STUDENT GUIDE ENGAGE LESSON 8





Part 1: Our Motivation

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

6	7	í		,
•	g	`	ت	

Part 2: Observing the Module Phenomenon

Record what you observe about the effects of exercise on the athlete from the video in the table below.

Before	At End of Exercise	After Exercise Recovery with Milk	After Exercise Recovery without Milk



Part 3: Creating an Initial Explanation

With your group, use the graphic organizer below to develop an explanation that shows how you would currently answer our Module Questions, Why do we get sweaty and thirsty after exercise? Why does the color of our urine change? How does milk help us recover from these effects? In your explanation, be sure to:

- Describe why you think Kitana sweats during exercise and why she stops sweating after exercise.
- Describe why the person gets thirsty during exercise.
- Describe why the color of her urine changes after exercise.
- Describe how drinking milk after exercise can help reverse the effects of sweating, thirst, and urine color change.

Before	During	After

Y•Y

Part 4: Sharing Initial Explanations

Share your explanation with the class as instructed by your teacher. In the space below, record parts of the explanation you agree on with your peers and parts you disagree on.

Agree	Disagree

Be ready pelow.	y to share what you found with the class. Record our Class Consensus Explanation in the space
Vhat ar	e the gaps in our class explanation that you want to figure out more about?
, ,	Part 5: Asking New Questions
	what new questions you have that might help you:
ł	Find additional information about why we sweat and get thirsty during exercise and how milk helps with exercise recovery.
• F	Fill in a "gap" in your explanation or our class explanation.
	Settle an area of disagreement that we've identified in our explanations.
Write siz	x questions in the box below.

		Page 4	