

HEALTHY KIDS CONNECTIONS



WINTER
2011

IT'S IN YOUR GENES

Your *genes* are instruction codes for your body. They tell your cells what to do. In fact, genes tell your body everything from how tall to grow to what color your eyes will be.

We all have a special set of genes that comes from our parents. They are an important part of what makes you YOU. Unless you have an identical twin, there is not another person in the world with a set of genes just like yours!

Genes affect how you look and act. They can also affect your health. By studying human genes, scientists can learn more about diseases that run in families.

Humans have 23 pairs of *chromosomes*. These are bundles in the body that have both DNA and genes. One of those pairs even determines if you are born a boy or a girl.

So the things you really like about yourself—and some of the stuff you don't? They just might be in your genes.

Source: www.bam.gov, created by the Centers for Disease Control and Prevention (CDC), an agency of the U.S. Department of Health and Human Services

LOOK INSIDE FOR...

- ★ study tips for classroom superstars
- ★ joke corner
- ★ word seek: dna detective
- ★ crack the code: words to know
- ★ express yourself



Gene
scene

Things like eye color, hair color and height are set by your genes.



STUDY TIPS FOR CLASSROOM SUPERSTARS



Listen in class

Good study habits start when you are in class. Listen to what your teacher and classmates say. Stay focused on classroom activities. Tell your teacher about things that keep you from paying attention. This could be loud kids sitting near you or something else.



Take good notes

Write down important words the teacher says or writes on the white board. Ask questions when you don't understand something. Later, read over your notes. This will help you remember information you learn at school.



Don't wait until the last minute

We all put things off. Some people wait until the night before a test to start studying. An easier way is to study all along. Try tackling a little bit each day instead of everything at once.



Try small chunks

Let's say you have to learn 20 new words. Studying them all at once would be difficult. So try studying the first "chunk" of five words. Then do the next five. Soon you'll have all 20. It's easier when you break something big into smaller pieces.



Ask for help

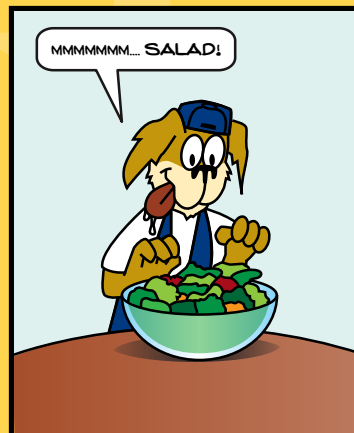
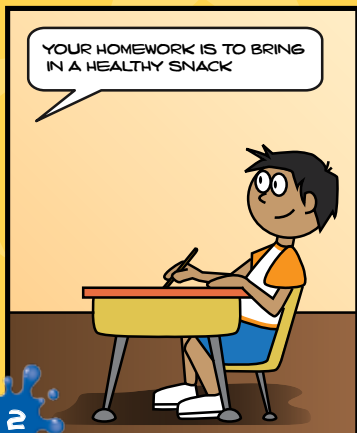
Is something not making sense? Ask the teacher or a classmate who understands the problem. Asking questions is a great learning tool. It helps clear up confusion.



Rest up and eat your breakfast

Your brain needs sleep. Go to bed early the night before a big test. And don't skip breakfast! It gives your brain and your body fuel to take on the day.

JOKE CORNER





WORD SEEK

DNA DETECTIVE

Be a DNA detective! Find these words hidden in the box to the right. Look forward, backward, up and down.

Cell
Chromosome
DNA
Genes

Heredity
Molecule
Organism

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

Gene
scene

You have DNA in each of your cells. No one else has a DNA pattern just like yours. That's why DNA evidence (proof) can be used to help solve a crime.

CRACK THE CODE

WORDS TO KNOW

Here are some terms every DNA detective should know.

Cell. The basic structure (unit) of all living things.

Chromosomes. (Say *kro-muh-sohms*.) Rod-like bundles in the body. They have both DNA and genes.

DNA. Carries the gene info in the body's cells. Every cell in every living thing has DNA.

Genes. (Sounds like *jeans*.) Connected DNA molecules. They determine what each living thing is like.

Heredity. (Say *huh-red-ih-tee*.) The passing of traits from a parent to a child through genes.

Organism. A living thing.



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EXPRESS YOURSELF SHARE YOUR FEELINGS

How you feel is important. You smile or laugh when you feel happy. And you may cry when you feel sad. Sometimes you may see or hear something that makes you upset. The bad feelings don't seem to go away.

It's good to talk about your feelings at times like this. Talking about your feelings helps you feel better. Often you will find that whatever feelings you have, someone else has had them, too.

Not talking about our feelings may leave them "bottled up" inside. This can even make you feel sick. Instead, talk with someone you trust. This could be your parent. Or it could be a teacher, a coach or a counselor at school.

Remember that you are not alone. People are there to help!

