filled blisters.

After that initial infection, the virus lies dormant in the nerve cells. Decades later, when the chickenpox survivor is old, or their immune system is stressed, the virus can reactivate to cause **shingles**, a painful patch of blisters over the skin of one dermatome (an area of skin supplied by similar nerves). Shingles and chickenpox are two different diseases caused by the same virus.

Medicine in the 1700s

Three hundred years ago, people didn't believe that diseases were caused by germs. They thought illnesses came from an **imbalance of fluids** in the body or from breathing smelly air (called **miasma**). If a person got really sick during the early 1700s and called a doctor, these are some of the treatments that could have been prescribed. Write "helped" under treatments that could help someone recover and "hurt" under treatments that would have made the person's condition worse:

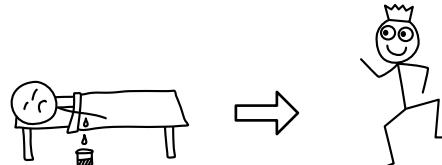
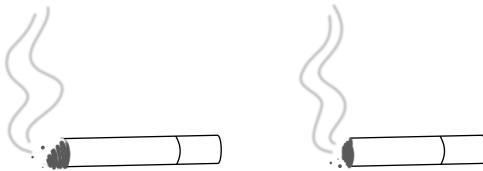


The bloodletting, purging, and blistering were traditions that dated back to ancient Greece. They did not help people recover from illness, yet thousands of physicians and healers prescribed these treatments for hundreds of years! Why do you think this happened? How could so many people have caused the body pain and stress when they were trying to help it heal?

Your Thoughts: _____

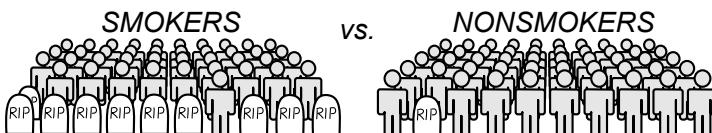
Anecdote vs. Research

Anecdotes are stories. They are often memorable and repeatable, but when people base conclusions on an anecdote (one person's experience) rather than **qualitative research** (many people's experiences with precise parameters and analysis), their conclusions are often wrong. Compare these two examples of anecdotes and studies which came to opposite conclusions. Which conclusion would you trust and why?



Anecdote 1: Great Aunt Jeanne smoked two cigarettes every day and lived to be 122 years old.
Conclusion: Smoking cigarettes makes people live longer.

Anecdote 2: King Louis was sick with a terrible case of pneumonia. The doctor drained 3 pints of his blood and the next day he began to recover.
Conclusion: Bloodletting cures pneumonia.



Study 1: 200,000 people were tracked for 5 years. Half smoked daily, and half did not smoke. 103 of the smokers got lung cancer during the study but only 9 nonsmokers became ill with lung cancer.
Conclusion: Smoking cigarettes increases the risk of getting lung cancer.



Study 2: 36 patients sick with pneumonia were treated with bloodletting, while 33 similar patients receive no bloodletting. Less than half of the bled group survived while 3/4 of the others recovered.
Conclusion: Bloodletting decreases the likelihood of recovering from pneumonia.

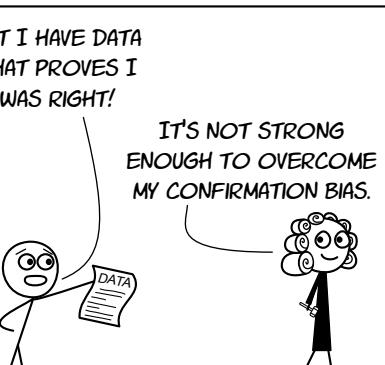
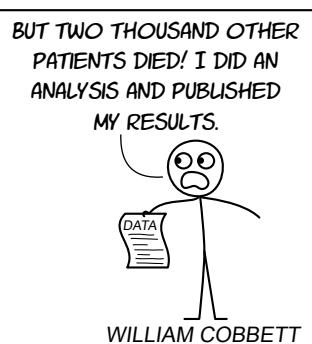
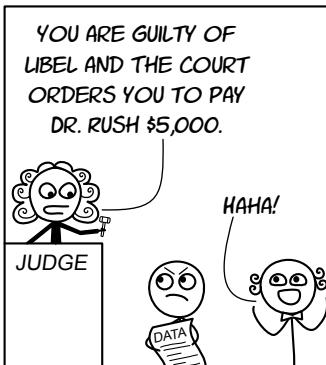
Your Thoughts: _____

Most people today agree that smoking causes health risks and that losing a large amount of blood is harmful. But what if you had always been told the opposite? Would you still choose to trust the study over the anecdote?

In 1799, the famous doctor Benjamin Rush filed a lawsuit against William Cobbett because Cobbett had published articles saying that bloodletting caused increased death. The court ordered Cobbett to pay Rush \$5,000 (which would be equivalent to almost \$150,000 today) because Cobbett's articles about bloodletting were hurting the doctor's reputation.

Why didn't Benjamin Rush or the judge and jury in the trial recognize that bloodletting was causing harm? Two words: *confirmation bias*.

Confirmation Bias is the tendency to interpret new evidence as confirmation of one's existing beliefs or theories.



Scurvy and a clinical trial

WE LOST THREE SOLDIERS IN BATTLE, BUT NINE HUNDRED DIED FROM SCURVY.

I HEAR THAT'S NORMAL FOR A SEA VOYAGE.



WHO GOT IT:

SYMPTOMS:

MORTALITY:

16TH & 17TH CENTURY IDEAS ABOUT THE CAUSE OF SCURVY:

Scurvy is the result of damp air and cooking in copper pans.

Scurvy comes from laziness and a lack of industry.

Any who eats food spoiled by rats will become ill with the dreaded scurvy.

Scurvy is owing to a total lack of fresh vegetable food and greens.

The disease comes from acute depression and homesickness.

Scurvy is the result of too much exercise.

Scurvy is the result of too little exercise.

Breathing too much sea air will bring scurvy.

Scurvy comes from eating too much salted meat.

Anywhere with filth and poor morals, scurvy will follow.

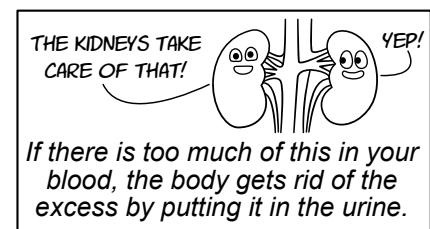
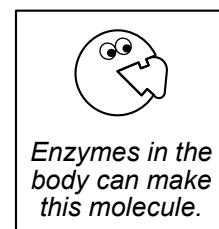
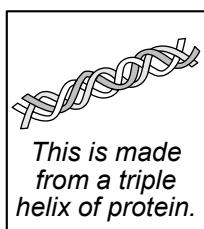
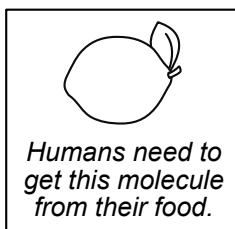
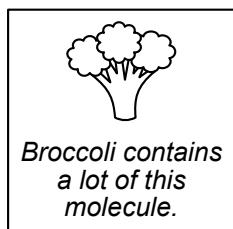
The illness results from excessively cold and damp weather.

Cures for Scurvy:

Seawater Vitriol
Vinegar Lemons

In the 16th and 17th centuries, shipowners and governments expected half of their sailors to die from scurvy on any long voyage. The disease was incredibly painful, common, and problematic. People generally agreed that it had *something* to do with diet, but there was no agreement on a cure. If you were a doctor on a ship with 12 sailors sick with scurvy and your medical book listed four treatments, how would you find out which one worked? Write or draw your plan to help the sailors in the box below:

Which of these facts describe vitamin C and which describe collagen? Match each with the correct molecule.



VITAMIN C

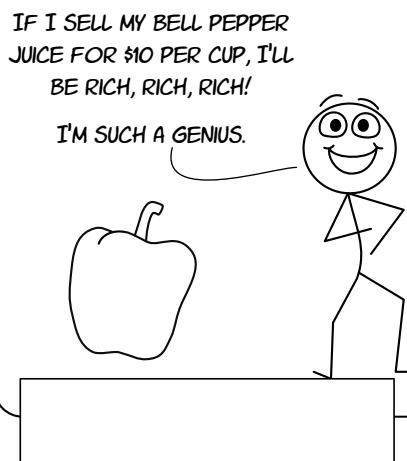
COLLAGEN

ARE THESE FACT OR FICTION? Write your verdict below each statement:

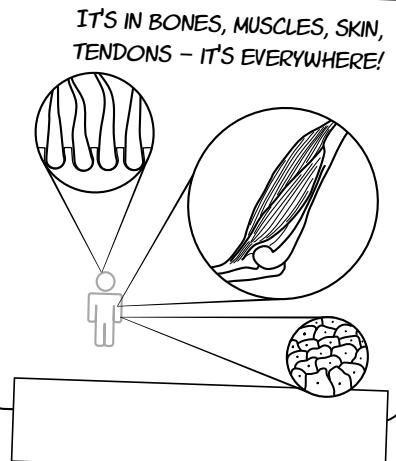
Dogs and cats don't need vitamin C in their diet.



Bell Peppers have more vitamin C than oranges.



Collagen is the most abundant protein in the human body.



FILL IN THE BLANKS USING THESE WORDS:

cabbage trial lemons clinical scurvy oranges

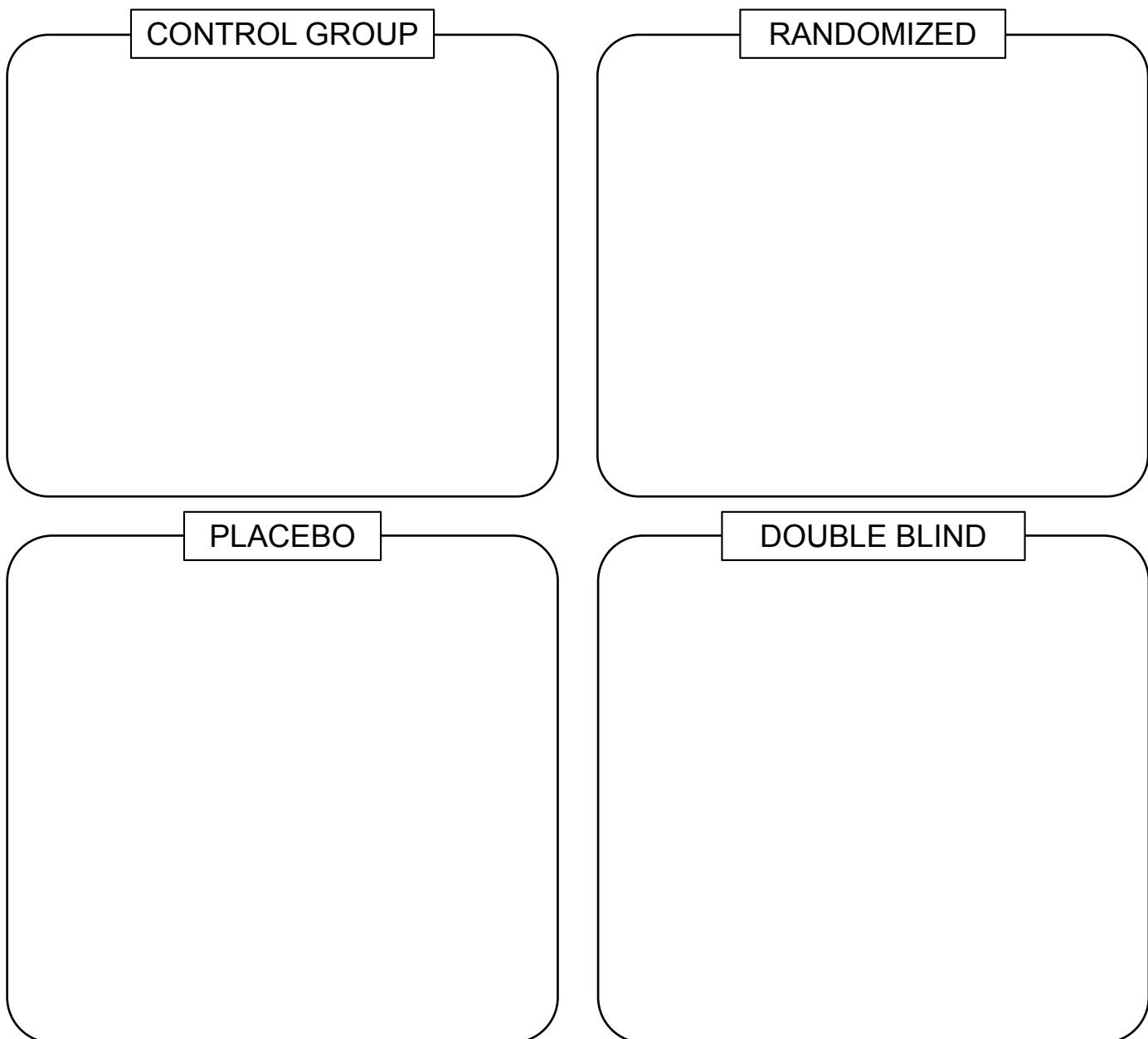
The knowledge that scurvy could be cured by eating foods such as citrus, _____, and leafy greens was discovered and forgotten multiple times. James Lind performed what is considered to be the first _____ when he treated a group of twelve soldiers for _____ and observed that those who ate _____ and _____ recovered the fastest. Although Lind formed half-hearted conclusions and didn't realize the importance of his discovery, his approach of conducting a careful study to test if a treatment was effective was an essential step forward for scientific progress.

THE SCIENTIFIC METHOD IN MEDICINE

How do you know if a medicine works to heal a disease? If someone sick with yellow fever eats pineapple and recovers three days later, did the pineapple cure them or would they have gotten better than anyway? With a sample size of one, there's often no way to know. We can learn much more by designing an experiment using the scientific method. Ideally, there should be:

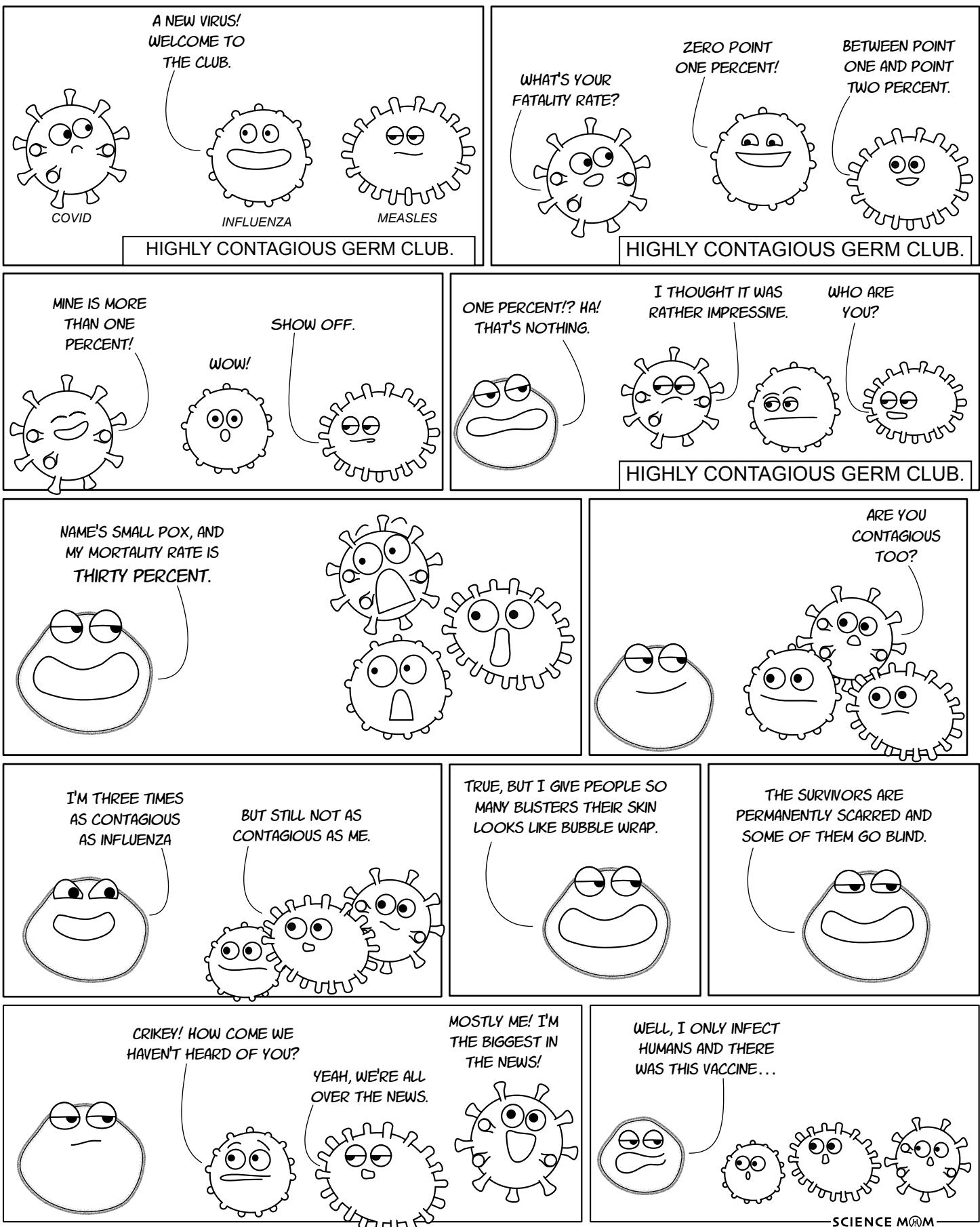
- **A control group** that does not receive the treatment.
- **Similar conditions** between each of the groups being studied.
- **Randomized** group assignments to minimize bias or complicating factors.
- **A placebo**, a treatment that has no effect.
- **Double blind** conditions where the people administering the study do not know which of the participants are receiving the placebo and which are receiving the treatment being studied.

Why are these qualities an important part of discovering whether a treatment is effective?
Write your answer for each in its corresponding box:



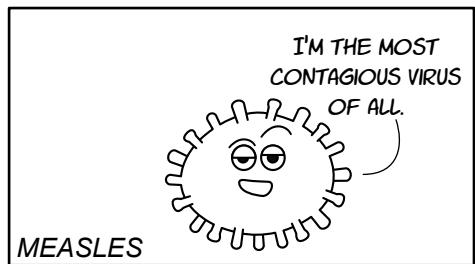
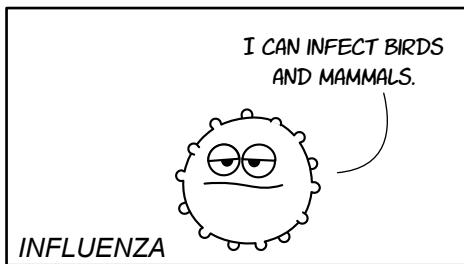
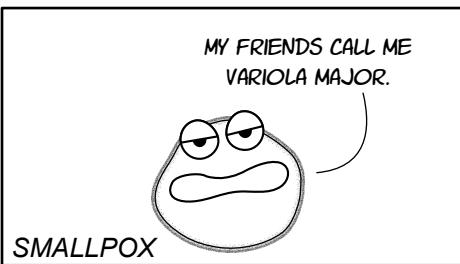
The highest possible standard of medical testing is a randomized, placebo controlled, double-blind clinical trial.

SMALL POX & THE GERM CLUB



The Pox: A Fearsome Disease

WRITE DOWN THE MAIN CHARACTERISTICS OF EACH DISEASE:



HOW IT SPREADS: _____

R_0 *: _____

MORTALITY: _____

SYMPTOMS: _____

HOW IT SPREADS: _____

R_0 : _____

MORTALITY: _____

SYMPTOMS: _____

HOW IT SPREADS: _____

R_0 : _____

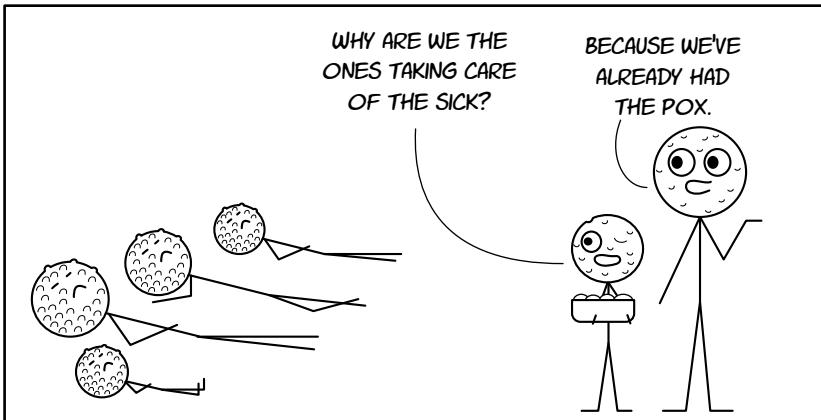
MORTALITY: _____

SYMPTOMS: _____

*For more about R_0 , see page 89.

For thousands of years smallpox terrorized communities all around the world, killing 20 to 60% of the population each time it struck. Although the disease was brutal, there was one bright side: IF SOMEONE SURVIVED SMALLPOX, THEY NEVER GOT SICK FROM IT AGAIN.

This remarkable fact led to the invention of *variolation*, which was independently discovered and practiced for centuries in China, India, and Africa before being adopted in Europe and the Americas.



CHINA

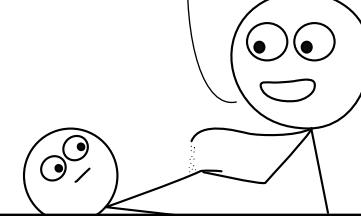
READY FOR YOUR INOCULATION?
I HAVE THREE OLD SMALLPOX SCABS, NICELY PULVERIZED.

OK, DO I EAT THEM?

NO! I'M GOING TO PUT THEM IN A SILVER PIPE AND BLOW THEM UP YOUR NOSE.

INDIA

FIRST, A SMALL SCRATCH ON YOUR ARM. THEN I RUB THE POWDER OF DRY SMALLPOX SCABS INTO THE SCRATCH.



SCOTLAND

TAKE SMALLPOX PUS AND THEN DRY IT OVER PEAT SMOKE AND MIX IT WITH CAMPHOR AND BURY IT IN THE GROUND FOR 7 YEARS! THEN, WITH A HOMEMADE KNIFE PLACE A SMALL AMOUNT OF THE MATTER INTO A CUT IN THE SKIN.



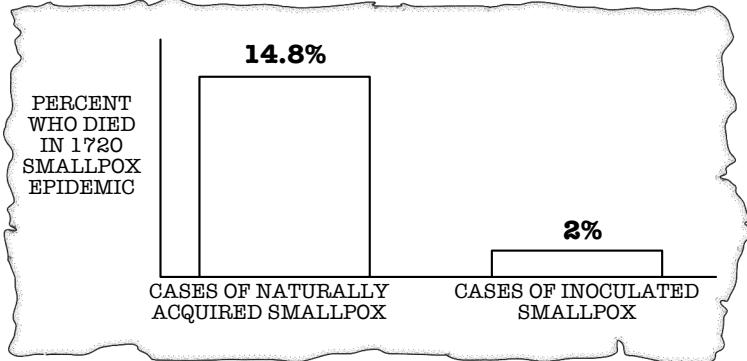
VARIATIONS IN VARIOLATION The approach varied from country to country, but the basic idea remained the same: inoculating a person with a small dose of the disease prevented a more serious illness. These early variolations could be deadly, but they weren't nearly as deadly as catching smallpox "naturally."

The 1721 Outbreak

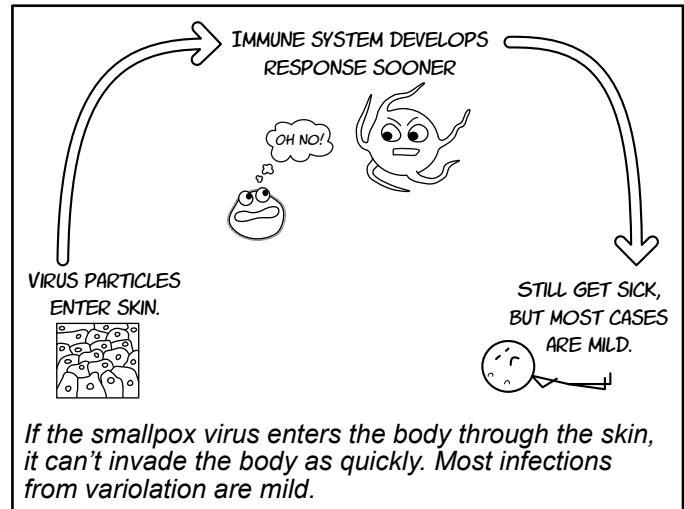
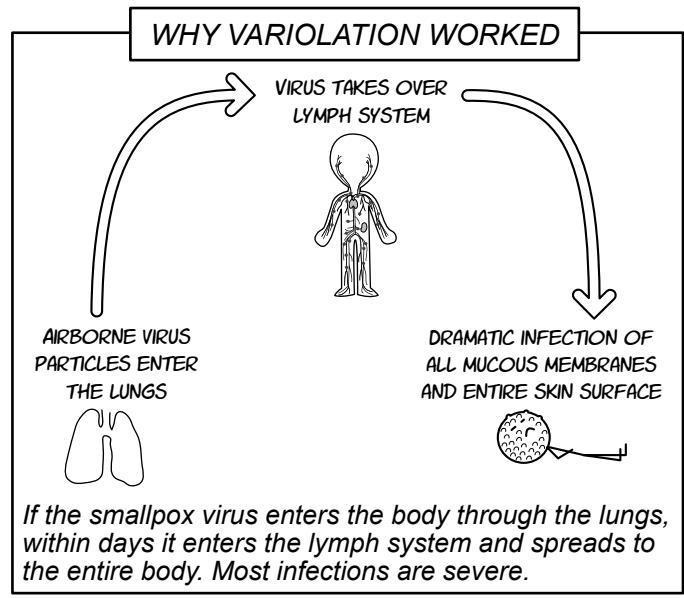
In the summer of 1721, a ship arrived at Boston with a sailor who had symptoms of smallpox. Despite the best efforts to quarantine, the disease began to spread. There had been a previous smallpox epidemic in 1703, but everyone under the age of 18 hadn't been around in 1703. They lacked immunity. A doctor named Cotton Mather who had heard about variolation started inoculating volunteers with dried pus from smallpox scabs.

The variolation effort was extremely controversial. Some who were opposed said it would spread smallpox faster and cause the outbreak to become worse. Others thought it was morally wrong.

In November, someone opposed to the variolation effort threw a bomb into the home of Dr. Mather. Fortunately, it didn't go off. Mather later published data about the effect of variolation:



Mather's publication had a dramatic impact on the rate of variolation in both America and Europe. The increased inoculations resulted in fewer outbreaks of smallpox.



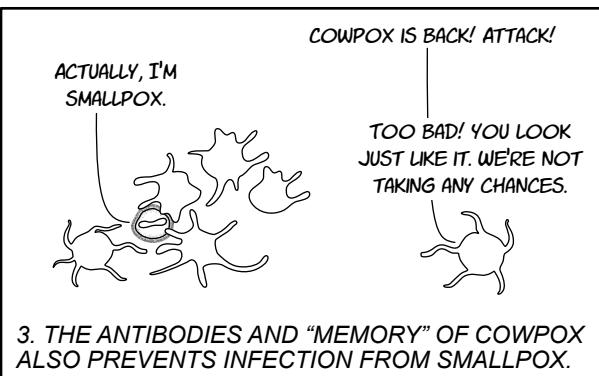
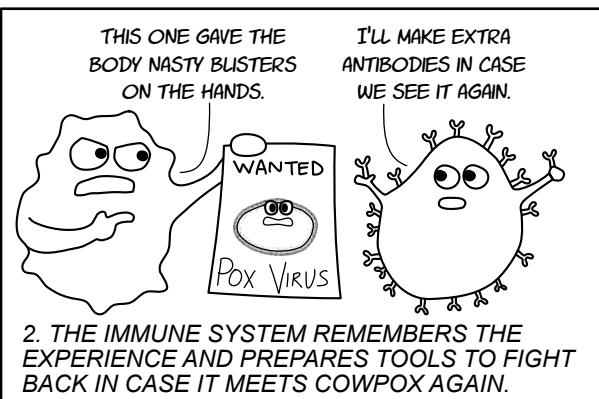
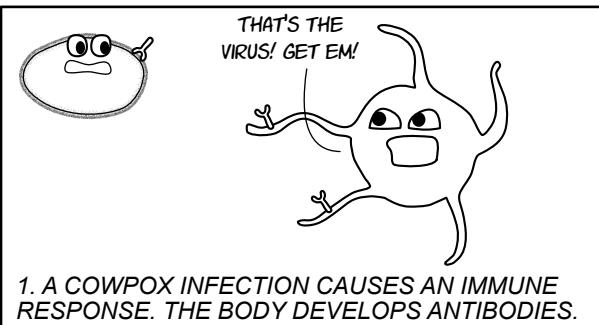
ARE THESE FACT OR FICTION? Write your verdict below each statement:

The word “vaccine” comes from the Latin word for cow.

After exposure to smallpox, there is no known treatment.

Six vials of smallpox virus were discovered in an FDA storage room in 2014.

A pox on the pox



People who worked with cows and became sick with cowpox also never got sick with smallpox. In 1796, a doctor in England named Edward Jenner investigated this phenomenon with several unethical experiments. He took pus from the sore of a milk maid who had cowpox and inoculated a young boy with cowpox. Over the next few years he exposed the boy to smallpox multiple times. The boy never got sick.

Jenner called the cowpox inoculation a “vaccination” and it soon replaced variolations from smallpox scabs because it had a lower risk of death.

In the 1900s, scientists developed a safer version that used the vaccinia virus and started a global smallpox vaccination program. The disease did not go quietly. From 1900-1978, smallpox killed 300 MILLION people. Since 1978, there have been zero deaths.

The only smallpox viruses in the world today exist in laboratories in Atlanta, USA, and Novosibirsk, Russia.

How big is 300 million? Write down a country (or select a combination of countries) that has 300,000,000 people:

Your notes: _____

POXVIRUSES: viruses so similar that exposure to one gives you immunity to the entire family (for a while)

I MOST OFTEN INFECT RODENTS, BUT JUST ABOUT ANY MAMMAL WILL DO.



I MOSTLY INFECT RODENTS AND MONKEYS.



I WAS ORIGINALLY CALLED A COWPOX VIRUS BUT THEN PEOPLE REALIZED MY DEATH RATE WAS LOWER THAN THE REST OF MY FAMILY MEMBERS AND GAVE ME A NEW NAME.



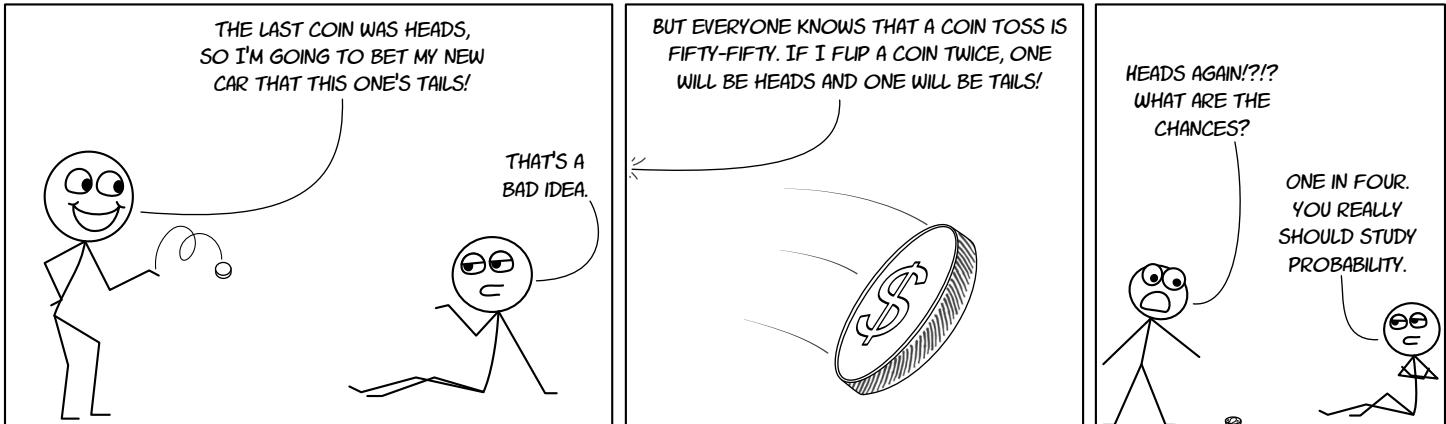
I'M THE DEADLIEST AND THE PICKIEST. I ONLY INFECT HUMANS.



Understanding Risks

To understand diseases and their treatments, it's important to be able to understand and compare risks. If a coin is tossed in the air, there is a 50% chance of it landing with the face showing (heads) and a 50% chance of it landing with the other side showing (tails).

Although the chances of each outcome are 50/50, if you flip a coin ten times you will not necessarily get 5 heads and 5 tails! You could get 4 heads and 6 tails, or 8 heads and 2 tails, or even ten heads or ten tails. But if you spend a few hours flipping coins and tabulating the results, *on average*, half of the flips will result in heads and half of the flips will result in tails.



The average mortality rate from a smallpox epidemic was 30%. But it varied dramatically depending on the age of the population, how many in the population has previously had smallpox, whether there had been variolation or vaccinations, and how effective the quarantines were. Then, for the individuals infected, the initial viral load, strength of their immune system, whether they had someone take care of them while they were sick, and dozens of other factors all came together to influence the outcome.

Keeping all of this in mind, it is still a useful exercise to use dice to compare the average outcomes for the various approaches to smallpox. Find two dice and then roll them to predict the outcomes for a group of ten people. Read the example below and then roll your own dice and fill in the scenarios on the following page.

1 Smallpox outbreak	
	If you rolled the following numbers:
# rolled:	Smallpox outbreak outcome:
2,12	Healthy. Not exposed during outbreak
3,4,11	Survived but now blind
6,8,10	Died
5,7	Survived with moderate scarring
9	Survived with severe scarring

Then the outcome for group 1 would be:

m	b	RIP	s	RIP	s	b	RIP

4 dead, 2 blind, 2 severely scarred, 1 moderately scarred, and 1 healthy.

On page 91 where the instructions say "Two 2s in a row," that means the first 2 is treated as an even number. Only a second 2 produces the "two 2s in a row" effect. A sequence of five 2s would produce the following:

	MILD SYMPTOMS		ALLERGIC REACTION		MILD SYMPTOMS		DIED		MILD SYMPTOMS
2		2		2		2		2	

Smallpox Scenarios

Roll a pair of dice ten times for each group to show probable outcomes for each scenario.
Did you see more or less variation between the groups than you expected?

1

Smallpox outbreak

SMALLPOX CAUSED BY VARIOLA
MAJOR HAD A MORTALITY RATE
BETWEEN 20-60%, BUT WAS AS
HIGH AS 90% FOR INFANTS.

rolled: Smallpox outbreak outcome:

2,12	Healthy. Not exposed during outbreak
3,4,11	Survived but now blind
6,8,10	Died
5,7	Survived with moderate scarring
9	Survived with severe scarring

Group 1

Group 2

Group 3

Group 4

2

Cowpox inoculation

ALTHOUGH THIS WAS MUCH SAFER, SOME
RIDICULED THE IDEA AND SAID PEOPLE
WOULD TURN INTO COWS IF THEY
EXPOSED THEMSELVES TO COWPOX.

rolled: Cowpox inoculation outcome:

Roll 9, then roll a 10	Died
Even number	Mild symptoms of cowpox, now immune from smallpox
Odd number	Moderate to severely sick with cowpox but recovered, now immune from smallpox

Group 1

Group 2

Group 3

Group 4

3

Vaccinia Vaccine

THE VACCINIA VIRUS IS SIMILAR TO COWPOX BUT HAS
A LOWER DEATH RATE. BECAUSE IT IS A LIVE VIRUS
(NOT PIECES OF A VIRUS) PEOPLE WERE
CONTAGIOUS FOR A WHILE AFTER GETTING IT.

rolled: Vaccinia vaccine outcome:

Four 2s in a row	Died
Two 2s in a row	Allergic reaction or other adverse reaction
Even number	Mild symptoms (sore arm some fatigue), now immune from smallpox
Odd number	Moderate symptoms (very sore arm, fever, fatigue), now immune from smallpox

Group 1

Group 2

Group 3

Group 4

The Problem of Polio

Humans have practiced different traditions of inoculating against smallpox for thousands of years. Given how deadly smallpox is, few would argue that it would be best for that disease to take its “natural course” and kill between 20-80% of the population with each outbreak.

Most infectious diseases have much lower mortality rates than smallpox. Let’s consider polio, a disease caused by a poliovirus that only infects human beings. Use two dice to roll outcomes for four groups of ten people:



Polio Outbreak

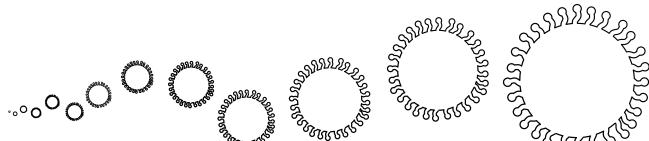
95-99% of infected people have *NO symptoms*. They feel completely healthy and do not know that they are spreading the virus to other people.

4-5% have minor symptoms of fever, headache, nausea, vomiting, and muscle weakness.

1-2% develop severe muscle pain and stiffness in the neck and back, but make a full recovery.

Less than 1% are paralyzed.

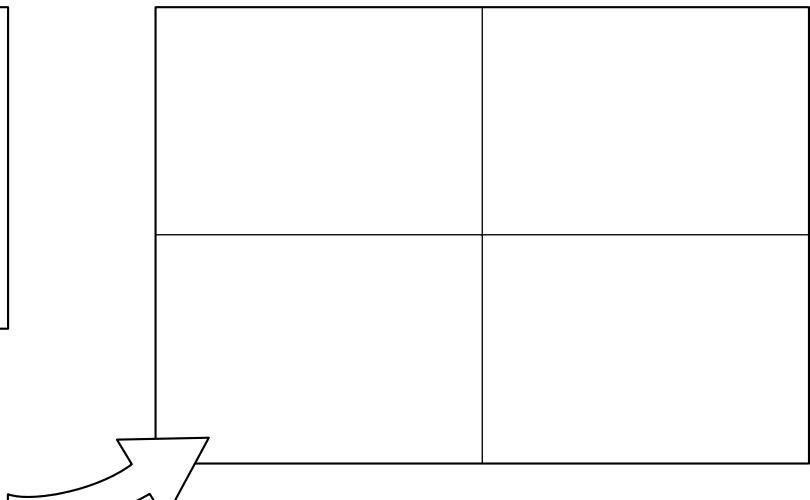
# rolled:	Polio outbreak outcome:
Roll a 7 three times in a row	Mild symptoms
3 doubles in a row	Paralyzed with permanent nerve damage.
5 doubles in a row	Severely paralyzed. Need to be inside an iron lung in order to breathe.
All other rolls	No symptoms



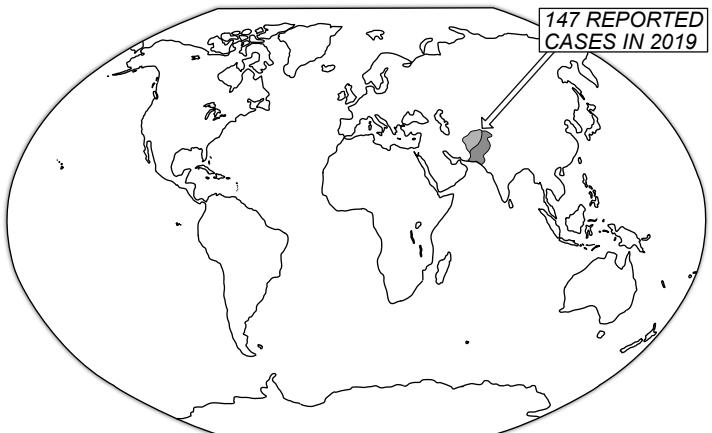
Less than 1 percent is a small number, but polio is highly contagious. Infected individuals who have symptoms will actively spread the virus for 7-10 days *before they have symptoms* and then for up to 6 weeks afterward.

A disease as contagious as polio can easily infect the majority of a population. On average, 1 out of every 200 people exposed to polio will have permanent paralysis (usually in the legs, but sometimes in most of the body) and roughly 1 in 2,000 will die. Using those probabilities, answer question one:

- ① If a polio outbreak occurred in a country of 400 million people who had no immunity to the disease, and every person was exposed to the virus, how many people would be expected to become paralyzed for life? How many would be expected to die from the outbreak?



In the 1952 outbreak in the United States, 57,628 cases of polio were reported. Of those that became ill, 3,145 died and 21,269 were paralyzed.



In 2019, Afghanistan and Pakistan are the only two countries where cases of polio occurred.

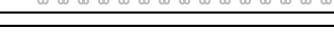
- ② If 400 million people with no exposure to polio were vaccinated against the disease and there was a 1 in a 1,000,000 risk of complications from the vaccine, how many would be expected to experience complications? If 50% of those with a severe complication died, how many would be expected to die as a result of the vaccination program?

Elementary Epidemiology

Epidemiology is the study of what affects the health of a population, especially how diseases behave. To understand public health it's important to be familiar with the following terms and ideas:

R₀

Basic Reproduction Number

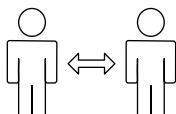
EXPECTED NUMBER OF PEOPLE A DISEASE WILL INFECT		
Measles		12 - 18
Rubella		6-7
Polio		5-7
Smallpox		5-7
Mumps		4-7
SARS		4-7
1918 Influenza		2-3
COVID-19		2 - 2.5
Ebola		1.5 - 2.4
MERS		0.3 - 0.8

THE BASIC REPRODUCTION NUMBER IS ALSO CALLED "R ZERO" OR "R NAUGHT." IT IS THE EXPECTED NUMBER OF PEOPLE THAT ONE PERSON WOULD INFECT IF THE POPULATION HAD NO IMMUNITY TO THE DISEASE. IF R₀ IS GREATER THAN 1, THEN THE DISEASE WILL SPREAD IN THE POPULATION. IF THE R₀ IS LESS THAN 1, THE DISEASE WILL NOT SPREAD. THE HIGHER THE R₀, THE MORE CONTAGIOUS THE DISEASE.

Use these numbers to fill in the last three diseases in the graphic.

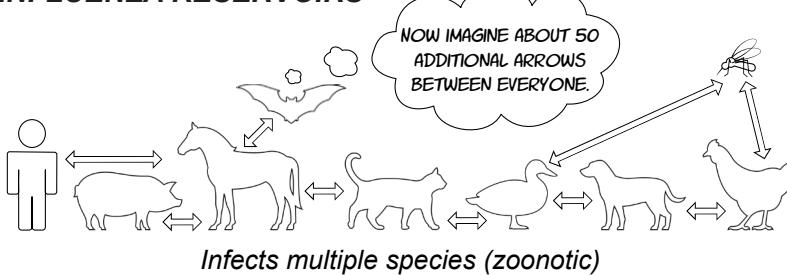
Natural Reservoir or Disease Reservoir

MEASLES RESERVOIR



Only infects humans

INFLUENZA RESERVOIRS



A RESERVOIR IS THE SPECIFIC PLACE WHERE A PATHOGEN NATURALLY LIVES AND REPRODUCES. SOME DISEASES HAVE MULTIPLE SPECIES OF ANIMALS THAT SERVE AS HOSTS OR RESERVOIRS. OTHER PATHOGENS, LIKE CHOLERA AND GIARDIA, CAN BE FREE-LIVING IN WATER SOURCES LIKE RIVERS.

IN GENERAL, PATHOGENS WITH MULTIPLE RESERVOIRS ARE MORE DIFFICULT TO CONTROL OR ERADICATE.

USE THE ABOVE INFORMATION ABOUT R₀ AND RESERVOIRS TO COMPLETE THE FOLLOWING SENTENCES:

The disease of _____ is more than twice as contagious as polio.

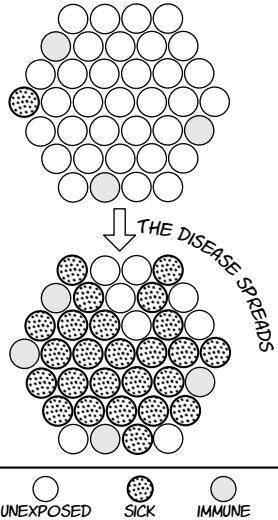
A carrier or vector can transmit a disease from one _____ to another.

WHY ARE DISEASES WITH MORE RESERVOIRS HARDER TO CONTAIN?

Incubation Period



A POPULATION WITHOUT HERD IMMUNITY

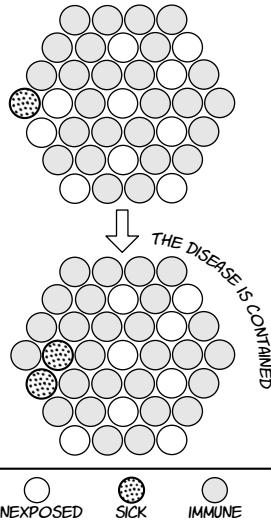


Herd Immunity

A PATHOGEN NEEDS TO LIVE INSIDE ITS HOST OR NATURAL RESERVOIR. WHEN A HEALTHY IMMUNE SYSTEM DEVELOPS AN EFFECTIVE IMMUNE RESPONSE, IT GETS RID OF THE PATHOGEN. THE VIRUS OR BACTERIA CAN ONLY CONTINUE TO CAUSE DISEASE IF IT TRANSFERS TO A NEW RESERVOIR OR HOST.

WHEN A HIGH ENOUGH PERCENTAGE OF THE POPULATION HAS IMMUNITY TO A DISEASE, THEN THE PATHOGEN CANNOT EFFECTIVELY TRANSFER THROUGH THE POPULATION. THIS IS CALLED HERD IMMUNITY. THE HIGHER THE PROPORTION OF IMMUNE INDIVIDUALS, THE SMALLER THE CHANCE OF THE DISEASE FINDING NEW HOSTS TO INFECT.

A POPULATION WITH HERD IMMUNITY



Immunocompromised

Some people are at greater risk from pathogens because their immune system cannot effectively respond to infections. This is known as being immunocompromised. It can be caused by disease, malnutrition, genetic disorders, or certain medicines like those that treat cancer or support an organ transplant.

HIGHER RISK OF GETTING SICK.

HIGHER RISK OF PERSISTENT INFECTIONS, DURING WHICH TIME THE PATHOGENS CAN SPREAD TO INFECT OTHER PEOPLE.

HIGHER RISK OF SERIOUS COMPLICATIONS FROM GETTING AN INFECTION.

THE VARICELLA VIRUS, WHICH CAUSES CHICKENPOX, HAS THE ABILITY TO HIDE. A PERSON WHO HAD CHICKENPOX AS A CHILD STILL HAS THE VIRUS INSIDE THEM, EVEN THOUGH IT ISN'T CAUSING ANY SYMPTOMS. IF THEIR IMMUNE SYSTEM IS COMPROMISED, THE VIRUS WILL RE-Emerge AND CAUSE SHINGLES. IT CAN THEN SPREAD AND CAUSE CHICKENPOX IN OTHER PEOPLE.

IN A LARGE POPULATION OF PEOPLE, OTHER VIRUSES ARE ABLE TO "HIDE" BY INFECTING PEOPLE WHO ARE IMMUNOCOMPROMISED. WHEN THE IMMUNE SYSTEM IS WEAKENED BY ILLNESS OR OTHER FACTORS, IT IS UNABLE TO ERADICATE DISEASES.

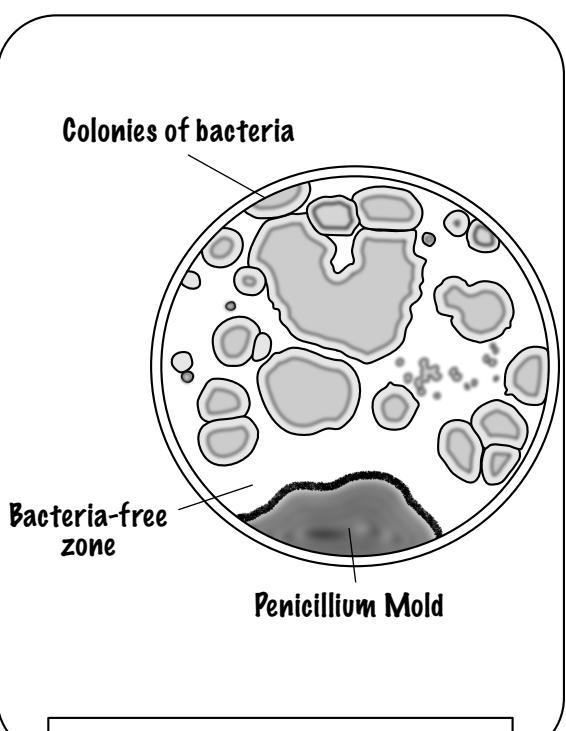
THOUGHT EXPERIMENT ONE: Working together, the entire human race decides that they will end the influenza virus through voluntary self-isolation. Every human being in the entire world will self-isolate for 3 weeks. They will each stay inside a room with plenty of food and water (and a bathroom) and will have no direct contact with any other person. Obviously, the logistics of such a plan could never work, but – *assuming that it did work* – what would happen? Could this approach eradicate influenza? Could it eradicate the measles? Why or why not?

THOUGHT EXPERIMENT TWO: Smallpox is back. Every person on the planet has been exposed and the now much smaller human population forms two countries named A and B. Leader A declares that because every person in their country is a smallpox survivor, they have herd immunity and have overcome the disease. Normal life will resume and they will have no further outbreaks. Leader B declares that every effort will be put toward a country-wide vaccination program using the cowpox or varicella virus because this is the only way to eradicate the disease. The two countries will have no physical contact with each other for the next 200 years. Which is expected to happen if each country follows their leader's advice?

The Discovery of Penicillin

FILL IN THE BLANKS USING THESE WORDS:

secretory mechanism	mold treatment	penicillin petri
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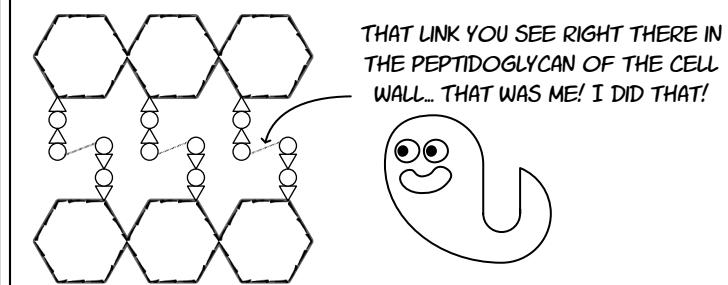
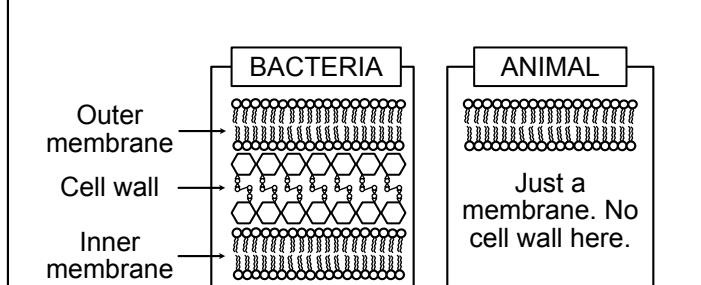
Drawing of petri dish with penicillium mold growing and ring of bacteria-free space around it.

In 1928, Dr. Alexander Fleming returned from a two-week vacation and saw a _____ dish that had accidentally been left out of an incubator. Some _____ had contaminated the dish of Staphylococcus bacteria, and the mold was surrounded by a zone of bacteria-free gel. Fleming's investigation showed that the mold was _____ a substance that inhibited the growth of staph bacteria. This substance was _____. Later scientists were able to discover the _____ by which penicillin functioned and find different types of mold that could produce enough penicillin to create a viable _____ for bacterial infections.

ATTACK THE CELL WALL - HOW PENICILLIN WORKS

Bacteria have a cell wall. Animal cells do not. Below, we can see the outer cover of the cells.

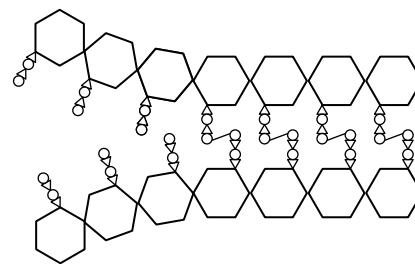
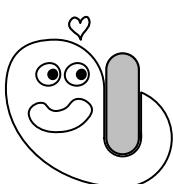
One of the most important steps in making the cell wall is done by an enzyme called transpeptidase.



Penicillin is a small molecule that blocks the enzyme transpeptidase.

Without transpeptidase, the bacterium can't grow or reproduce.

The cell dies.



THE INFECTION IS FINALLY GONE. HURRAY!

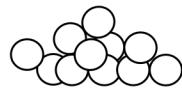
Which of these cells or microbes would be harmed by penicillin and which would not? Draw lines to the likely outcome for each.*



Borrelia burgdorferi
A bacteria with a cell wall made of peptidoglycan



Ebola Virus
RNA surrounded by membrane that was stolen from host cell. Studded with glycoproteins.



Staphylococcus
A bacteria with a cell wall made of peptidoglycan.



Entamoeba histolytica
A eukaryotic cell that has no cell wall.



Aloe Vera
A plant with cell walls made of cellulose.



Staphylococcus
Same bacteria as before, but this one has an enzyme that can digest penicillin.

Penicillin damages the cell and/or stops the infection.

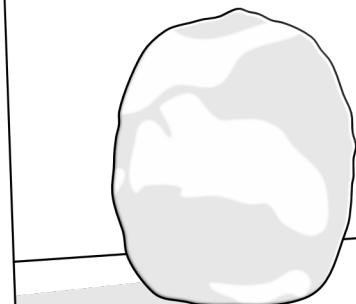
Penicillin has no effect on the cell and/or does not stop the infection.

*An important disclaimer that in real life, medicine and treatments can be quite complex. This exercise is not intended to prescribe or recommend treatment. See a doctor if you are sick.

What happens to your microbiome when you take an antibiotic?

ARE THESE FACT OR FICTION? Write your verdict below each statement:

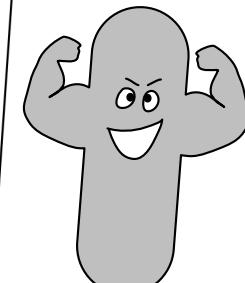
The best strain of penicillin came from a moldy cantaloupe.



To get enough penicillin, doctors used to collect the urine of patients.

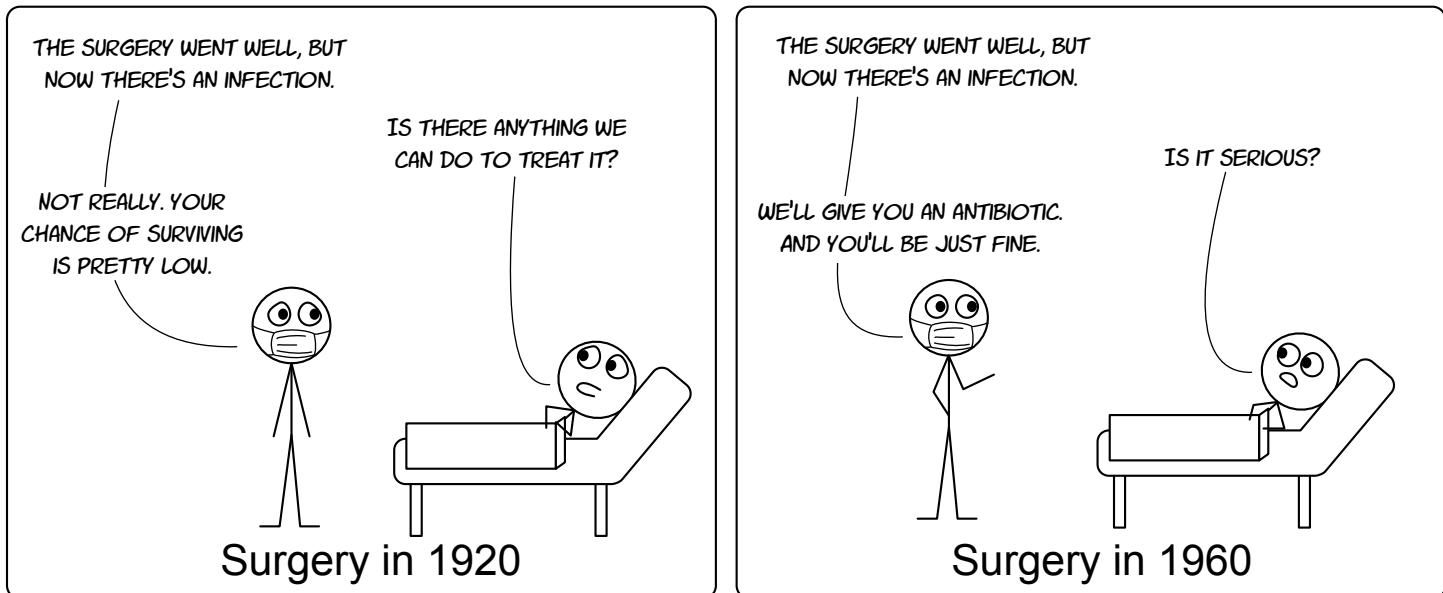


Penicillin is becoming even more effective against bacteria over time.

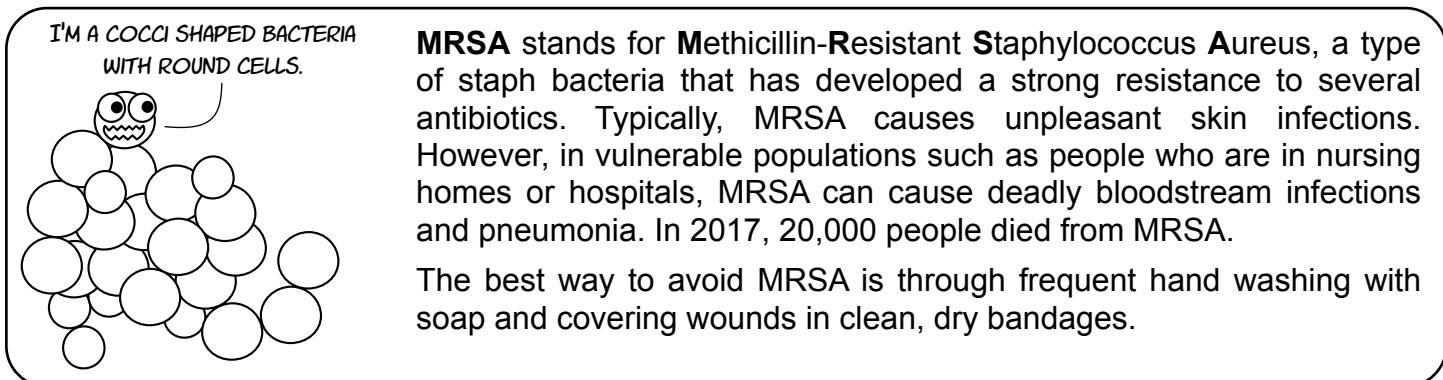
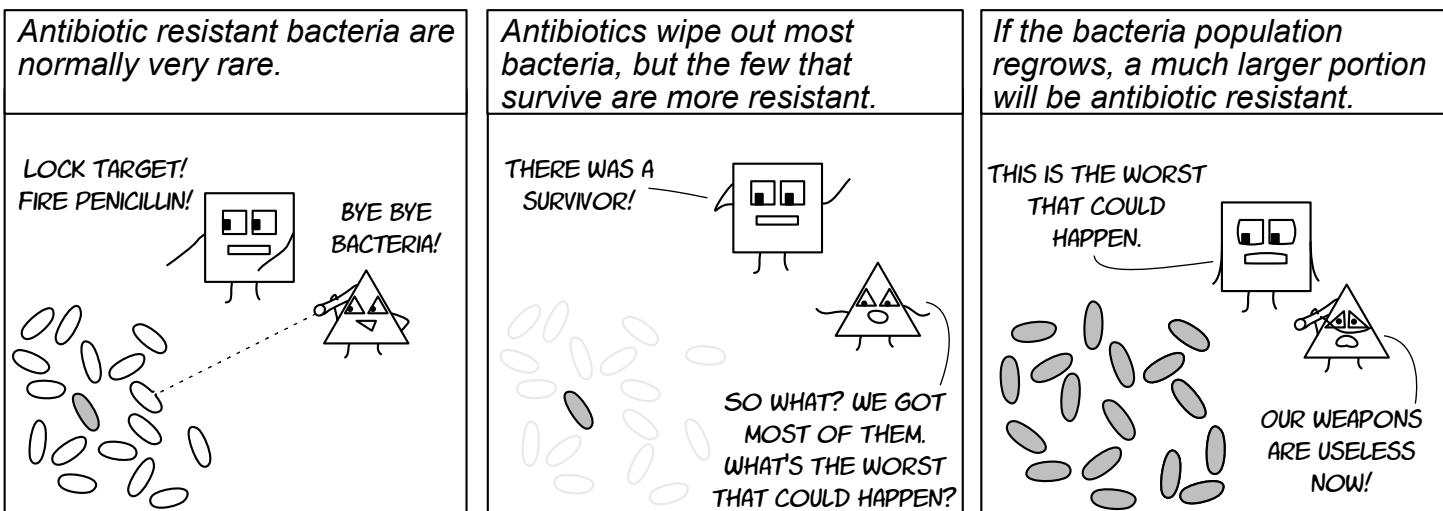


READY TO
BRING THE
PAIN!

ANTIBIOTICS FIGHT BACTERIAL INFECTIONS



Antibiotics revolutionized the treatment of infectious diseases. At the turn of the 20th century, before antibiotics, the average life expectancy in the US was around 47 years. After antibiotics had become widely available, the average life expectancy was 68 – a jump of over twenty years! Before antibiotics, tuberculosis, gastroenteritis, and syphilis were among the leading causes of death. Today those ailments are treated effectively with antibiotics. Things like stepping on a nail, animal bites, or drinking bad water could readily kill a person before the age of antibiotics. It's essential to use antibiotics carefully, so bacteria don't become resistant. This way we will continue to have effective tools for fighting infections.



MRSA - a dangerous superbug

Staphylococcus (staph) is a common bacteria present on many healthy people. MRSA is a strain of staph that has developed a number of methods for _____ antibiotics like penicillin and _____. These bacteria secrete an enzyme that _____ the antibiotic. They also have different _____ in their cell walls that don't _____ to the antibiotic.

FILL IN THE BLANKS USING THESE WORDS:

antibacterial	bind	inactivates
proteins	resisting	methicillin

Scientists are in a virtual arms race to come up with new _____ agents before our current antibiotics are no longer effective. But how do bacteria develop resistance to antibiotics? They evolve, which is something we'll learn more about in our next biology class.

Which of these actions would help prevent antibiotic resistance in bacteria and which actions would increase the likelihood of antibiotic resistance? Match each activity with the expected outcome.



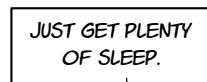
Washing hands frequently.



Not finishing the prescription of antibiotics.



Staying home from school or work when sick.



JUST GET PLENTY OF SLEEP.



Not treating a viral infection with antibiotics.

✓	✓	X	✓	X	✓	✓
X	X	✓	✓	✓	X	X

Forgetting to take several doses of an antibiotic.



FINE, HERE'S A PRESCRIPTION FOR AMOXICILLIN.

Will DECREASE the likelihood of antibiotic resistance in bacteria.

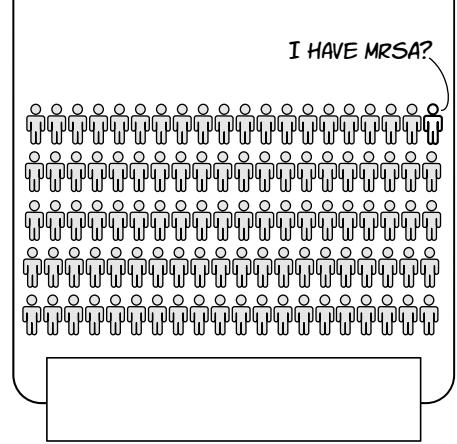
Will INCREASE the likelihood of antibiotic resistance in bacteria.

ARE THESE FACT OR FICTION? Write your verdict below each statement:

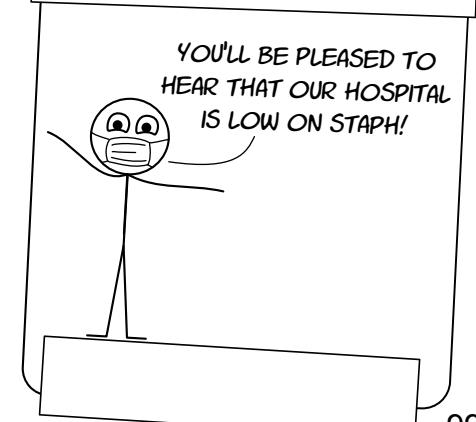
MRSA was named after its first patient "Mr. Sawyer" but was later shortened to MRSA.

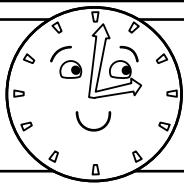


About 1% of the population has been colonized with MRSA bacteria but doesn't know it.



The most likely place to get MRSA is the hospital.





Quiz Time!

CREATE YOUR OWN QUIZ TO
REVIEW WHAT YOU LEARNED
ABOUT MICROBIOLOGY!

On a separate piece of paper, create a quiz for the microbiology section of the course by writing twenty questions. Consider what some of the most important ideas and concepts are, and invent some essay, multiple choice, and fill-in-the-blank questions that will demonstrate whether someone understands those ideas.

Next, create an answer key for your quiz and then find a family member or friend who is willing to test their skills against the challenging test you just created!

As a bonus activity, create a quiz for the entire course.

Appendix

- p 101 - suggested microbe list for the most wanted microbe poster*
- p 102 - most wanted microbe templates*
- p 103 - body system templates*

Suggested Microbe List

A small selection of microbes and the disease(s) they cause

VIRUSES:

	ILLNESS:
Severe acute respiratory syndrome coronavirus 2	COVID-19
Human alphaherpes 3 or varicella-zoster virus	Chickenpox and shingles
Human immunodeficiency virus or HIV	Acquired immunodeficiency syndrome or AIDS
Mumps orthorubulavirus or MuV	Mumps
Zaire ebolavirus or EBOV	Ebola
Hepatitis B virus or HBV	Hepatitis
Measles morbillivirus	Measles
Influenza A, B, or C	Influenza or the flu
Rabies lyssavirus	Rabies
Dengue virus	Breakbone fever or Dengue fever
Variola major	Smallpox
Zika virus	Zika
Poliovirus	Polio
Norovirus	Stomach bug or 24-hr flu

BACTERIA:

	ILLNESS:
Various species of Group A Streptococcus	Necrotizing fasciitis (flesh eating disease)
Corynebacterium diphtheriae	Diphtheria
Mycobacterium tuberculosis	Tuberculosis
Clostridium botulinum	Botulism
Bordetella pertussis	Whooping Cough or Pertussis
Borrelia burgdorferi	Lyme Disease
Salmonella bongori	Salmonellosis or Food Poisoning
Clostridium tetani	Tetanus or Lockjaw
Salmonella typhi	Typhoid Fever
Bacillus anthracis	Anthrax
Vibrio cholerae	Cholera
Yersinia pestis	Bubonic Plague or Black Death

PROTISTS:

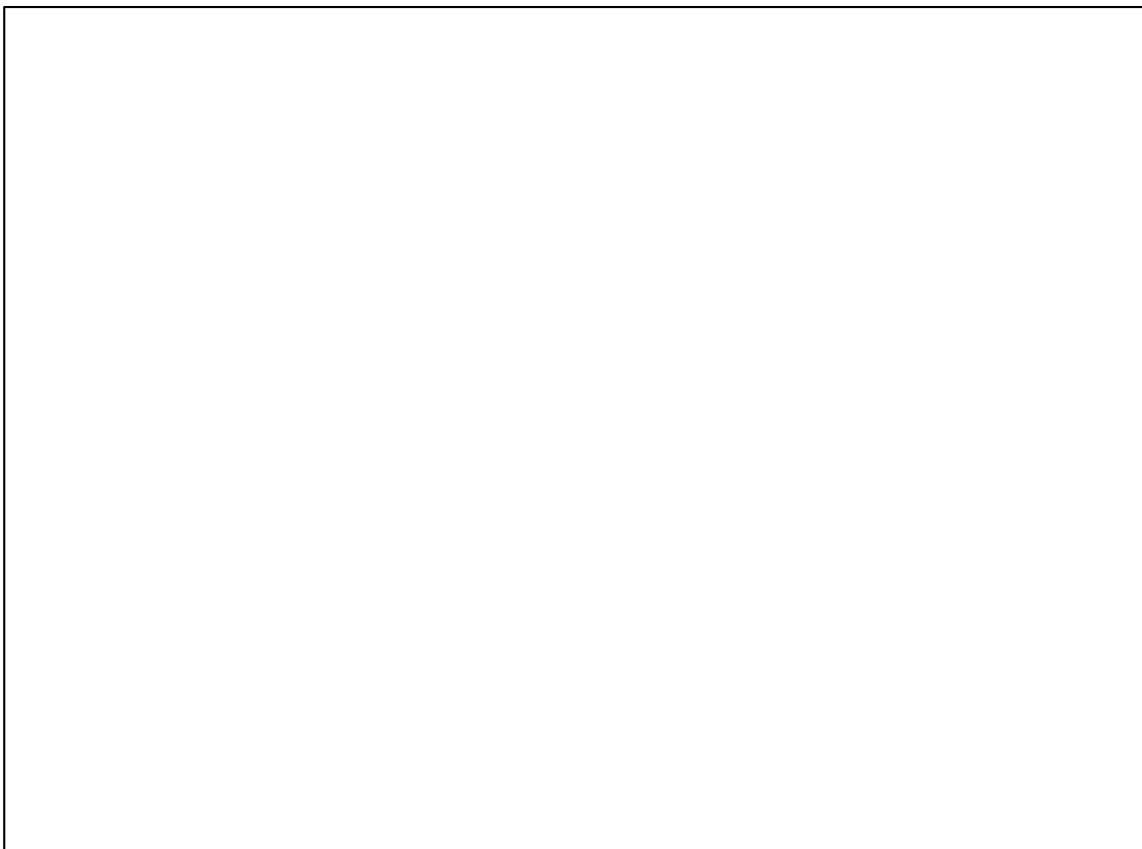
	ILLNESS:
Plasmodium falciparum	Malaria
Entamoeba histolytica	Amoebic dysentery
Giardia duodenalis	Giardia
Naegleria fowleri "Brain-eating amoeba"	Primary Amoebic Meningoencephalitis (PAM) or Naegleriasis

FUNGI:

	ILLNESS:
Various species from Microsporum and Trichophyton	Ringworm, Athlete's foot, Toenail fungus
Batrachochytrium salamandrivorans	Chytridiomycosis
Coccidioides immitis	Valley Fever
Claviceps purpurea	Ergot
Candida auris	Can cause serious infections in people with breathing tubes, feeding tubes, or catheters.

WANTED

Dangerous Microbe



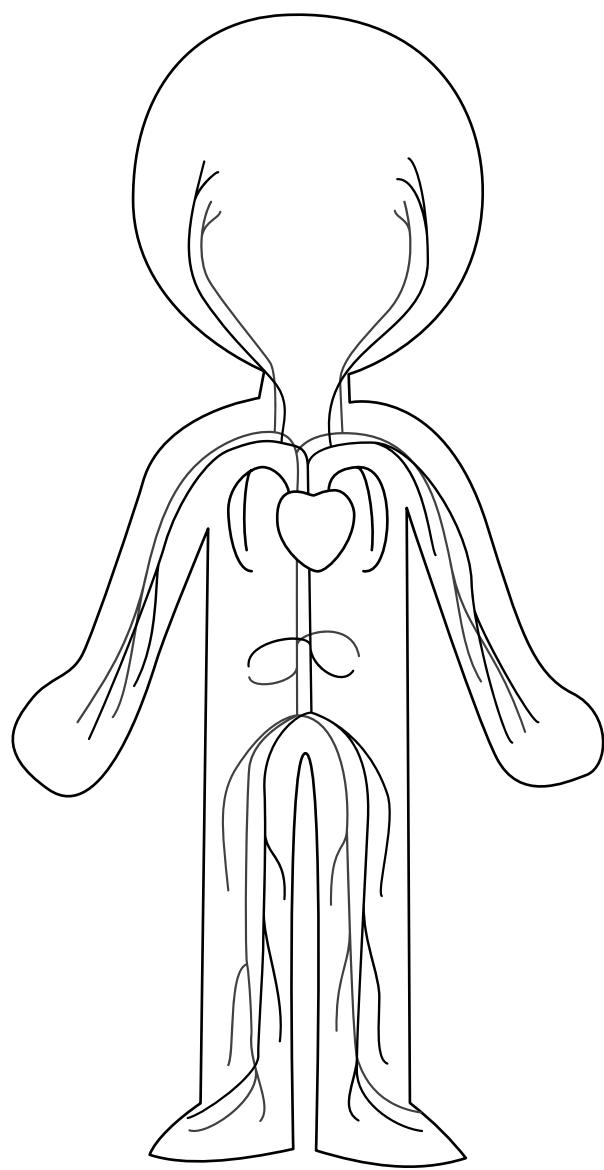
Microbe name: _____

Disease name: _____

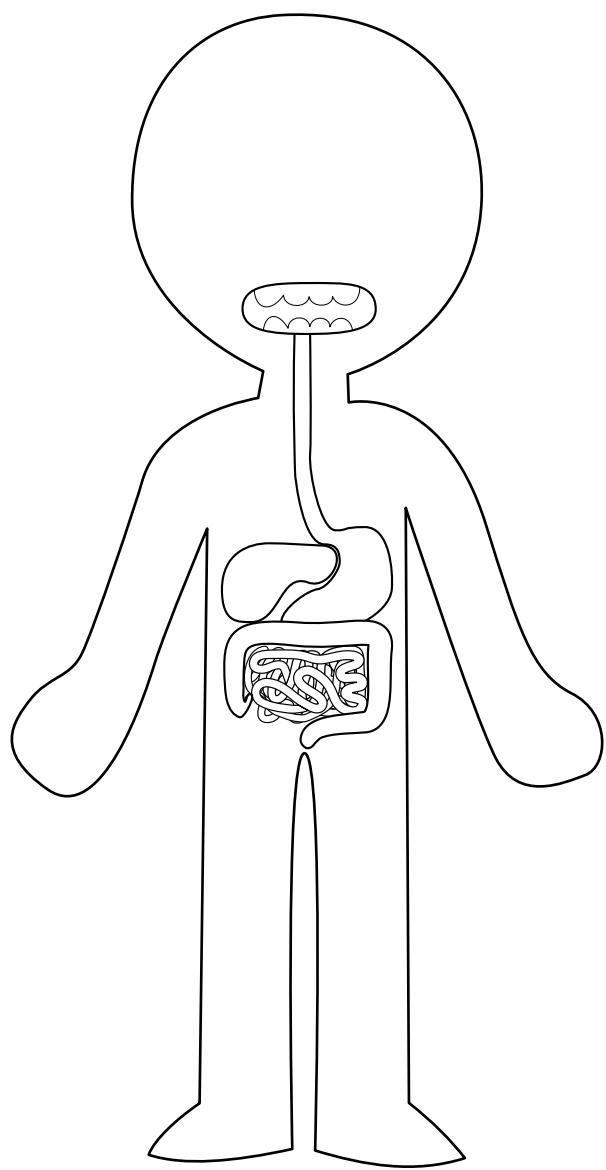
Description: _____

Symptoms of infection: _____

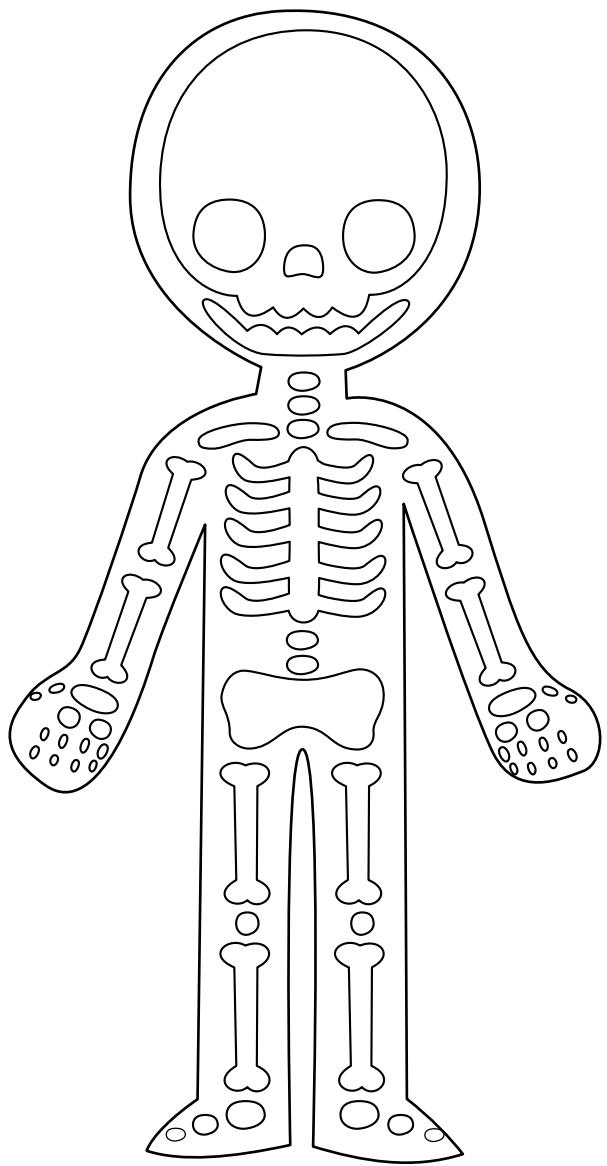
Likely locations: _____



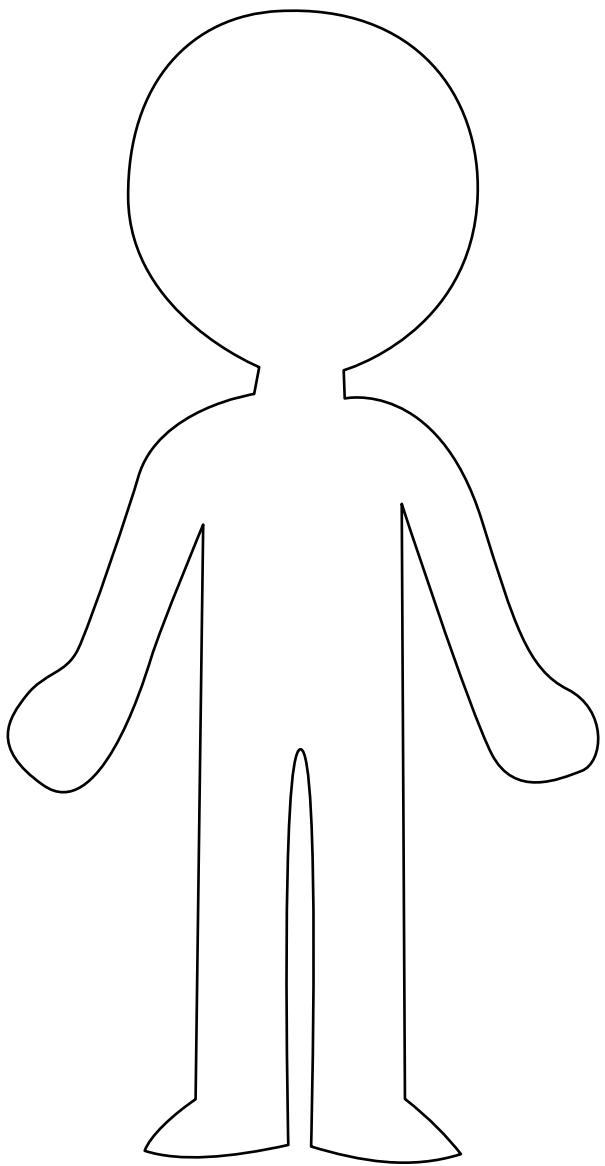
Circulatory



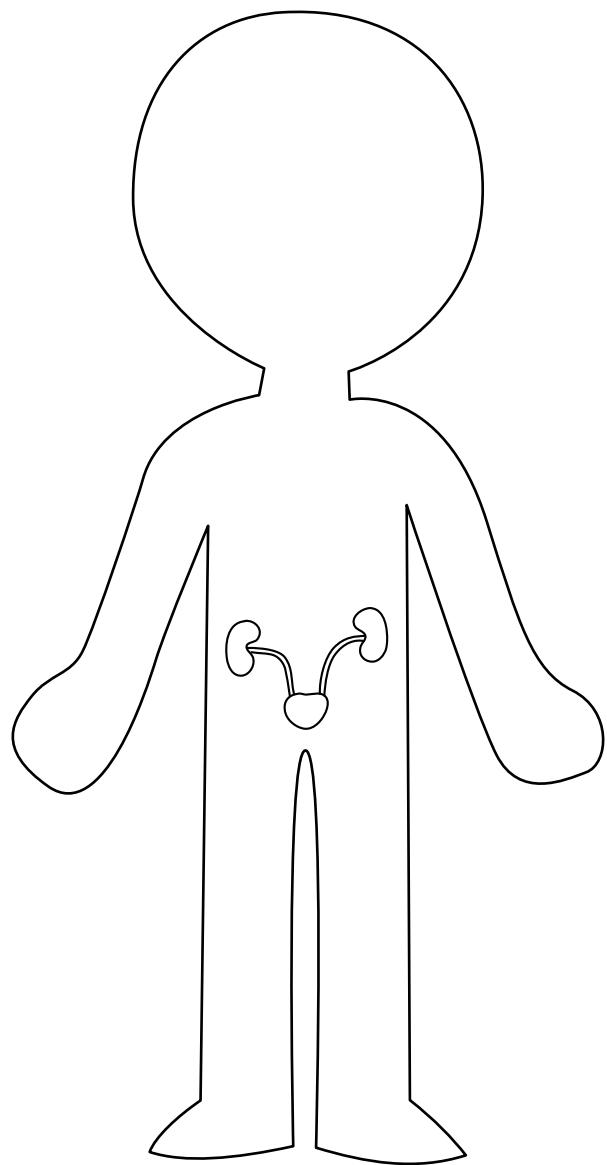
Digestive



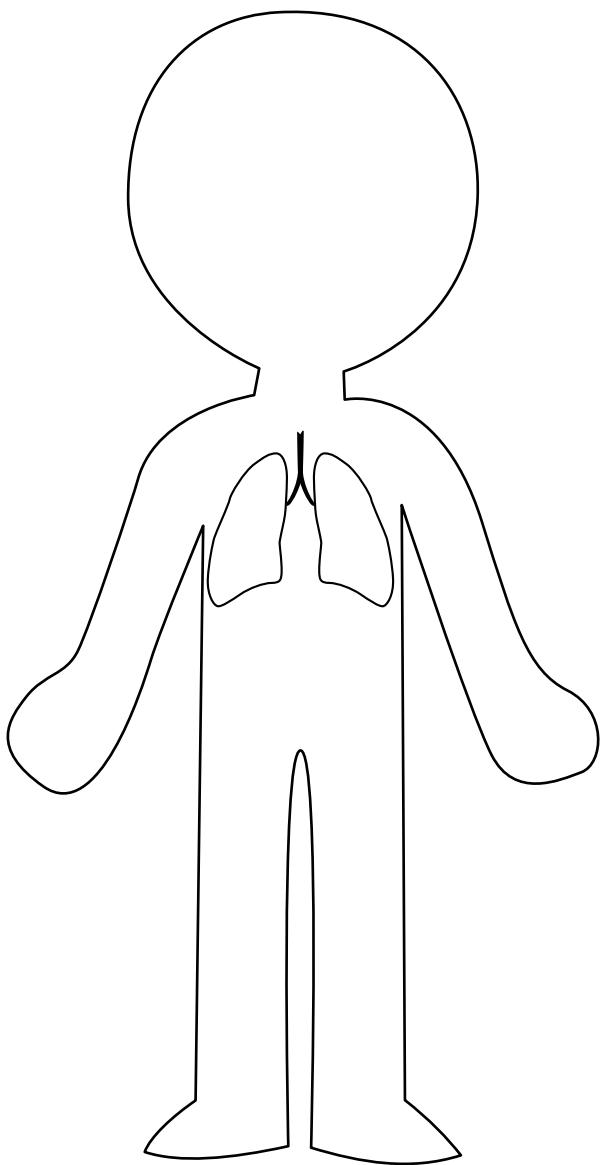
Muscular/
Skeletal



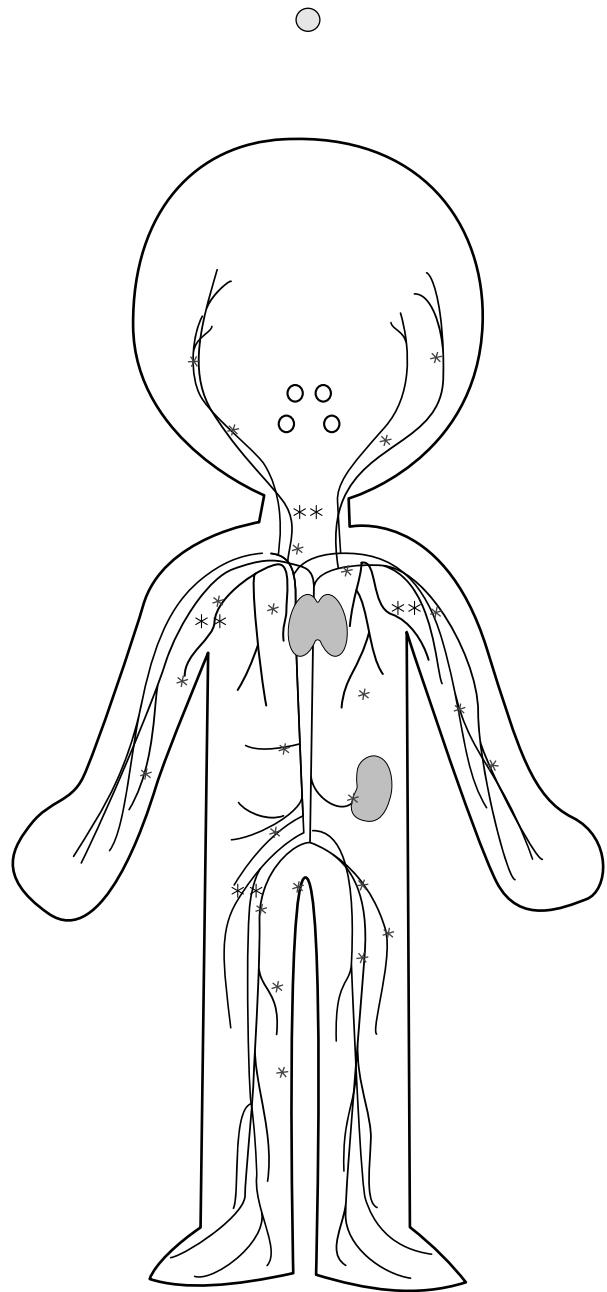
Integumentary



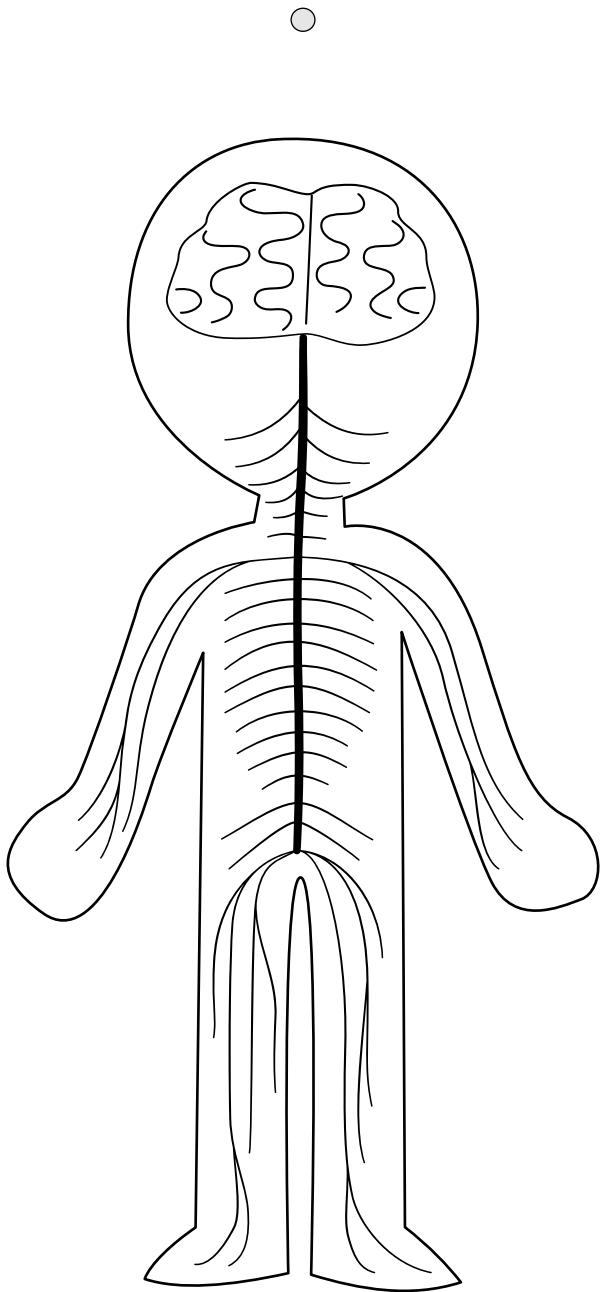
Urinary



Respiratory



Immune



Nervous