

Dear Parent or Guardian,

Your teen's health class is currently studying the digestive and urinary systems, the two body systems responsible for the processing and absorption of food and the expulsion of body waste. We will examine the process of digestion, beginning with mastication and the role of salivary glands and the tongue, and follow the movement of food through the esophagus, stomach, small and large intestine. In addition, we will study the structures and functions of the urinary system. Your son or daughter will learn about the effects of health behaviors on the digestive and urinary systems, as well as digestive and urinary problems and disease prevention.

Some questions your teen will explore in this chapter include: *What are the structures and functions of the digestive system? What is the pathway of food through the digestive system? What are the structures and functions of the urinary system? What are the effects of health behaviors on the digestive and urinary systems? What are some problems of the digestive and urinary systems? What is the relationship between health promotion and disease prevention?*

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics:

- Ask your son or daughter to make a sketch of the human body and explain the process of digestion.
- Discuss how a healthy diet aids digestion and reduces digestive problems.
- Ask your teen to identify the structure and functions of the urinary system and describe health behaviors that help it to function.
- Talk about the various viewpoints concerning organ donation. Ask your teen to research the types of organs that can be transplanted, including the kidney and liver (part of the urinary system), the rationale for such operations, and their success rates.

Please plan other activities you think will help your son or daughter become aware of the benefits of healthy choices and their effects on body systems. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher