

Chapter 15 Parent Letter and Activities

Dear Parent or Guardian,

Your teen's health class is currently studying the cardiovascular, respiratory, and digestive systems. A primary goal in this chapter is for the students to understand how their health behaviors affect these systems. Your teen will learn about the structure, function, and disorders of the cardiovascular, respiratory, digestive, and excretory systems. Your son or daughter will analyze the relationship between healthful habits and disease prevention of these systems.

Your teen will explore the following topics in this chapter:

- The Cardiovascular and Lymphatic Systems.
- The Respiratory System.
- The Digestive System.
- The Excretory System.

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics: Discuss any cardiovascular, respiratory, or digestive problems or diseases that family members have experienced, as well as the prevention, symptoms, and treatment of these diseases. Ask your son or daughter to sketch the human body and explain the process of digestion or elimination. Review healthful habits your teen should practice to help reduce many of the risk factors associated with problems of these systems, such as not smoking, eating a healthy diet, and practicing good hygiene.

Please plan other activities you think will help your teen understand the cardiovascular, respiratory, digestive, and excretory systems and how to keep them healthy. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher

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