

YOUR BODY'S REAL AGE

<https://www.youtube.com/watch?v=Nwfg157hejM>

As we age our bodies change and grow. Parts of our body are replaced quickly (like our hair and fingernails) and others are replaced more slowly (like bone). In this video NPR's SKUNK BEAR will explain which parts of your body are the oldest and which parts are the newest.

Warm Up: Discuss these questions

What are some of the benefits of getting older?

Would you rather always have a young mind or a young body?

What do you do to take care of your body?

What are some of the signs of aging?

Vocabulary: Complete these sentences using the words on this list

bile intestines neuron refreshed regenerate
renewed replaced replenishing skeletons

Salamanders can _____ severed limbs.

They _____ the old house with a fresh coat of paint.

The mechanic _____ the car's dead battery.

A bitter, yellowish liquid made in the liver. _____ helps to digest fats.

A single nerve cell is a _____ .

_____ support the body and protect softer body parts.

The meal at the inn _____ the travellers.

We are _____ our supply of firewood.

The _____ is the lower part of the digestive system, below the stomach.



Watch

Put these body parts in order of how often they are replaced.

_____	Red Blood Cells
_____	Fingernails
_____	Muscles
_____	Fat Cells
_____	Stomach
_____	Skeleton
_____	The Lens of the Eye

Discussion

How have you aged in the last ten years?

What do you think is the best / worst age to be?

Why do you think some people seem to age fast and other's seem to stay young?

What advice would you give to someone ten years younger than you?

Original 'happy mannequin' photo by Devra <https://flic.kr/p/a2Taj2>