Next Week: School safety quiz

Well!



Mini Fact:

The American Dental Association recommends brushing twice a day and flossing daily.

Is a visit to the doctor or dentist part of your back-to-school routine? You've probably been to the doctor and had your teeth cleaned at the dentist. Let's meet the people who help us take care of our health and find out about the tools they use.

Checking in

The first person you'll probably see in a doctor's or dentist's office is a receptionist. He or she is responsible for setting appointments, checking patients in, taking payments and filing reports about patients.

Meet a nurse

The next person you may meet is a **nurse.** He or she might:

- weigh you on a scale
- measure your height
- take your blood
- pressure
 - listen to your heart
- ask you how you've been doing. Careful records

will be kept for your file. temperature. Nurses in pediatrician*

(pee-dee-uh-TRISH-an) offices also take a lot of calls from parents about kids who are sick or injured.

If you need a shot, a nurse will probably be the one to give it. Shots are given with vaccines (vak-SEENS), or medicines to prevent disease, and sometimes when you are sick.

* A pediatrician is a doctor who treats children. The Mini Page® © 2015 Universal Uclick



The doctor listens to your heart and lungs using a stethoscope.

Time for a checkup

If you're visiting for a checkup, the doctor looks you over to see if you're growing as you should be. Babies see the doctor many times during their first year or two. After that, kids usually have a checkup once a year.

The doctor may use special tools to look into your eyes, ears, nose and mouth. He or she may feel around your stomach and look at your back to make sure your spine is straight. You can talk with the doctor and your mom or dad about any problems you're having.

Take your medicine

If needed, the doctor may order medicine. Some medicines are given in a liquid that you take with a spoon. Older kids can swallow pills. A doctor may prescribe, or order, a shot, which is medicine given through a needle. Shots usually pinch just for a second, then the pain is over.



The dentist will use tools to explore around your teeth, looking for weak places or cavities. Sometimes a small mirror is used to help look into hard-to-see places.

At the dentist

A dentist is a doctor who takes care of teeth, and a dentist's office can be similar to a doctor's office. You'll probably check in with a receptionist.

At a dental checkup, the dentist wants to make sure that your teeth and gums are healthy. But before the dentist examines you, a dental hygienist (high-JEE-nist) may clean your teeth using a scraper, an electric tool and flavored toothpaste. He or she may also floss between your teeth and take X-rays of your teeth and jawbones.

You'll sit in a special chair that leans back and wear a paper bib to protect your clothes from spatters.

Resources

On the Web:

- bit.ly/1FoDZiE
- bit.ly/1cOXas3

At the library:

- "What to Expect When You Go to the Dentist" by Heidi Murkoff
- "I'm Going to the Doctor?!" by Teri Case

Try 'n' Find

Words that remind us of doctor visits are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:

A nurse might

take your



REEPOCSOHTETS ONAELCWYORNM TIJBVEGFUEI AHNCEAO Н IEMPRSSO TSINOITPECERSRN TXNAIC IRTA

STETHOSCOPE, VACCINE, WEIGH.

Baked Kale Chips With Sea Salt

• 1/2 teaspoon sea salt (preferably coarse)

Cook's Corner

• 1 bunch kale, rinsed and patted dry

1. Preheat oven to 375 degrees.

You'll need:

What to do:

• 2 teaspoons olive oil

the edges. Serves 4.

Mini Jokes

Wendy: What did the lightbulb say to the switch?

William: "You really turn me on!"

Lucy: Have you heard about the doctor

Lonnie: Yes! You wind it up and it operates on batteries!

doll?

Eco Note

Wild dogs have been released into Serengeti National Park in Africa. The dogs disappeared from the park more than 20 years ago because of hunting, disease and competition with other predators. Sixty dogs have been reintroduced there.

For Later:

Look for news about children's health in your newspaper.

For standards-based activities to accompany this feature, visit: bbs.amuniversal.com/teaching_guides.html

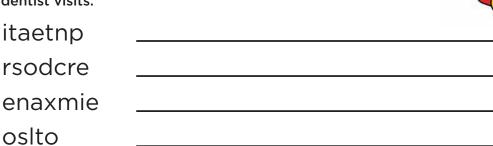
Books from The Mini Page are wonderful

resources and make great gifts! See all of our

Teachers:

Puzzling

Unscramble the words below that remind us of doctor and dentist visits.



2. Cut the kale leaves away from the stems and rip the leaves into bite-size pieces. 3. Place the kale in a large bowl. Add the olive oil and toss to coat the leaves.

4. Arrange kale on a large baking sheet in a single layer and sprinkle with sea salt.

Adapted from "The Robin Takes 5 Cookbook for Busy Families" with permission from Andrews McMeel Publishing (andrewsmcmeel.com).

5. Bake for 12 to 15 minutes, until the kale leaves are crisp and golden brown around

Answers: patient, records, examine, tools





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