**CLASSROOM SPOTLIGHT**

Mrs. Retashia McCowan’s 3rd Grade Class
Laclede Elementary

Students: Talya Jones-Pollon, Corne Calliste and Carlton Williams.

Review science experiments from the St. Louis American’s STEM (Science, Technology, Engineering and Math) Newspaper in Education.

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**SCIENCE CORNER**

**Is There A Doctor In the House?**

Doctors have a very important job — to make people healthier. When their patients are sick, they will examine them and listen to them describe their symptoms (what is wrong). Doctors give their patients advice about diet, exercise, and sleep. This job requires a lot of patience and hard work.

Doctors have a lot of training. It usually takes 11 years to become a doctor. 4 years of college, 4 years of medical school, and 3 years of working in a hospital. Doctors study biology, chemistry, physics, math, and English.

**SCIENCE EXPERIMENT**

**Measure Your Heart Rate**

Do you drink soda? You may have read that drinking soda can be harmful to your health. Did you know the American Dental Association has discovered that soda can damage your teeth (the protective covering of your teeth)? In this experiment, you will observe the harmful effects of soda.

**Materials Needed:**
- 2 small bottles of a dark colored soda
- 2 small bottles of a light colored soda
- 1 small bottle of distilled water
- 5 plastic cups
- 5 tarnished pennies
- Measuring cup

**Prove how Bad Soda is for you!**

**Questions:** Soda can remove the tarnish from a penny. Do you think the dark colored soda or the light colored soda will remove the tarnish more quickly? Do you think they will work at the same rate?

**Process:**
1. Measure one cup of soda in four of the plastic cups. Label the cup with the type of soda. Measure one cup of distilled water in the fifth cup and label the cup accordingly.
2. Observe the cups each day. You may need to remove the penny to examine it more closely. Do the darker sodas or lighter sodas take the tarnish off the pennies faster? How does the soda color change as the tarnish is removed from the penny?

**Think About It:** If soda can remove tarnish from a penny, what do you think it does to your tooth enamel? What do you think soda does to your stomach?

**Learning Standard:** I can follow directions to complete an experiment. I can analyze results.

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**MATH CONNECTION**

**Measure Your Heart Rate**

In this activity, you will measure your heart rate. Your heart rate is the number of times your heart beats in one minute. Heart rate can be measured by placing your index and middle finger on the artery in your neck. Each time you feel a pulse, you will count 1 heart rate. To calculate your heart rate, you can count for a full minute. Or you can count 30 seconds and multiply by 2.

Resting heart rate is measured when your body is at complete rest. Calculate your resting heart rate and write it here:

What is the difference between your resting heart rate and your heart rate after you completed activity?

Wait 5 minutes after your jumping jacks and count your heart rate again. Has it returned to the resting heart rate?

**Learning Standards:** I can add, subtract, and multiply to calculate heart rate. I can analyze patterns in my heart rate.

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**DO YOU KNOW?**

A person leaves his body at 60 miles per hour.

Your heart beats over 100,000 times a day.

There are more sweat glands on your feet than any part of your body.

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**STEM INVENTORS & INVENTIONS**

**Dr. May Edward Chinn**

Dr. May Edward Chinn was the first African American woman to graduate from the Bellevue Medical School, hold an internship at Harlem Hospital, and work at the Harlem Hospital from one emergency call.

Chinn was born on April 15, 1894, in Massachusetts. She became interested in studying medicine at an early age and discovered her passion for science and medicine. In 1920, she graduated from Bellevue Medical School and worked at Harlem Hospital. Chinn eventually went on to become the Surgeon General of the United States for 29 years. She also worked with the Surgeon General of the United States and the American Medical Association for 29 years. She then joined the American Medical Association in 1930.

Chinn became interested in the study of cancer and how to treat it. She worked in the field of cancer research and authored many articles on the topic. She also worked with the American Cancer Society to encourage African Americans to study medicine. She did not retire from the American Medical Association until she was 81 years old.

**Learning Standards:** I can read a biography to gain information about a career. I can read an informational article about a health topic. I can identify persuasive techniques.

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**MAP CORNER**

Health is a very popular topic in the newspaper. Look inside your newspaper and you will see articles about healthy eating and exercise or advances in medical science. You will also find advertisements for health clubs or weight loss centers.

Try your hand at these four health activities in the newspaper:

1. Use the newspaper to find an informational article or a health-related advertisement. Summarize the article with a topic sentence, three supporting details, and a conclusion sentence.
2. Locate an advertisement for a weight loss product or service. What techniques are used to persuade the reader to buy the product or service?
3. Use the newspaper to find an informational article about a health-related topic. Summarize the article with a topic sentence, three supporting details, and a conclusion sentence.
4. Look in the classified ads to find job listings for the medical/health professions.

**Learning Standards:** I can use the newspaper to evaluate information. I can recreate using a main idea and supporting details. I can identify persuasive techniques.