

# HEALTHY GAMES AND TEASERS

an INMED activity book



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# HEALTHY GAMES AND TEASERS

*By David Ripley, Arikara/Blackfoot and James N. Beiswenger  
Did You Know? sections by Donna Rieske*

HEALTHY GAMES AND TEASERS is a book of fun and learning, prepared for the Indians into Medicine (INMED) Program. INMED is an education program which assists Indian students who are training for health careers. Support services include academic, financial and personal support for college and professional students. INMED's summer enrichment sessions are designed for students at any level from junior high through professional school. This comprehensive approach separates INMED from most other educational assistance programs. For more information contact:

OMH-RC-Knowledge Center  
5515 Security Lane, Suite 101  
Rockville, MD 20852  
1-800-444-6472

Indians Into Medicine (INMED)  
UND School of Medicine & Health Sciences  
University of North Dakota  
Box 9037  
58202-9037

Telephone: 701-777-3037  
E-mail: [inmed@mail.med.und.nodak.edu](mailto:inmed@mail.med.und.nodak.edu)  
Web: <http://www.med.und.nodak.edu/depts/inmed/home.htm>

## QUENTIN N. BURDICK INDIAN HEALTH PROGRAMS

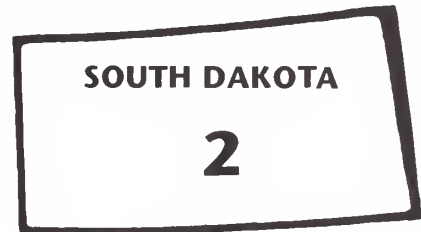
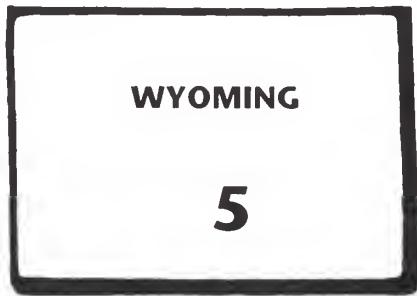
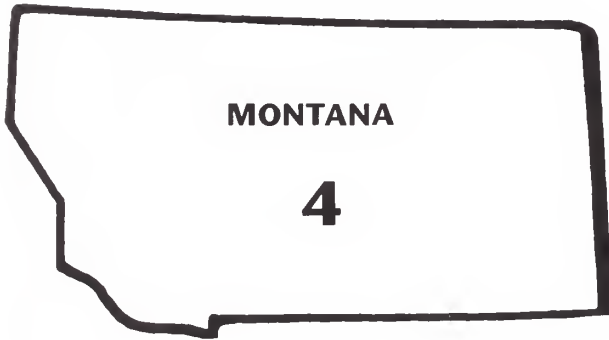
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# Match Reservation with State

The Indians into Medicine program is located in the north central part of the United States, and the program's students come from all over the country.

Indian health facilities in the states pictured below are among the most understaffed in the country. Can you match the correct states with the 22 reservations listed below?



MATCH THE RESERVATION WITH THE STATE NUMBERS SHOWN ABOVE

example:



BLACKFEET	___ 4	CHEYENNE RIVER	___	ROCKY BOYS	___
TURTLE MOUNTAIN	___	CROW	___	ROSEBUD	___
OMAHA	___	WIND RIVER	___	FORT PECK	___
SANTEE	___	FORT BELKNAP	___	YANKTON	___
SISSETON	___	STANDING ROCK	___	NORTHERN CHEYENNE	___
FORT BERTHOLD	___	FLATHEAD	___	LOWER BRULE	___
CROW CREEK	___	PINE RIDGE	___		
WINNEBAGO	___	FORT TOTTEN	___		

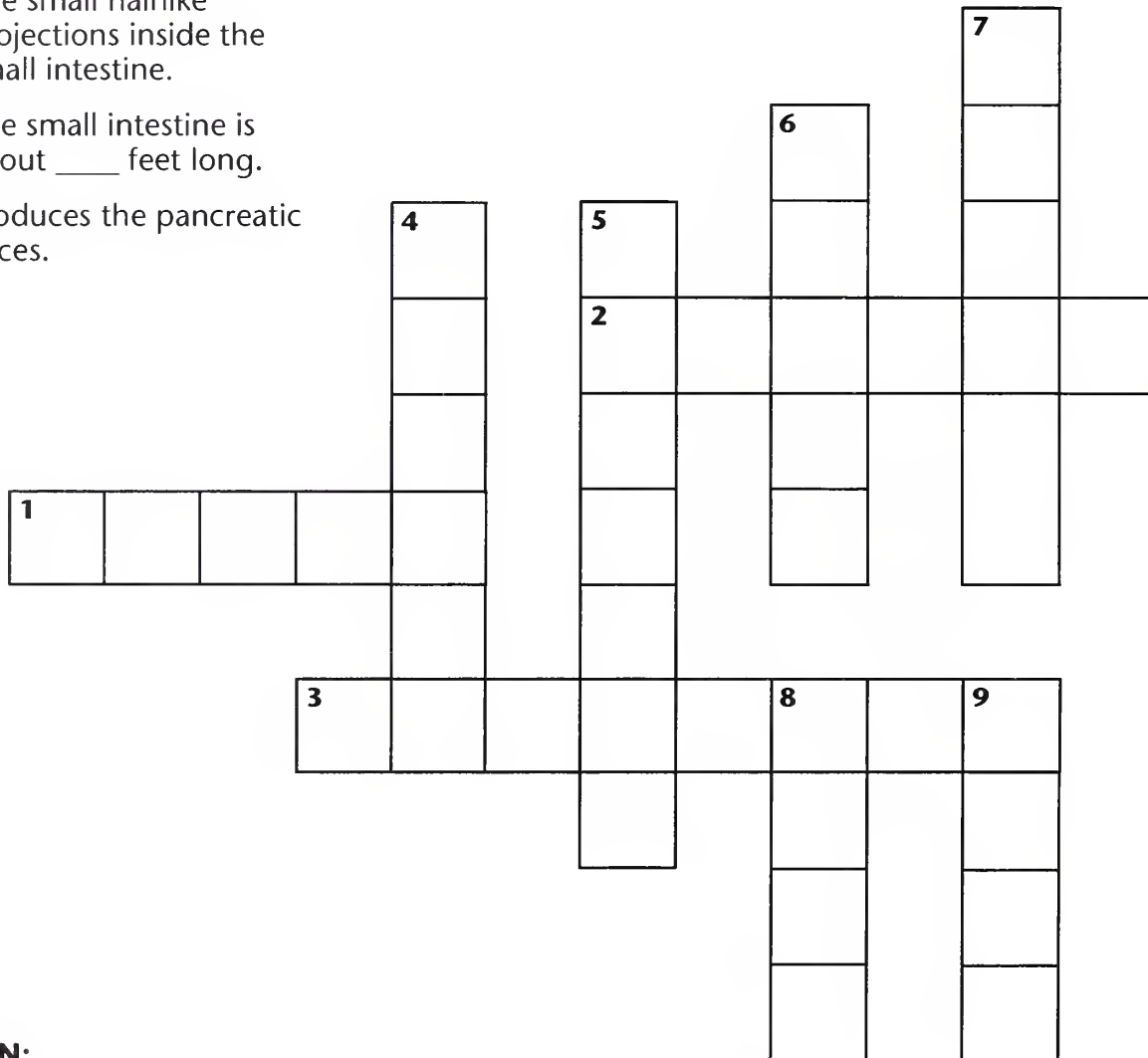
**DID YOU KNOW?** Walking one step involves up to 200 different muscles.

# Digestive System

## Crossword Puzzle

**ACROSS:**

1. The small hairlike projections inside the small intestine.
2. The small intestine is about \_\_\_\_ feet long.
3. Produces the pancreatic juices.



**DOWN:**

4. \_\_\_\_\_ is secreted into the mouth.
5. Place where food is stored and digested.
6. These bite and chew food.
7. Last section of large intestine
8. Digestive juices and \_\_ zymes produce chemical changes in the food you eat.
9. What Indian people like to eat in a bowl, with fry bread.

**DID YOU KNOW?**  
Your tongue is covered with thousands of taste buds.

# HIDDEN MESSAGE:

Look at this page in a mirror to help Hawk find an important message for all young people.



**DID YOU KNOW?** You can't catch a cold from a change in temperature.

# Know Your Health Careers

The Indians into Medicine program's students have been trained in the following career areas. Match the definitions with the appropriate career categories.

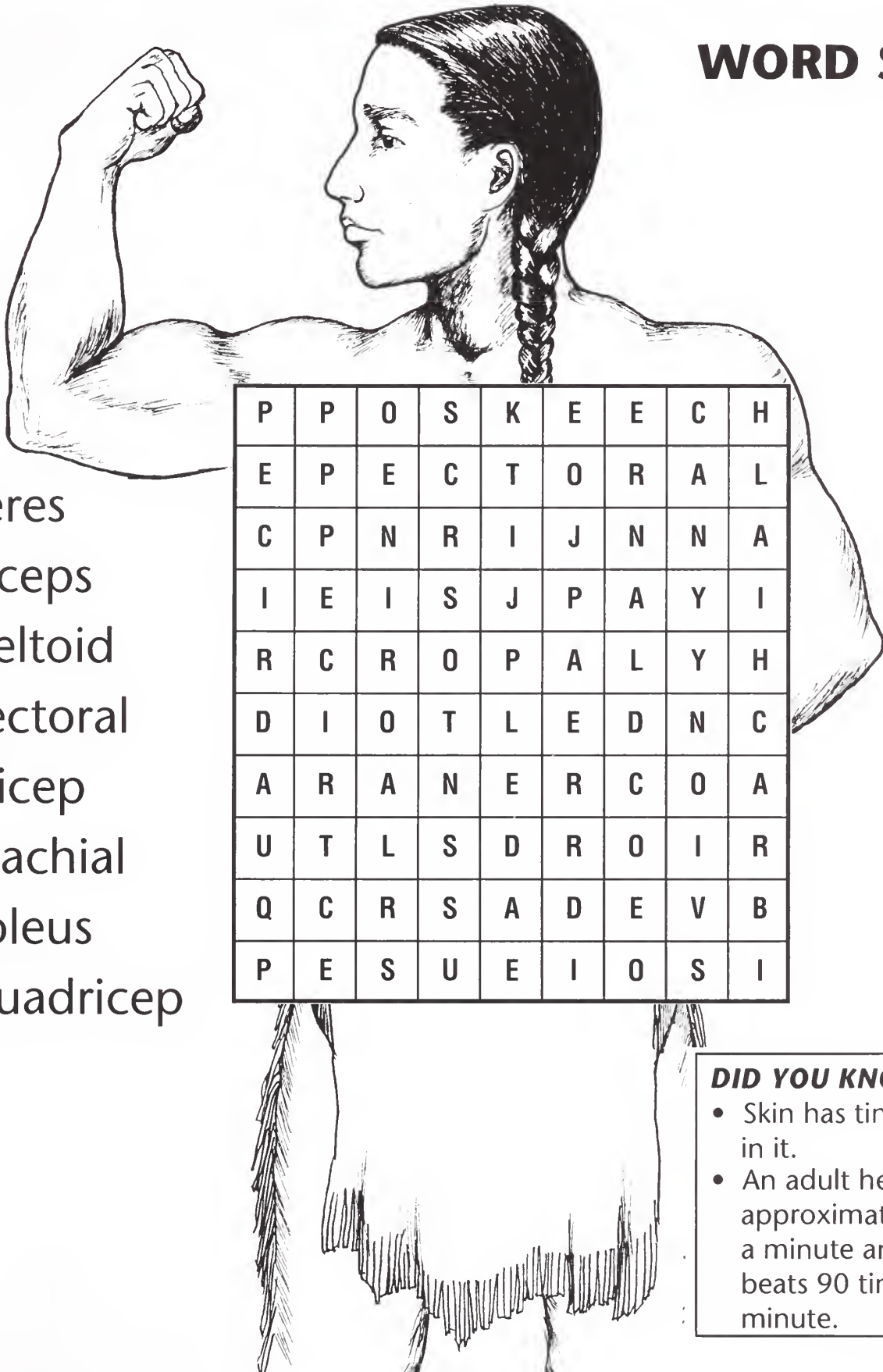
- |                                |   |
|--------------------------------|---|
| ___ 1. medical doctor          | a. RN trained to administer anesthesia  |
| ___ 2. registered nurse        | b. helps people to deal with their alcohol or drug dependency problems  |
| ___ 3. medical technologist    | c. advanced degree for specialization in health areas such as administration, education, biomedical science, environmental health or social policy                          |
| ___ 4. physician assistant     | d. performs tests to determine the absence, presence or extent of disease, trained in lab work  |
| ___ 5. Master of Public Health | e. special degree to treat & prevent human illness, treatment may include drugs and surgery   |
| ___ 6. clinical psychologist   | f. doctor who examines, diagnoses and treats conditions of the vision system  |
| ___ 7. health educator         | g. trained in the science of preparing and dispensing drugs   |
| ___ 8. addiction counselor     | h. RN with advanced training in areas such as geriatrics, family care or pediatrics, may perform exams and diagnostic tests, develop treatment programs or counsel patients |
| ___ 9. dentist                 | i. promotes good health by educating people about the causes of disease and the means of prevention   |
| ___ 10. optometrist            | j. trained to help people with behavior problems  |
| ___ 11. nurse anesthetist      | k. cares for sick patients and monitors their progress, also promotes physical, mental and social well-being  |
| ___ 12. physical therapist     | l. performs patient care tasks under a physician's supervision, may perform physical examinations, prescribe certain drugs, and counsel patients.                           |
| ___ 13. pharmacist             | m. treats people with physical disabilities or handicaps, through such means as prescribing exercise programs or applying heat, cold, water or electricity.                 |
| ___ 14. nurse practitioner     | n. treats oral diseases & disorders, such as tooth decay, gum disease and crooked teeth.  |

**DID YOU KNOW?** Your brain is always working, even when you're sleeping.



# FIND THESE MUSCLES

## WORD SEARCH



- Teres
- Biceps
- Deltoid
- Pectoral
- Tricep
- Brachial
- Soleus
- Quadricep

P	P	O	S	K	E	E	C	H
E	P	E	C	T	O	R	A	L
C	P	N	R	I	J	N	N	A
I	E	I	S	J	P	A	Y	I
R	C	R	O	P	A	L	Y	H
D	I	O	T	L	E	D	N	C
A	R	A	N	E	R	C	O	A
U	T	L	S	D	R	O	I	R
Q	C	R	S	A	D	E	V	B
P	E	S	U	E	I	O	S	I

### ***DID YOU KNOW?***

- Skin has tiny muscles in it.
- An adult heart beats approximately 70 times a minute and a child's beats 90 times each minute.

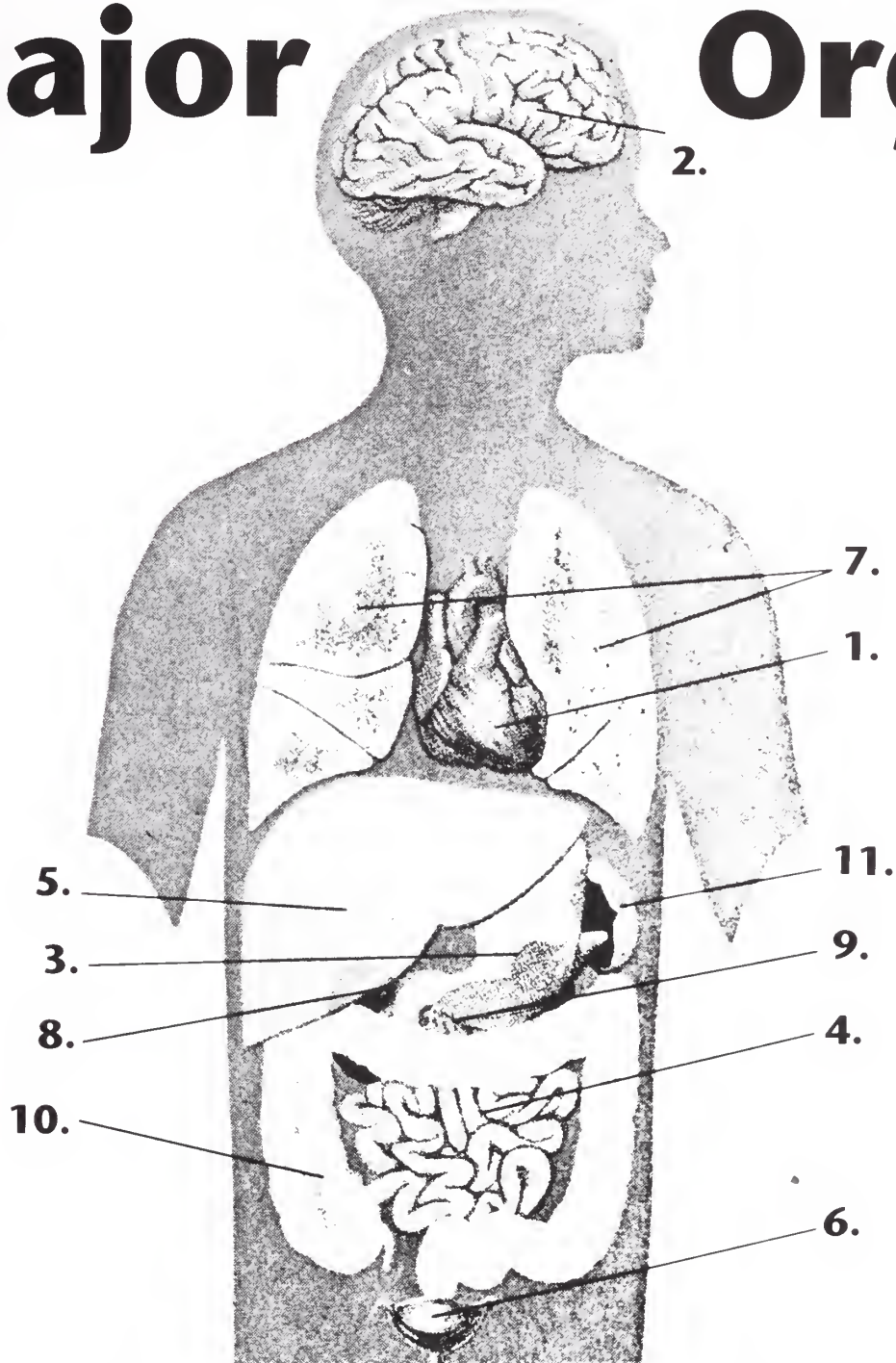
# Coloring Page

## INDIAN VALUE:

**Generosity** — We are only on this earth for a short time.  
Sharing brings honor to you and to your family.



# Identify Some Major Organs



Match the numbered organs with their names below:

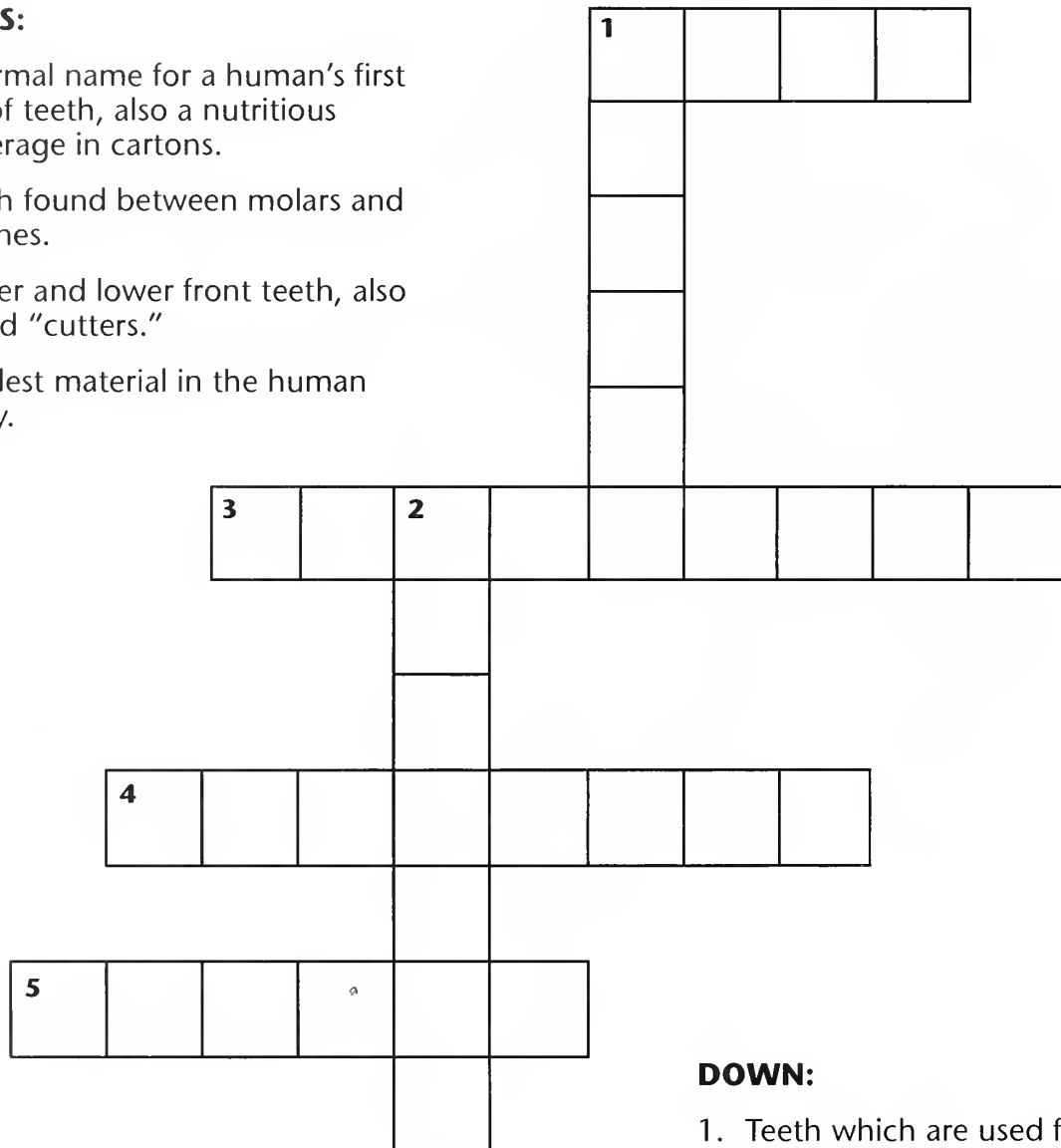
- |                                  |  |  |
|----------------------------------|--|--|
| <input type="checkbox"/> Spleen  | <input type="checkbox"/> Brain           | <input type="checkbox"/> Bladder         |
| <input type="checkbox"/> Liver   | <input type="checkbox"/> Pancreas        | <input type="checkbox"/> Lung            |
| <input type="checkbox"/> Kidney  | <input type="checkbox"/> Heart           | <input type="checkbox"/> Small Intestine |
| <input type="checkbox"/> Stomach | <input type="checkbox"/> Large Intestine |  |

# Know Your Teeth

## Crossword Puzzle

### ACROSS:

1. Informal name for a human's first set of teeth, also a nutritious beverage in cartons.
3. Teeth found between molars and canines.
4. Upper and lower front teeth, also called "cutters."
5. Hardest material in the human body.



### DOWN:

1. Teeth which are used for grinding food.
2. Sharp-pointed teeth, also called "dog teeth."

**DID YOU KNOW?** You taste with your tongue, but a butterfly tastes with its feet.

# Our Largest Reservations

When health professionals enter the Indian Health Service, it is quite likely that they will provide primary care service to on-reservation Indian populations. On the list below, circle the ten reservations and trust lands you think have the largest Indian populations.

Blackfeet, MT  
Cheyenne River, SD  
Gila River, AZ  
Fort Berthold, ND  
Menominee, WI  
Rosebud, SD  
Wind River, WY  
Eastern Cherokee, NC  
Mescalero Apache, NM  
Navajo, AZ-NM-UT  
Pine Ridge, SD  
Hopi, AZ  
Zuni, NM  
Red Lake, MN  
Fort Apache, AZ  
Crow, MT  
San Carlos, AZ  
Mississippi Choctaw, MS  
Colville, WA  
Papago, AZ

**DID YOU KNOW?** The brain is 80 percent water.

# FIND THESE TRIBES

## WORD SEARCH

Cree  
Sioux  
Hidatsa  
Crow  
Spokane  
Ponca  
Omaha  
Mandan  
Arickara

P	T	E	Y	X	O	K	I	C
W	A	S	T	A	D	I	H	M
O	M	A	H	A	K	I	A	A
T	E	L	C	H	P	T	R	N
X	Y	N	C	P	N	I	N	D
O	O	P	A	N	C	M	E	A
P	I	W	N	K	S	R	A	N
R	A	O	A	D	O	O	O	H
E	E	R	C	A	V	P	J	W
D	A	I	X	U	O	I	S	H

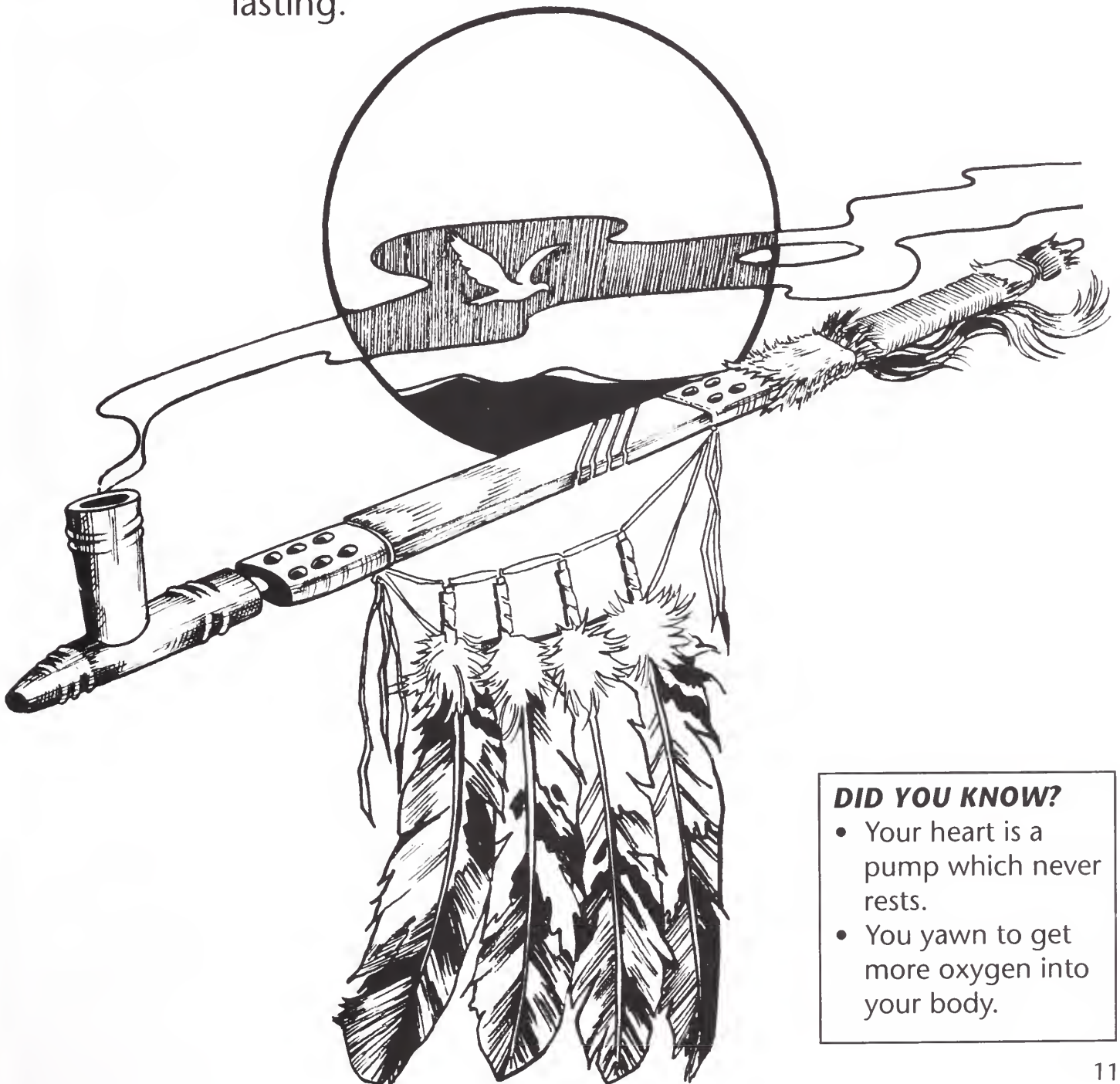
***DID YOU KNOW?***  
Your funny bone is not really a bone, but a nerve.

# Coloring Page

## INDIAN VALUE:

**Respect** — To honor oneself by showing consideration for all, and by feeling pride for being Indian and a member of a tribe.

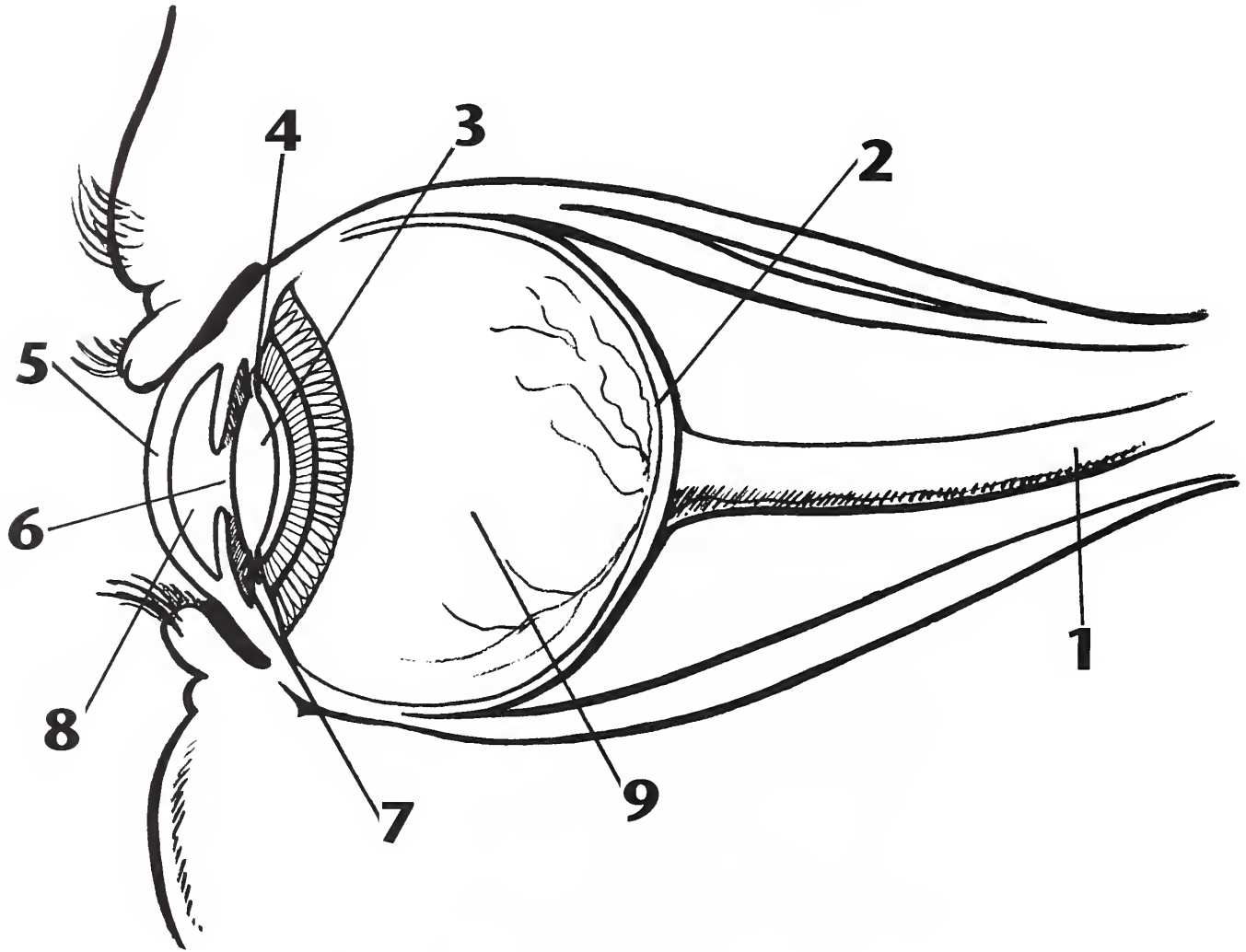
**Wisdom** — The ability to understand what is true, right, and lasting.



### ***DID YOU KNOW?***

- Your heart is a pump which never rests.
- You yawn to get more oxygen into your body.

# EYE identify. . .



DIRECTIONS: Match the number of the eye parts on the diagram above with the names and definitions below. If you have trouble, try to find a diagram of an eye in a science book or encyclopedia.

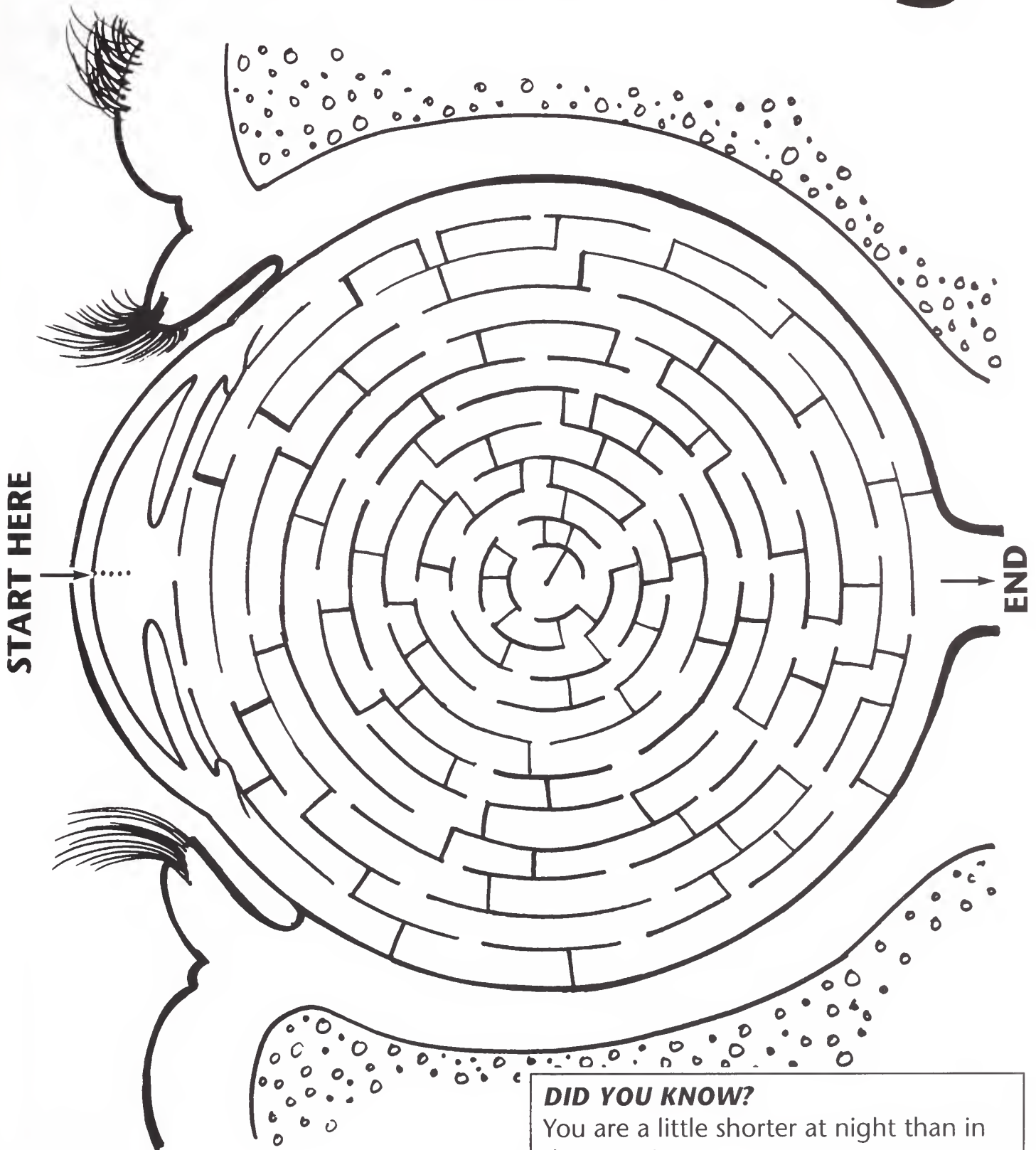
- \_\_\_ **vitreous body** — transparent jelly behind the lens
- \_\_\_ **pupil** — dark central opening of the iris
- \_\_\_ **iris** — colored part around the pupil
- \_\_\_ **retina** — light sensitive membrane
- \_\_\_ **ciliary muscle** — controls the lens' ability to focus
- \_\_\_ **optic nerve** — carries impulses to the brain
- \_\_\_ **lens** — transparent body that focuses light rays
- \_\_\_ **aqueous humor** — occupies space between lens & cornea
- \_\_\_ **cornea** — transparent body that covers iris and pupil

## ***DID YOU KNOW?***

- There are 75 trillion cells in the human body.
- Hair grows  $\frac{1}{2}$  inch every month.



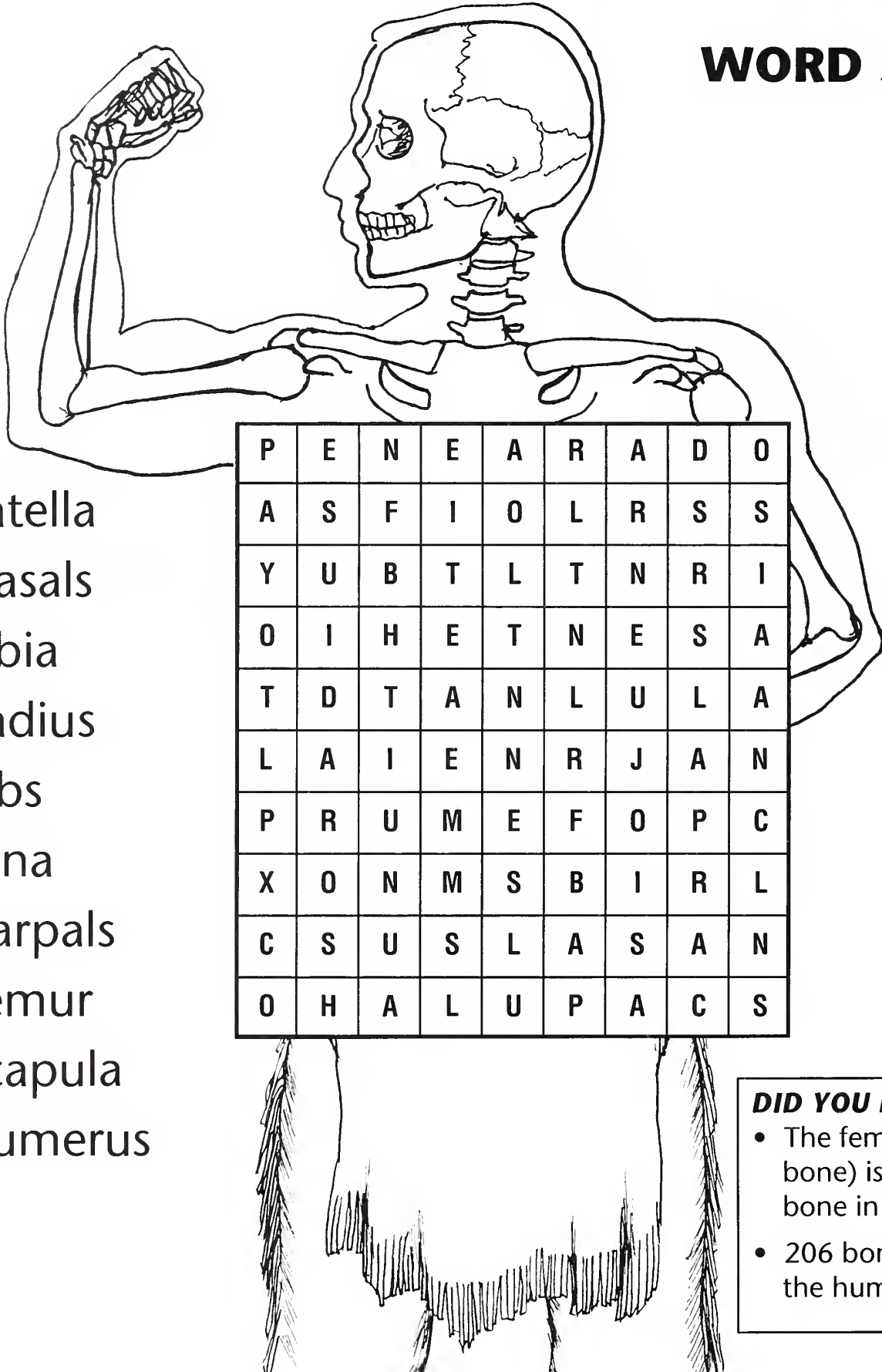
# EYE-maze-ing



**DID YOU KNOW?**  
You are a little shorter at night than in the morning.

# FIND THESE BONES

## WORD SEARCH



- Patella
- Nasals
- Tibia
- Radius
- Ribs
- Ulna
- Carpals
- Femur
- Scapula
- Humerus

P	E	N	E	A	R	A	D	O
A	S	F	I	O	L	R	S	S
Y	U	B	T	L	T	N	R	I
O	I	H	E	T	N	E	S	A
T	D	T	A	N	L	U	L	A
L	A	I	E	N	R	J	A	N
P	R	U	M	E	F	O	P	C
X	O	N	M	S	B	I	R	L
C	S	U	S	L	A	S	A	N
O	H	A	L	U	P	A	C	S

### ***DID YOU KNOW?***

- The femur (thigh bone) is the longest bone in your body.
- 206 bones make up the human skeleton.

# Circulatory System

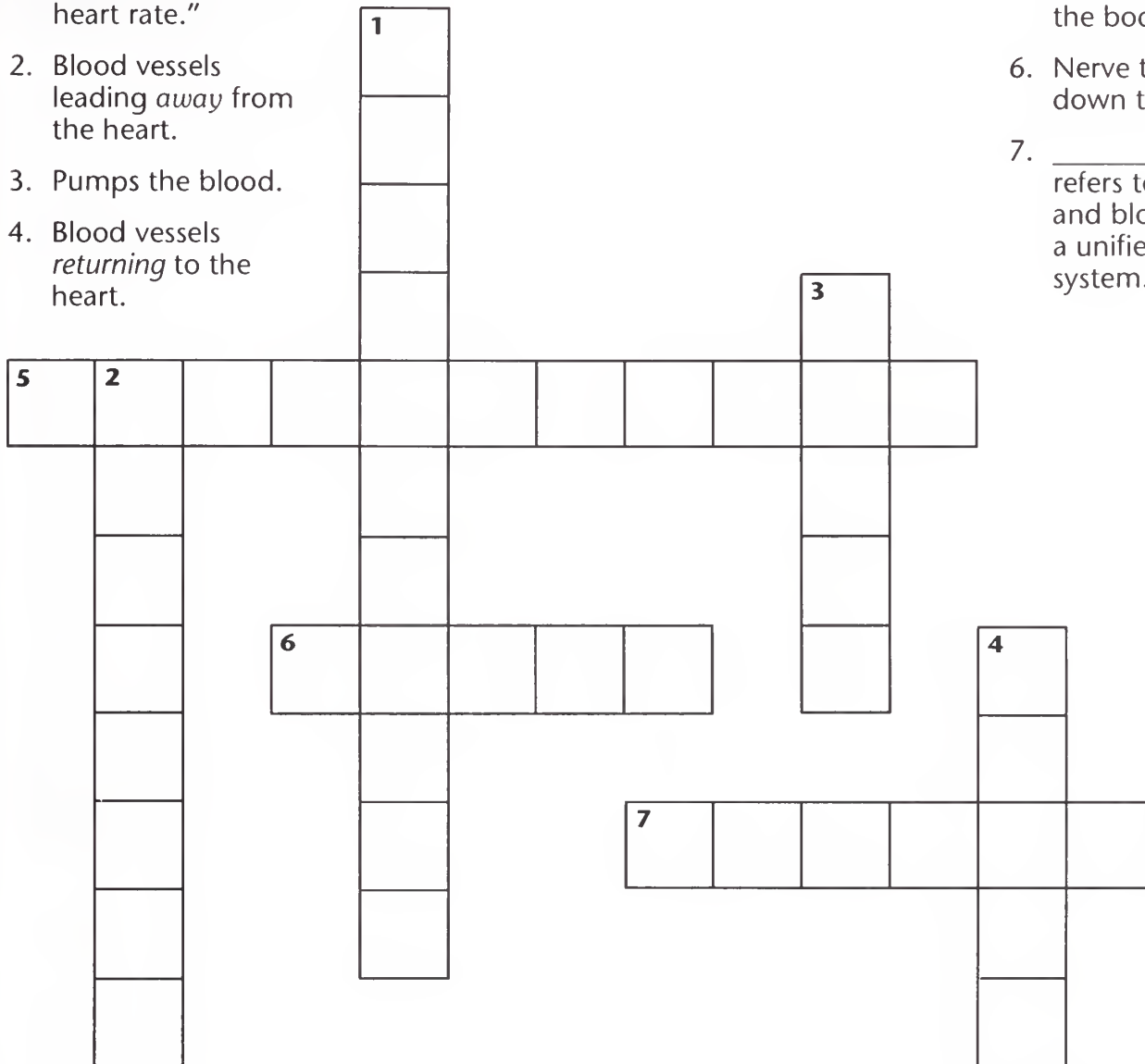
## Crossword Puzzle

### DOWN:

- Exercise \_\_\_\_\_ (speeds up) your heart rate."
- Blood vessels leading *away* from the heart.
- Pumps the blood.
- Blood vessels *returning* to the heart.

### ACROSS:

- Blood vessels delivering oxygen to the body cells.
- Nerve that slows down the heart.
- \_\_\_\_\_ vascular refers to the heart and blood vessels as a unified body system.



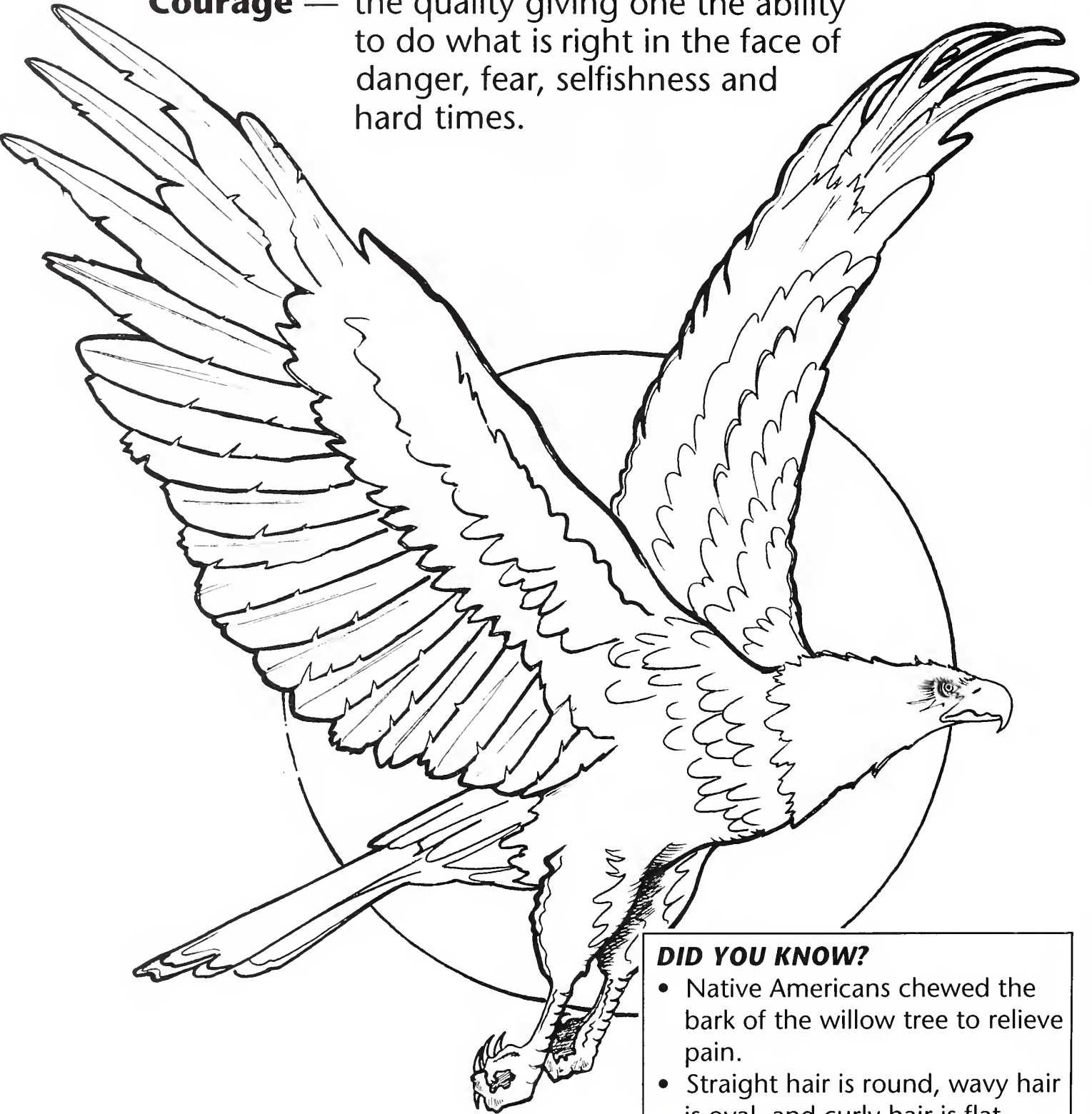
### DID YOU KNOW?

- It takes less than one minute for your blood to take a trip all around your body.
- If you could stretch out your blood vessels, they would reach almost halfway around the world.
- Your heart does enough work every day to raise a train engine one meter off the ground.

# Coloring Page

## INDIAN VALUE:

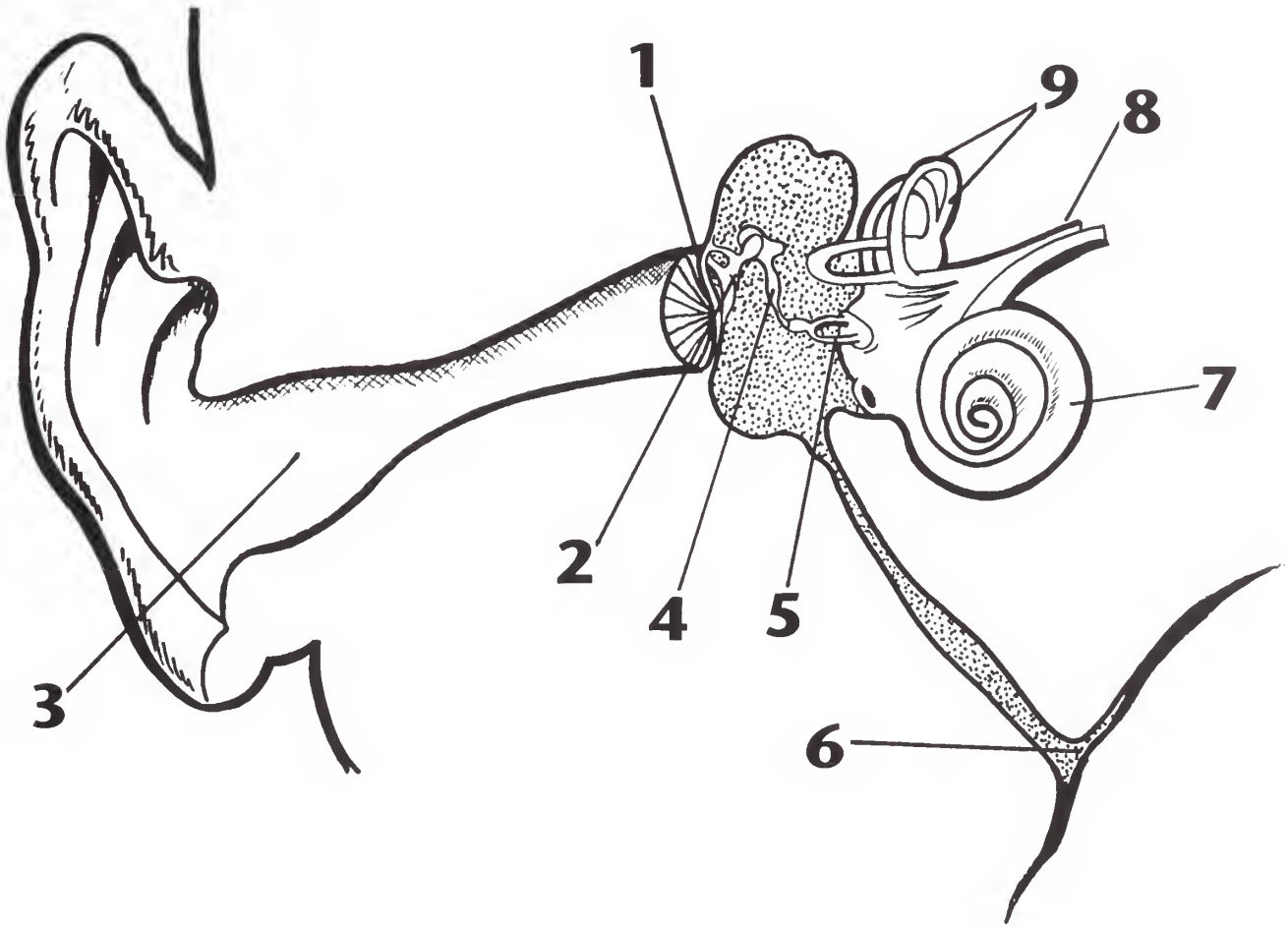
**Courage** — the quality giving one the ability to do what is right in the face of danger, fear, selfishness and hard times.



### **DID YOU KNOW?**

- Native Americans chewed the bark of the willow tree to relieve pain.
- Straight hair is round, wavy hair is oval, and curly hair is flat.

# Now hEAR this



DIRECTIONS: Match the numbers of the ear parts on the diagram above with their names below. If you get stuck, be resourceful and find a diagram in a textbook or encyclopedia.

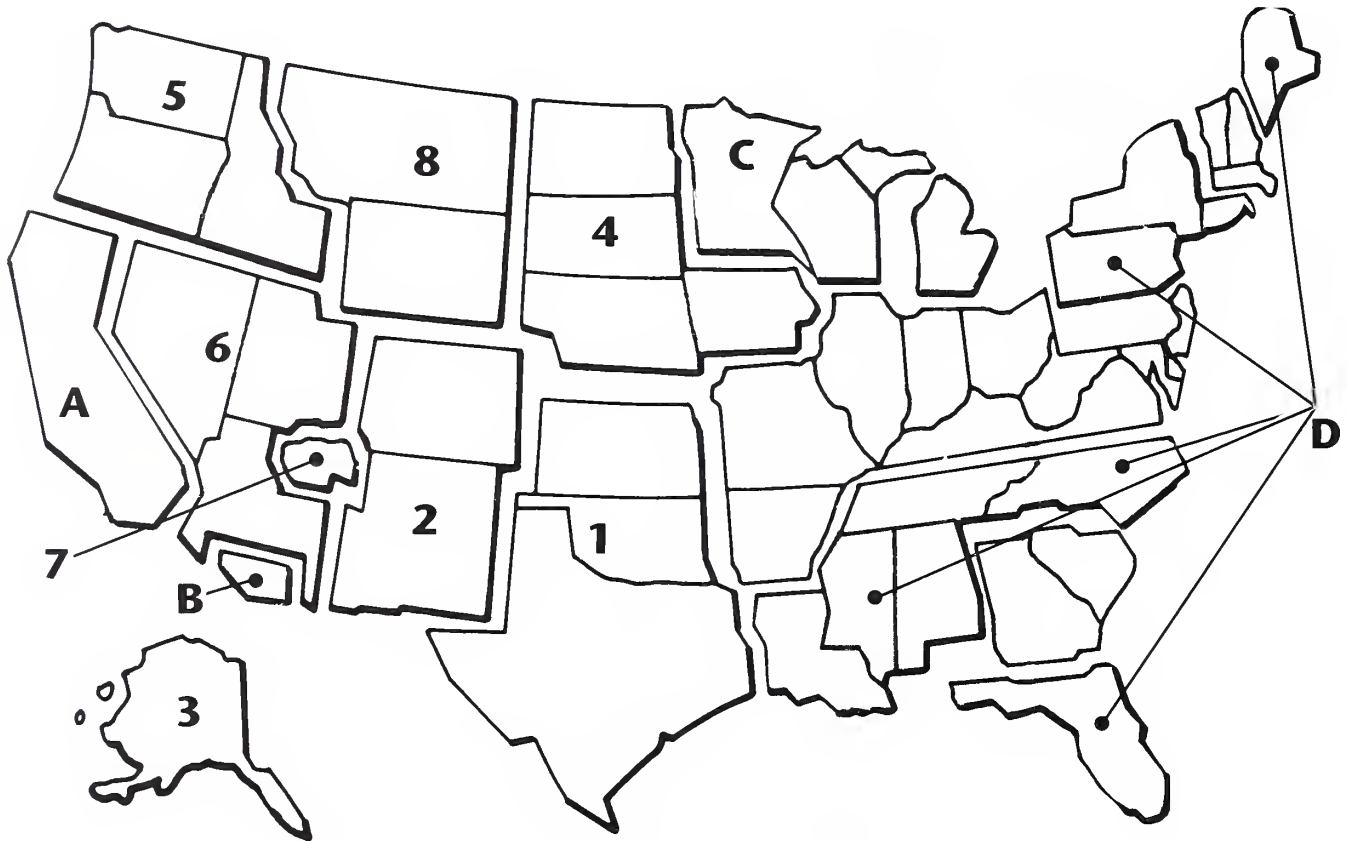
- \_\_\_ **anvil** — small inelus (middle) bone
- \_\_\_ **eustachian tube** — connects inner cavity with throat
- \_\_\_ **stirrup** — small stapes (inner) bone
- \_\_\_ **cochlea** — spiral part of inner ear
- \_\_\_ **eardrum** — receives and transmits sound waves
- \_\_\_ **outer ear** — flap of skin connected to opening in head
- \_\_\_ **semicircular canals** — provides balance
- \_\_\_ **hammer** — small malleus (outer) bone
- \_\_\_ **auditory nerve** — transmits signals to hearing centers in brain

## **DID YOU KNOW?**

- The smallest bones in your body are inside your ear.
- White blood cells eat harmful germs.

# The Geography of Indian Health Care

The Indian Health Service has divided the country into areas which are served through IHS area offices and program offices. Match the service areas of the country with the area and program offices below. (HINT: The area offices are numbered and the program offices are lettered.)



## IHS Area Offices:

- Aberdeen
- Alaska
- Albuquerque
- Billings
- Navajo
- Oklahoma City
- Phoenix
- Portland

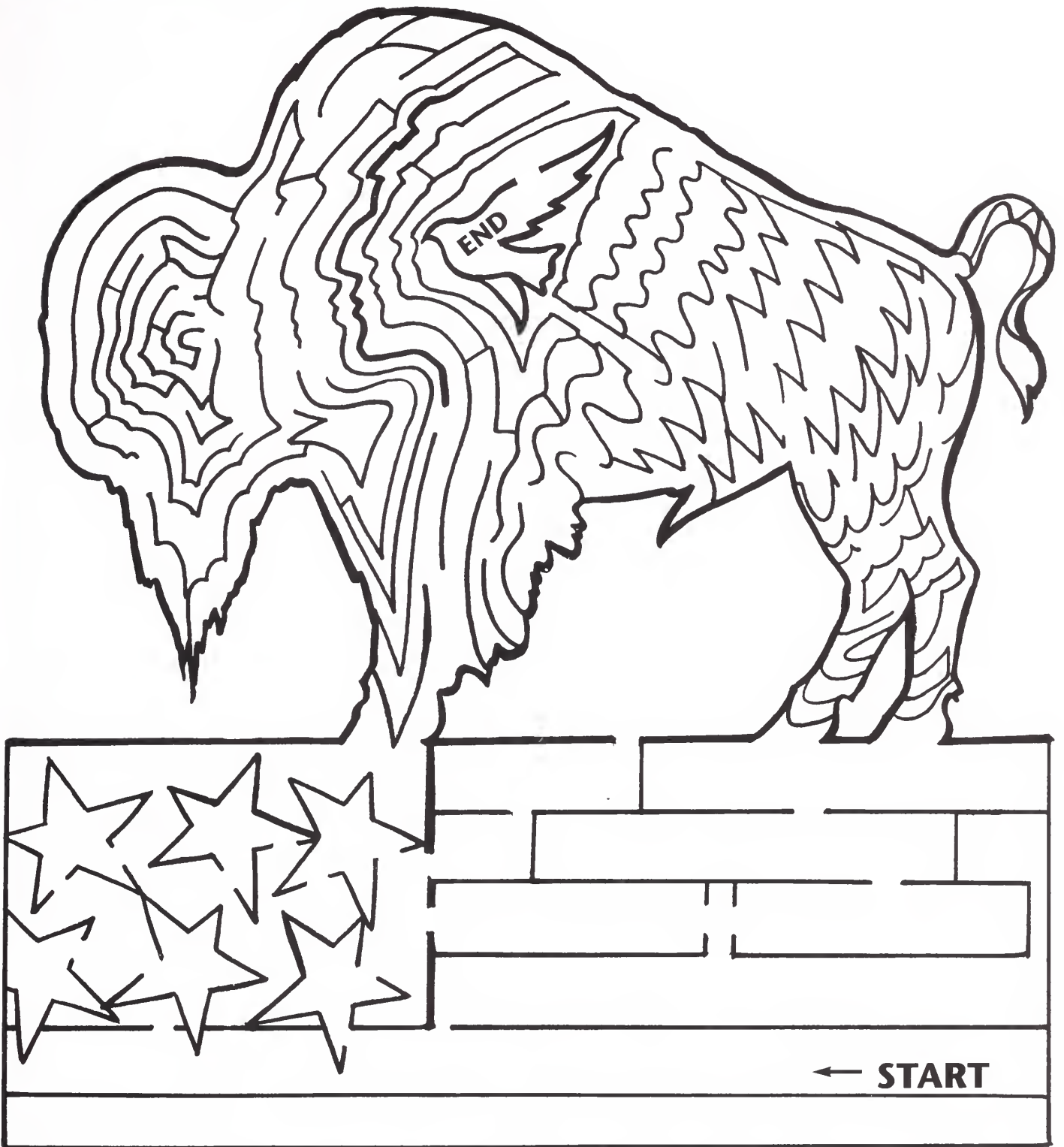
## IHS Program Offices:

- Bemidji
- California
- Nashville
- Tucson

### ***DID YOU KNOW?***

White blood cells eat harmful germs.

# MAZE: THE FIRST MAN AND HIS BUFFALO



**DID YOU KNOW?** A line of 1,000 germs could fit across the top of a pencil.

# DISEASES/SYMPTOMS

## THE MASTER WORD PUZZLE

A	C	E	G	C	A	N	C	E	R	X	D	Z	N	C	A	T	S	Z	E
E	R	Z	Y	M	R	O	T	R	U	N	T	V	O	O	X	A	N	X	L
H	E	T	P	Q	E	X	T	Z	C	E	N	H	C	N	E	E	X	A	R
R	N	N	H	H	F	E	S	E	P	H	T	Z	E	V	R	L	S	C	D
R	O	O	E	R	N	E	D	I	X	C	E	X	F	U	V	S	O	X	G
A	M	N	E	S	I	A	A	C	L	A	O	K	M	L	S	A	S	N	S
I	B	R	A	X	D	T	E	Z	D	H	A	Z	E	S	Z	I	C	Z	E
D	E	I	B	Z	E	X	I	T	M	T	M	B	E	I	S	I	R	N	U
E	H	L	A	A	O	B	C	S	D	O	O	F	R	O	L	I	X	T	X
H	T	P	N	D	T	B	H	E	E	O	D	T	R	N	Y	N	E	M	E
O	S	P	I	A	H	E	V	I	E	T	G	E	V	S	K	L	M	N	S
F	R	I	G	S	A	V	D	G	F	R	L	W	A	O	Y	W	A	B	T
U	R	E	N	J	A	S	C	H	K	C	S	I	J	O	N	S	A	O	R
M	J	D	A	S	E	E	N	T	S	O	W	A	Y	O	T	H	L	P	O
A	O	N	A	I	U	R	C	O	U	G	H	N	H	H	S	R	D	Q	K
N	O	W	P	N	R	I	I	C	D	H	A	T	M	N	T	G	I	W	E
B	O	R	U	N	E	R	P	L	R	R	O	A	E	U	L	O	E	N	X
D	E	R	T	F	E	S	O	E	Y	E	X	W	V	R	I	V	R	A	N
H	Y	X	A	T	E	H	E	O	Z	Y	V	A	J	E	U	D	C	X	N
Y	M	D	R	N	X	S	X	D	T	R	X	E	O	I	L	E	L	A	E
Z	B	A	I	D	S	I	O	R	R	N	N	A	F	X	I	Z	S	T	X
U	G	E	R	I	Z	C	O	M	M	O	N	C	O	L	D	O	S	Z	I

### FIND THESE WORDS:

FLU  
CANCER  
COUGH  
ANGINA  
ASTHMA

AIDS  
FEVER  
DIARRHEA  
STROKE  
AMNESIA

TOOTHACHE  
COMMON COLD  
CONVULSIONS  
ARTHRITIS  
ARTERIOSCLEROSIS

### ***DID YOU KNOW?***

Red blood cells are produced by the bone marrow.

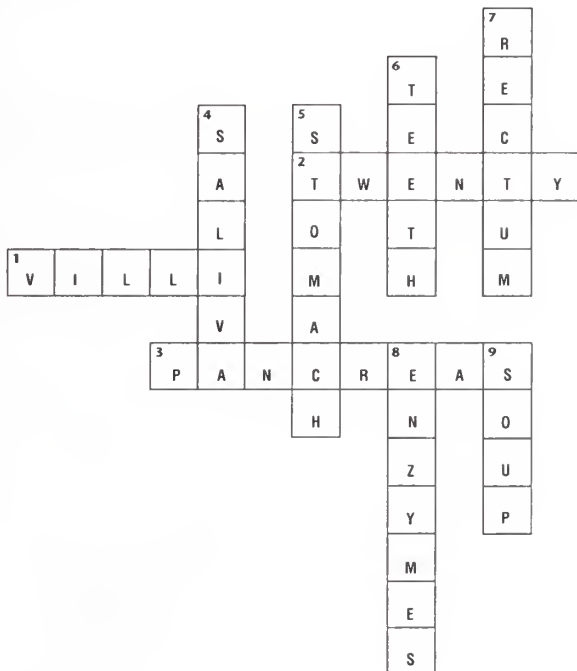


# Solution Pages:

## Match Reservation with State (pg. 1)

Blackfeet	4	Cheyenne River	2	Rocky Boys	4
Turtle Mountain	1	Crow	4	Rosebud	2
Omaha	3	Wind River	6	Fort Peck	4
Santee	2,3	Ft. Belknap	4	Yankton	2
Sisseton	1,2	Standing Rock	1,2	N.Cheyenne	4
Fort Berthold	1	Flathead	4	Lower Brule	2
Crow Creek	2	Pine Ridge	2		
Winnebago	3	Fort Totten	1		

## Digestive System (pg. 2)

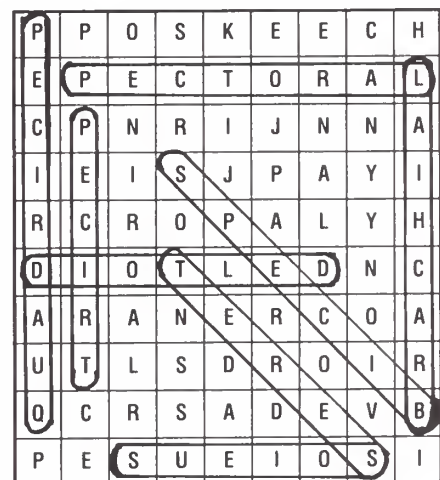


## Know Your Health Careers (pg. 4)

- |       |        |
|-------|--------|
| 1. e. | 8. b.  |
| 2. k. | 9. n.  |
| 3. d. | 10. f. |
| 4. l. | 11. a. |
| 5. c. | 12. m. |
| 6. j. | 13. g. |
| 7. i. | 14. h. |

## Find These Muscles (pg. 5)

### WORD SEARCH



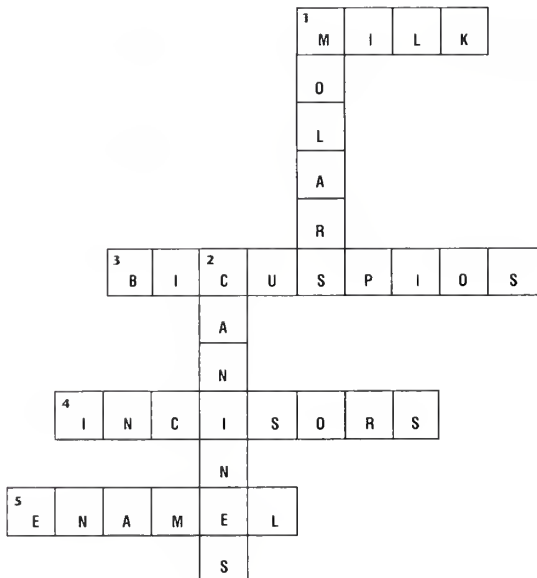
## Hidden Message (pg. 3)

**Life is your gift.  
Drugs kill.**

## Identify Major Organs (pg. 7)

- |                    |                     |
|--------------------|---------------------|
| 1. Heart           | 7. Lung             |
| 2. Brain           | 8. Kidney           |
| 3. Stomach         | 9. Pancreas         |
| 4. Small Intestine | 10. Large Intestine |
| 5. Liver           | 11. Spleen          |
| 6. Bladder         |                     |

## Know Your Teeth (pg. 8)



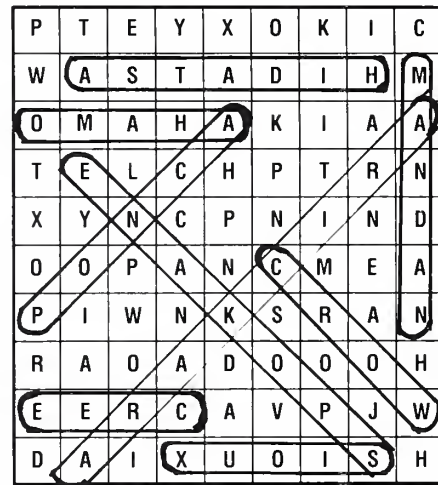
## Our Largest Reservations (pg. 9)

The ten largest Indian reservations and trust lands, in order of size, are:

- |                   |                |
|-------------------|----------------|
| Navajo, AZ-NM, UT | Hopi, AZ       |
| Pine Ridge, SD    | Zuni, NM       |
| Gila River, AZ    | San Carlos, AZ |
| Papago, AZ        | Rosebud, SD    |
| Fort Apache, AZ   | Blackfeet, MT  |

## Find These Tribes (pg. 10)

### WORD SEARCH



## EYEidentify. . . (pg. 12)

- |                   |                  |
|-------------------|------------------|
| 1. optic nerve    | 6. pupil         |
| 2. retina         | 7. iris          |
| 3. lens           | 8. aqueous humor |
| 4. ciliary muscle | 9. vitreous body |
| 5. cornea         |                  |

## EYE-maze-ing (pg. 13)

