Items Needed To Complete Each Lesson

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

**Lesson 1**
- Two apples
- Something you can use to peel the apples
- Two bowls
- Baking soda
- Salt
- Measuring cups
- A piece of clear plastic (Plastic wrap works fine.)
- A medicine dropper
- Water
- A sheet of 8-inch x 10-inch paper (Flesh-colored construction paper is recommended.)
- A pencil
- Scissors
- A photograph of your face (between 2 and 3 inches tall)
- Tape
- A sharp steak knife and a parent to use it
- A spoon
- A plate
- A glass or ceramic cereal bowl
- Cooking spray, like Pam
- A box of yellow colored Jell-O
- A box of unflavored Knox Gelatin
- A jelly bean or a peanut M&M candy
- Several Skittles, Everlasting Gobstoppers or M&M candies
- A Starburst Gummiburst or several Smarties
- A Fruit Roll Up
- Nerds or cake sprinkles
- Tubular cake sprinkles or Twizzler Pull and Peels
- A large gumdrop, jaw breaker, or round chocolate truffle

**Lesson 2**
- Modeling clay
- Toothpicks
- Two eggs
- A plastic container with a lid that seals tightly (only slightly bigger than the eggs)
- Water
- Masking tape
- A tape measure
- A cooked chicken wing
- A pair of rubber or plastic gloves
- White vinegar
- Two plastic containers with lids (just big enough for a chicken wing and some liquid)
- Plastic wrap
- A parent with a knife

**Lesson 3**
- A calculator
- Bathroom scales
- Beef brisket
- Gloves
- A toothpick
- A magnifying glass
- A timer
- A nylon stocking that you can destroy
- A ball of clay
- Scissors
- A clothes pin that opens when you squeeze on it and closes when you release
- Graph paper (Only older students need this.)
- A timer
- A pencil
- Paper

**Lesson 4**
- An old baby tooth (An animal tooth will do.)
- A soda pop like Coke or Pepsi
- A saltine cracker
- A mirror
- Cheese
- Two Ziploc bags
- A piece of bread
- Water
- A measuring tape
- Cooking oil
- A bowl
- Water
- A fork
- Liquid dishwashing soap
Lesson 5
- A cool window
- Iodine solution (available at drug stores)
- Several items of food to test
- A brown paper bag
- Scissors
- A hair dryer
- Food from the pantry
- A banana
- A vitamin C tablet
- Juice, freshly squeezed from different fresh fruits or vegetables that you think might contain vitamin C (oranges, tomatoes, strawberries, peaches, etc.)
- Cornstarch
- A medicine dropper
- A juice glass
- Several small cups or test tubes
- A measuring cup
- Measuring spoons
- A small pot
- A stove
- A spoon
- A Scientific Speculation Sheet

Lesson 6
- Honey
- Two pieces of cardboard
- A mirror
- Plastic food storage container
- Thin and thick rubber bands
- A grape
- A straw
- Cellophane tape
- An empty plastic large-mouth drink bottle
- Scissors
- Two balloons
- Tape
- A 2-liter plastic soda bottle
- A 1-foot-long piece of flexible tubing (like the kind you use for aquariums)
- A mixing bowl
- A measuring cup
- A jump rope
- A timer

Lesson 7
- A mirror
- A flashlight
- A bowl
- 1 cup of corn syrup
- ¾ cup of candy red hots
- A white jelly bean
- Candy sprinkles
- Iron-fortified cereal
- A Ziploc bag
- A strong magnet
- A mallet
- A blood typing kit

Lesson 8
- Graham crackers
- Blue frosting and red frosting (or white frosting that has been colored blue and red with food coloring)
- Toothpicks
- Large and small marshmallows
- A toothpick
- A small ball of clay
- A nine-inch balloon
- A small plastic funnel
- 18 inches of vinyl tubing (from a hardware store)
- Tape

Lesson 9
- Six different colors of clay
- Different colored pieces of paper on which you will write down your questions. Each color will represent a different body system.
- A file folder to create your game board
- Colored markers to draw your game board
- Game pieces made out of self-hardening clay in the shape of people or body parts
- Dice
Lesson 10
• A scrap of paper about 4 inches square
• Six different colors of clay
• Four pennies
• A ruler
• Someone to help you
• Two eggs
• A plastic Easter egg (larger than the real eggs)
• Karo syrup or molasses

Lesson 11
• A few bites of something you like to eat
• A bottle of vanilla
• A variety of herbs from your kitchen
• Four paper plates
• A pencil
• A mirror
• Five small custard cups
• Five Q-tips
• Saltwater
• A lemon
• Sugar
• Unsweetened cocoa or ground coffee
• Saltine crackers
• A glass
• A mug
• Chocolate milk
• Foods with familiar tastes and textures
• Something with which you can cut the foods
• A Slinky
• A blindfold
• Someone to help you
• A pencil
• A cup
• A timer
• A darkened room with a mirror
• A flashlight
• Colored pencils or crayons
• A few friends
• A piece of paper for each friend
• A magnifying glass
• A sheet of paper
• A pencil
• Index cards
• A partner
• Two markers with brightly colored lids
• A Nerf ball

Lesson 12
• A volunteer willing to taste foods while blindfolded
• A variety of foods with sweet, salty, bitter, sour, and umami (savory) tastes
• Straws for testing liquids
• Spoons for putting the food on the volunteer’s tongue

Lesson 13
• A bacteria testing kit with agar and Petri dishes
• Q-tips
• Tape

Lesson 14
• Photos of when you were a baby, toddler and small child