

STUDENT GUIDE

EXPLAIN 2 LESSON 22



Part 1: Our Motivation

Record what we were trying to figure out that led to this investigation.



Part 2: Developing an Explanation of How Milk Helps with Recovery From Changes to the Body During Exercise

Using all the evidence you have gathered so far in this module, construct an explanation to answer the second part of our Module Questions, *Why are there so many changes to my body during exercise? How does milk help with recovery from these changes?* In your explanations, be sure to:

- Describe how the components of milk can help recovery from exercise and provide additional energy for continued exercise.
- Cite evidence from the data sets analyzed.



Part 3: Updating the Recovery Model

We will update the class Recovery Model. List 2-3 additions you would make to the class model in the space below. These may be:

- Organs and their function
- Specialized cells and their function
- Signals or molecules and where they move



Part 4: Asking New Questions

Record any new questions that you have that might help you:

- Find additional information about the changes experienced in our bodies during/after exercise and how milk helps us recover from those changes.
- “Fill in a gap” in your explanation or our class explanation.
- Settle an area of disagreement that we’ve identified in our explanations.