

Health Detectives

Name: _____ Grade & Section: _____ Date: _____ Score: _____



Solve the case files

Read the clues. Write the letter of the illness, then name the body system that needs help.

A. Anemia

B. Dehydration

C. Constipation

D. Asthma

E. Dengue

F. Diarrhea

G. Weak bones

H. Muscle cramp

Clues	Illness	Body system
1. Whistling breath, coughs at night, smoke and dust at home		
2. Pale nails, tired on the stairs, eats only rice and soft drinks		
3. Broke a wrist from a small trip, never drinks milk, stays indoors		
4. Dark yellow pee, headache after PE, water bottle comes home full		
5. Calf hard as a rock after 3 races, no warm-up, no water		
6. High fever for 3 days, tiny red spots, mosquito bites		
7. Hasn't pooped in 4 days, eats no fruits or vegetables		
8. Watery poop 6 times, ate food left in the sun with flies		



PLAY THE GAME

Body Court: Health Mysteries of the Human Body

Scan the code or visit aral-tayo-body-court-health-mysteries.netlify.app to find clues, catch the lying organ and shout OBJECTION! in a free detective game.

Objection!

B Catch the lying organ

Each organ says something that is NOT true. Write the letter of the evidence that proves it wrong. One piece of evidence will not be used.

- | | |
|--|---|
| a Bea's pee is dark yellow, like tea. | b Migs makes a whistling sound when he breathes out. |
| c Jun drinks only 2 glasses of water a day. | d Lia has had a high fever for 3 days. |
| e Kai's heart beat 160 times a minute after the race. | f Nico's tito got 100 at videoke. |

1. **Kidney:** "Bea's pee is pale yellow, like lemonade." _____
2. **Bronchioles:** "We stay wide open, no matter what Migs breathes in!" _____
3. **Large Intestine:** "Jun drinks lots of water, so his poop stays soft." _____
4. **Heart:** "During the race, I stayed slow and calm." _____
5. **White Blood Cell:** "Lia's temperature is totally normal!" _____

C Prescribe a healthy habit

Write one habit that will help each patient.

Patient	Healthy habit
Bea (dehydration)	
Migs (asthma)	
Nico (diarrhea)	
Ella (weak bones)	

D Teamwork in the big race

Number the events from 1 to 4 to show what happens when the race starts.

- ☐ Lungs breathe faster and the heart pumps faster
- ☐ The ears hear the whistle
- ☐ Leg muscles pull on the bones to run
- ☐ The brain and nerves send the message "GO!"

Answer Key

For teachers and parents. Accept answers that show the same idea in the learner's own words.

A Case files

1. Asthma (D) · Respiratory
2. Anemia (A) · Circulatory (and digestive)
3. Weak bones (G) · Skeletal
4. Dehydration (B) · Excretory
5. Muscle cramp (H) · Muscular
6. Dengue (E) · Circulatory
7. Constipation (C) · Digestive
8. Diarrhea (F) · Digestive

B Lying organs

1. **a** · Kidney
2. **b** · Bronchioles
3. **c** · Large Intestine
4. **e** · Heart
5. **d** · White Blood Cell

Evidence f (videoke score) is not used.

C Sample habits

- **Bea (dehydration):** Drink water often, more on hot days.
- **Migs (asthma):** Avoid smoke and dust; use the inhaler from the doctor.
- **Nico (diarrhea):** Wash hands with soap; drink water or ORS; cover food.
- **Ella (weak bones):** Eat calcium foods (milk, dilis, malunggay); get some morning sun; play.

D Teamwork

1. The ears hear the whistle
2. The brain and nerves send the message "GO!"
3. Leg muscles pull on the bones to run
4. Lungs breathe faster and the heart pumps faster

The nervous system starts it, the muscular and skeletal systems move, and the respiratory and circulatory systems bring more oxygen.