

## Environmental Medicine - Class 3

### Body Burden, Contact, Environmental Design

**1. What does “body burden” mean?**

- A. How tall your body is
- B. How fast you can run
- C. How much sleep you get
- D. The amount of toxins your body is holding onto

(Answer: D)

**2. What happens when small exposures to toxins happen again and again over time?**

- A. They disappear right away
- B. They can build up in the body
- C. They turn into water
- D. They make you grow taller

(Answer: B)

**3. Which of these is a way toxins can get into your body?**

- A. Through your shoes only
- B. Through your hair
- C. Through your mouth, lungs, and skin
- D. Through your shadow

(Answer: C)

**4. What is “contact” exposure?**

- A. Getting toxins into your body by touching
- B. Only breathing air
- C. Only drinking water
- D. Only sleeping

(Answer: A)

**5. How can toxins get into your home from outside?**

- A. Only through windows
- B. Only through water
- C. Through shoes, pets, and clothes
- D. Only through the roof

(Answer: C)

**6. Why can small exposures to toxins be hard to notice?**

- A. They happen all at once
- B. They happen slowly over time
- C. They happen at night
- D. They are invisible

(Answer: B)

**7. Where can some toxic substances be stored in the body?**

- A. In your hair only
- B. In your bones only
- C. In your fat
- D. In your shoes

(Answer: C)

**8. What is biomagnification?**

- A. Things getting smaller over time
- B. Things disappearing quickly
- C. Animals running faster
- D. Substances building up more in bigger animals

(Answer: D)

**9. Which of these helps lower exposure from contact?**

- A. Never touching anything
- B. Wearing the same clothes every day
- C. Washing hands before eating
- D. Sleeping all day

(Answer: C)

**10. Which is an example of a smart home design choice?**

- A. Leaving your shoes on when you go inside
- B. Keeping everything messy
- C. Having a place to take off your shoes at the door
- D. Keeping a cluttered junk drawer

(Answer: D)

**Home Activity Answer Key (Ages 6–9)**

**Activity 1 – “What Comes In?” (Home Entryway Check)**

*(This is self-directed. No answer.)*

**Instructions:**

Look at the place where people enter your home.

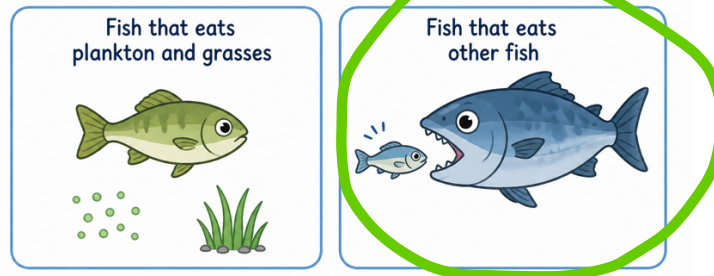
Draw or describe:

- What is on the floor?
- Where do shoes go?
- Is there a place to keep things from outside?

**Activity 2 – “Up the Food Chain”**

Which fish is more likely to have more toxins build up?

Circle one.

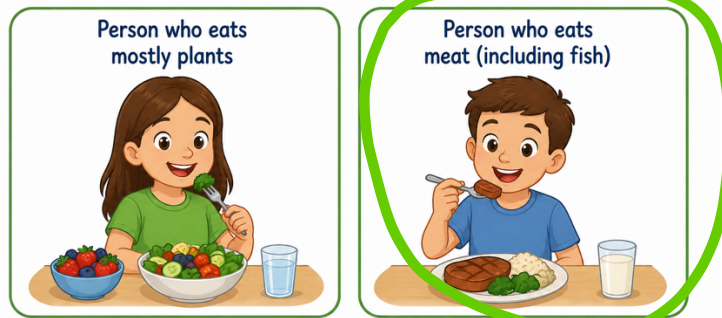


Why do you think that fish would have more toxins? \_\_\_\_\_

**Answer:** The fish that eats other fish will have “bioaccumulation”. They eat the toxins that are inside the other fish. This makes them build up toxins faster.

Which person is more likely to have more toxins build up?

Circle one.



Why do you think this person would have more toxins? \_\_\_\_\_

**Answer:** The human that eats other animals will have “bioaccumulation”. They eat the toxins that are inside the animals they eat. This makes them build up toxins faster. This is why organic meats are really important.