

Dear Parent or Guardian,

Your teen's health class is currently studying the two systems that deal directly with the body's ability to process food into fuel. We will concentrate on the digestive and urinary systems, but students will often be reminded that the basic systems within the body are interrelated. Making healthful lifestyle choices benefits not just one system, but all of the body's systems.

Some questions your teen will explore as we study this chapter are: *What processes are involved in digestion? What regulates hunger? How are digestive problems related to my eating habits? What essential functions do the kidneys fulfill? What common problems are associated with the urinary system?*

Once again, we stress your teen's personal responsibility for taking care of his or her body systems. To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Using a sketch of the human body, encourage your son or daughter to explain the process of digestion.
- Ask your teen to explain how a healthy diet can reduce the need for over-the-counter medications to aid in the digestive process.
- Discuss with your teen the various viewpoints regarding organ donation. Explain your opinion of organ donation. If applicable, show your teen your driver's license with its organ donor authorization.

Please plan other activities you think will help your son or daughter become aware of how healthy choices benefit all body systems. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your child's health education.

Sincerely,

Health Teacher