

HUMAN BODY SYSTEMS & HEALTH

DETECTIVE MYSTERY BUNDLE

NO PREP

The Substance Abuse & Impact on Body Systems Mystery

Part 1 – Mission Briefing & Case Overview

Name: _____ Date: _____

Case File #620 – The Substance Abuse & Impact on Body Systems Mystery

Doctors and health clinics are reporting a growing number of patients experiencing fatigue, shortness of breath, poor concentration, nausea, headaches, mood changes, and irregular heart rates. Some patients report difficulty exercising, while others struggle with memory, coordination, or sleep. Medical tests reveal reduced oxygen levels, liver inflammation, abnormal heart rhythms, and signs of damage to multiple body systems.

Health officials suspect a pattern linked to **substance use**, including vaping, smoking, and alcohol consumption. These substances enter the body through different pathways but can affect many of the same systems. When harmful substances are introduced into the body, they can disrupt normal cellular processes and interfere with how body systems work together.

Substance abuse has been linked to:

- Reduced oxygen delivery
- Damage to organs such as the lungs and liver
- Disrupted nervous system function
- Increased strain on the heart
- Impaired cellular function

No single symptom explains the full problem. What is clear is that when substances interfere with normal body processes, the effects can spread across multiple systems. You are a science detective assigned to investigate this medical mystery.

Your Mission

Enter and affect the body
Impacts multiple body systems
Leads to system-wide effects
Form and protect body systems
on what you discover.

Affect the Body

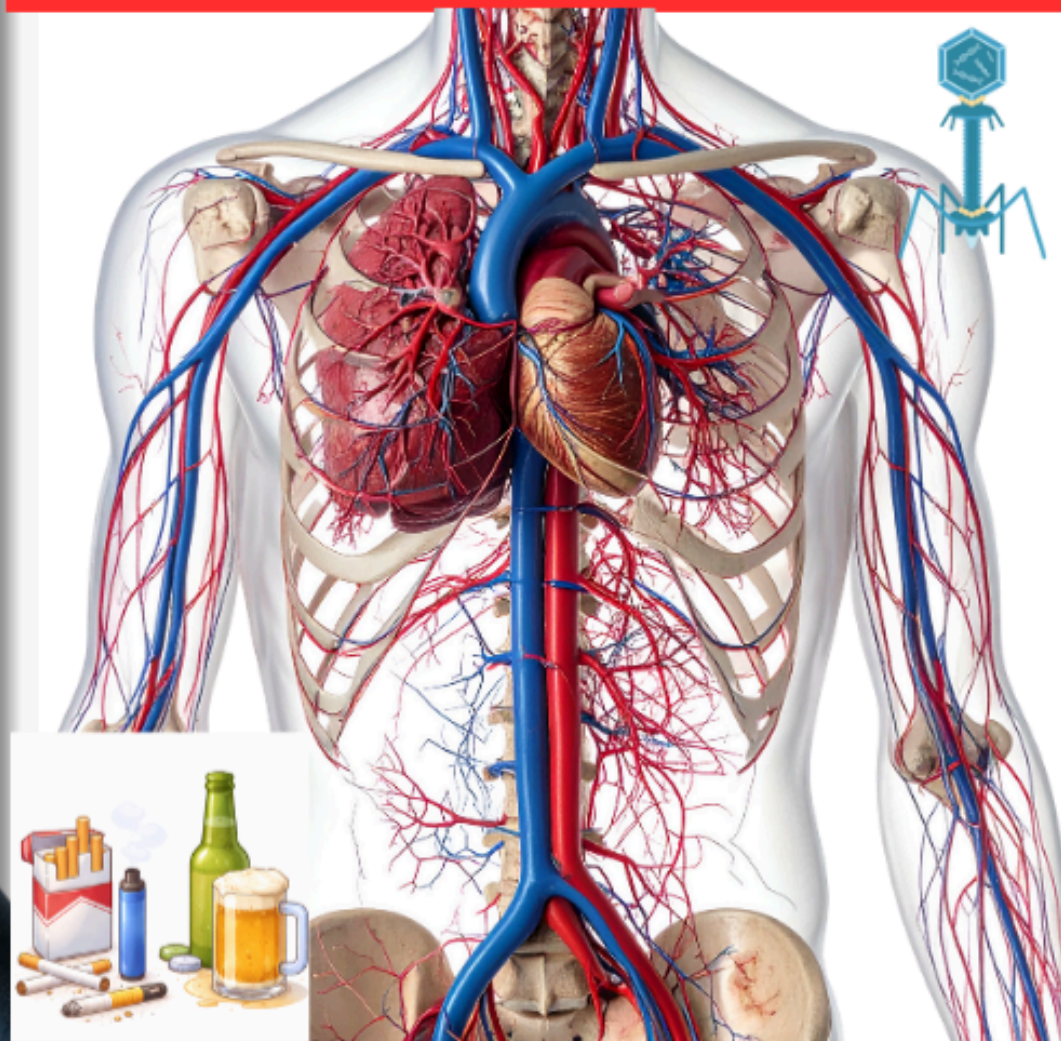
Identified, then answer:

How do substances enter the body?

How do products, tobacco smoke, and alcohol affect body

Teach With
Fergy

3. Why are substance-related health problems difficult to detect early?



★★★★★ Extremely satisfied -
“This product will make a great
addition of Environmental Mystery
Mondays for my Environmental
Issues Curriculum, with no teacher
prep needed.”

SCROLL

to take a look inside!

20 DETECTIVE FILES ON HOW HUMANS IMPACT THE ENVIRONMENT

HOW THESE ACTIVITIES WILL HELP YOU

- Saves prep time with a fully structured, print-and-go investigations.
- Drives high engagement while still meeting academic goals as students are interested in what they're doing.
- Builds deep understanding with real-world relevance as they analyze real evidence, make connections, and using CER to explain human impact.

10-PART INVESTIGATION

For Each Investigations - Students:

1. Step into the role of a Science Detective.
2. Examine real body systems evidence from around the world using images, graphs, and text.
3. Track the hidden pathways of how human body systems and health are connected.
4. Interrogate suspects (bacteria, blood types, nutrition, stress, etc.) and identify the main culprits in each scenario.
5. Build a scientific case using Claim-Evidence-Reasoning.
6. Propose real solutions that matter.

★★★★★ Extremely satisfied - "The added images and graphs enhanced the activity. My students were engaged and motivated during the case study, and it was an effective introduction to the

Classroom Fit Guarantee

I want you to feel confident when you purchase from Teach With Fergy. If a resource is not the right fit for your students, simply contact me and I'll provide double your purchase amount in store credit toward another resource in my store.



HOW THESE MYSTERIES WILL HELP YOU



- Prep-FREE and fully editable Mystery Investigations - just print/upload and assign with no materials.
- Engages every learner through hands-on, high-interest mystery investigations that boost motivation and participation.
- Strengthens instruction by aligning directly with NGSS.
- Builds essential skills such as graph interpretation, problem-solving, teamwork, creativity, and communication.

★ Complete student case files with guided worksheets for every step of each investigation.

★ 10 detailed evidence cards based on real research and real-world examples that include images, graphs, and text.

★ A full teacher answer key with sample responses and support for grading.

What You Get

NO-PREP. JUST PRINT TO GO!

Full investigation breakdown

The Cellular Respiration Breakdown Mystery

Part 1 – Mission Briefing & Case Overview

Name: _____ Date: _____

Case File #621 – The Cellular Respiration Breakdown Mystery

Doctors and health clinics are reporting an increase in patients experiencing extreme fatigue, muscle weakness, shortness of breath during mild activity, dizziness, and difficulty concentrating. Some patients report feeling tired even after rest, while others struggle to maintain normal body temperature or recover after physical exertion. Medical tests show low ATP production, abnormal oxygen use within cells, and signs that cells are not producing enough energy to meet the body's needs.

Health officials suspect a breakdown in cellular respiration and nutrients to produce energy. When cellular cells cannot make enough energy to power essential functions, they become unavailable.

Cellular respiration breakdown has been linked to:

- Low energy (ATP) production
- Reduced oxygen use inside cells
- Poor muscle and organ performance
- Increased fatigue and weakness
- Disrupted body balance

No single symptom explains the full problem. When cells cannot convert oxygen and nutrients into energy, the body's functions become disrupted. You are a science detective assigned to investigate.

Your Mission:

- Explain how cellular respiration normally works.
- Identify what disrupts cellular respiration.
- Describe how reduced energy production affects the body.
- Propose solutions that support healthy cellular respiration.

The function of every body system depends on cellular respiration.

Part 2 – Background: What Is Cellular Respiration?

Read the background information provided.

1. What is cellular respiration, and how does it work?
2. How is normal cellular respiration functioning properly?

Evidence Card 2 – Lung Inflammation

Imaging shows inflammation and irritation in lung tissue compared to healthy lungs.

Non-Healthy Lungs Healthy Lungs

The non-healthy lungs show inflammation and irritation, while the healthy lungs appear clear.

Detective Prompt: How could lung damage affect breathing and oxygen exchange?

Part 3 – Evidence Log

For each Evidence Card, answer the questions below in 1-2 sentences in your own words.

1. Summarize the evidence in your own words.
2. What does this evidence suggest about the circulatory system? Choose one: ☐ Pathway ☐ Its impact
3. What question does this evidence raise for you?

Example Evidence Log Entry (Note: model response only — not related to this investigation)

This evidence suggests an impact because it shows how increased water temperature affects fish survival. When water warms, oxygen levels decrease, making it harder for fish to survive.

Evidence # _____ Key Understanding _____

Part 4 – Suspect List: What Is Causing the Breakdown?

Rank the suspects from 1 (most responsible) to 5 (least responsible).

Suspect	Rank	Why You Ranked It This Way
Poor blood vessel health		
Heart muscle weakness		
Low red blood cell count		
Blocked arteries		
Lifestyle factors (diet, inactivity)		

Evidence Card 1 – Elevated Cortisol Levels

Blood tests show consistently elevated cortisol levels, even during non-stressful situations.

Blood Cortisol Test Results

Group Tested	Blood Cortisol Level (µg/dL)	When Measured	Interpretation
Healthy Individual (Normal)	6–18 µg/dL	Morning (8 a.m.)	Normal stress hormone regulation
Healthy Individual (Normal)	< 5 µg/dL	Evening	Cortisol properly decreases during rest
Patient with Elevated Cortisol	20–30 µg/dL	Morning (8 a.m.)	Abnormally high baseline cortisol
Patient with Elevated Cortisol	10–20 µg/dL	Evening (non-stressful)	Cortisol remains high when it should be low

Detective Prompt: What role does cortisol play in the stress response?

Evidence Card 2 – Increased Heart Rate and Blood Pressure

Patients show increased heart rate and blood pressure during routine daily activities.

Heart Rate During Daily Activities

Activity	Normal Person (b/min)	Stressed Person (b/min)
Resting	~70	~100
Walking	~90	~120
Household Chores	~110	~140
Climbing Stairs	~130	~160

Blood Pressure During Daily Activities

Activity	Normal Person (mmHg)	Stressed Person (mmHg)
Resting	~120/80	~140/90
Walking	~130/85	~150/95
Household Chores	~140/90	~160/100
Climbing Stairs	~150/95	~170/105

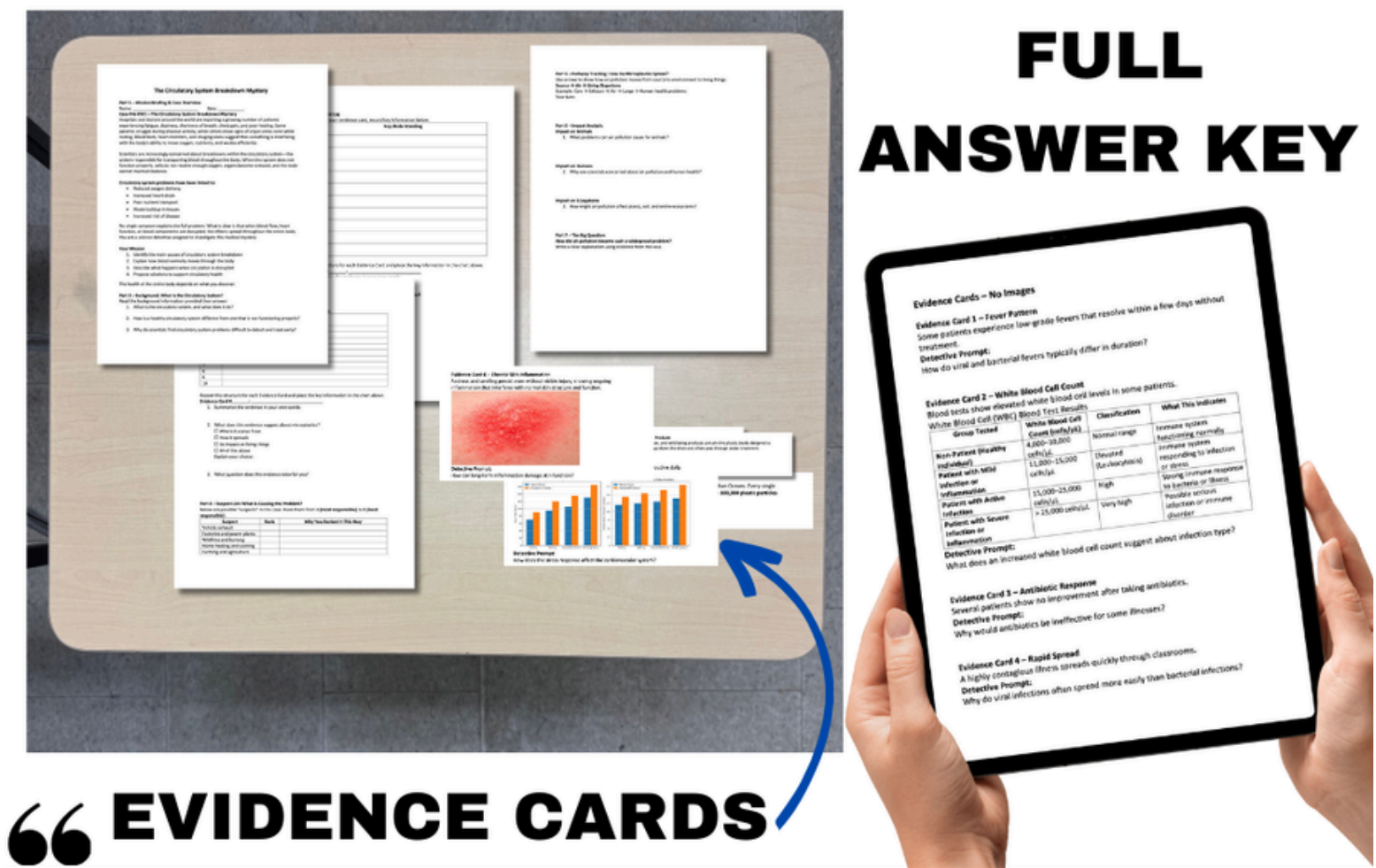
Detective Prompt: How does the stress response affect the cardiovascular system?

Interpretation & Recording Data

10 Evidence Cards to Determine Culprit

What Will Your Students Learn?

FULLY EDITABLE AND READY-TO-GO INVESTIGATION



“ EVIDENCE CARDS

★★★★★ Extremely satisfied - This product will make a great addition of Environmental Mystery Mondays for my Environmental Issues Curriculum, with no teacher prep needed.

- ✓ How major human body systems function and work together to maintain health.
- ✓ How breakdowns in one body system can affect other systems.
- ✓ Why balance, regulation, and feedback are essential for homeostasis.
- ✓ How oxygen, nutrients, energy, and signals move through the body.
- ✓ Why cells require a constant supply of energy to function properly.
- ✓ How infections, diseases, and disorders disrupt normal body processes.
- ✓ How lifestyle factors influence body systems over time.
- ✓ How to use Claim–Evidence–Reasoning (CER) to support scientific explanations
- ✓ How to trace cause-and-effect relationships in complex biological systems

INCLUDED BONUSES

The following activities are included in your purchase.

Science Word Sprint!
Human Body Systems

Students race against the clock to guess scientific terms without using the forbidden terms.



TWF Life Sciences

Body Systems
Bell Ringers, Class Warm-Ups, and Exit Tickets



Blood

1. What is the main function of Red Blood Cells?
2. What is the main function of White Blood Cells?
3. What is the main function of Platelets?

Video

Watch the following video clip and summarize the main point(s) in 2-3 sentences. Your answer should emphasize the main idea(s) expressed in the video.



Human Body Systems
Graphing Bundle
Middle School

THREE Graphing Activities

NO PREP - Just download and Go!

5th Grade

Human Body Systems
in Action - Project

6th, 7th, 8th Grade

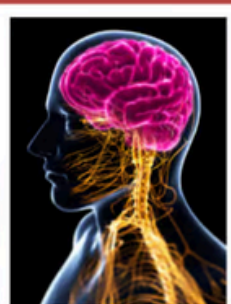


Circulatory Nervous Digestive Respiratory

- ✓ Hands-On Science Exploration
- ✓ Choice-Based Creation
- ✓ Real-World Connections
- ✓ Presentation-Ready & Rubric



Human Body
Systems Project



Nervous Digestive Respiratory

Media Research Project
On or Digital Choice
World Connections
ed Timeline & Rubric



THE STRESS RESPONSE & HEALTH PAGE-BY-PAGE EXAMPLE



THE STRESS RESPONSE & HEALTH BREAKDOWN MYSTERY

NO PREP

The Stress Response & Health Breakdown Mystery

Part 1 – Mission Briefing & Case Overview
Name: _____ Date: _____

Case File #623 – The Stress Response & Health Breakdown Mystery
Doctors and school health professionals are reporting an increase in patients experiencing frequent headaches, stomach pain, rapid heartbeat, difficulty sleeping, fatigue, irritability, and trouble concentrating. Some patients report feeling “on edge” most of the time, while others experience crashes in energy after stressful situations. Medical records show elevated stress hormone levels, increased heart rate and blood pressure during routine activities, and signs that the body is remaining in a prolonged state of alert.

Health officials suspect a breakdown in the **stress response system**—the body’s natural reaction to challenges or threats. While short-term stress responses help protect the body, long-term or repeated stress can disrupt normal body functions and lead to health problems affecting multiple systems.

Stress response breakdown has been linked to:

- Prolonged release of stress hormones
- Increased heart rate and blood pressure
- Disrupted sleep and digestion
- Reduced immune system function
- Difficulty focusing and regulating emotions

No single symptom explains the full problem. What is clear is that when the stress response remains active for too long, the body’s systems struggle to return to balance.

You are a science detective assigned to investigate this stress-related health issue. Your Mission:

- How does the stress response normally work?
- How does the stress response remain activated?
- How does the stress response affect body systems?
- How does the stress response affect healthy stress regulation?
- How does the stress response protect long-term health?

Teach With Fergy

What is the stress response?
How is it activated, then answer:
What is its purpose?
How is it different from long-term stress?
Why are health problems difficult to detect early?



**DETECTIVE FILE ON HOW ISSUES
AFFECT THE HUMAN BODY**

Part 1 & 2

The Stress Response & Health Breakdown Mystery

Part 1 – Mission Briefing & Case Overview

Name: _____ Date: _____

Case File #623 – The Stress Response & Health Breakdown Mystery

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- Prolonged release of stress hormones
- Increased heart rate and blood pressure
- Disrupted sleep and digestion
- Reduced immune system function
- Difficulty focusing and regulating emotions

No single symptom explains the full problem. What is clear is that when the stress response remains active for too long, the body struggles to return to balance.

You are a science detective assigned to investigate this stress-related health mystery.

Your Mission

- Explain how the stress response normally works
- Identify what causes the stress response to remain activated
- Describe how chronic stress affects body systems
- Propose solutions that support healthy stress regulation

Understanding this system is key to protecting long-term health.

Part 2 – Background: What Is the Stress Response?

Read the background information provided, then answer:

1. What is the stress response, and what is its purpose?
2. How is short-term stress different from long-term stress?
3. Why can stress-related health problems be difficult to detect early?

Part 1 – Mission Briefing & Case Overview

Students are introduced to the stress response and how it impacts health and take on the role of science detectives.

Part 2 – Background: What is the Stress Response?

Students read a short background passage and answer guiding questions to build foundational understanding before analyzing evidence.

Part 3 & 4

Part 3 – Evidence Log

Students begin examining the evidence cards and record key information, observations, and insights in their evidence log.

Part 3 – Evidence Log

For each Evidence Card, answer the questions below in **1–2 sentences** in the chart.

- Summarize the evidence in your own words.
- Choose **only one** category that best fits each piece of evidence.
 - ☐ What causes it
 - ☐ Pathway
 - ☐ Its impact
- What question does this evidence raise for you?

Example Evidence Log Entry (Model response only — not related to this activity):

This evidence suggests an impact because it shows how long-term hormone release can disrupt normal body balance.

Evidence	Key Understanding
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

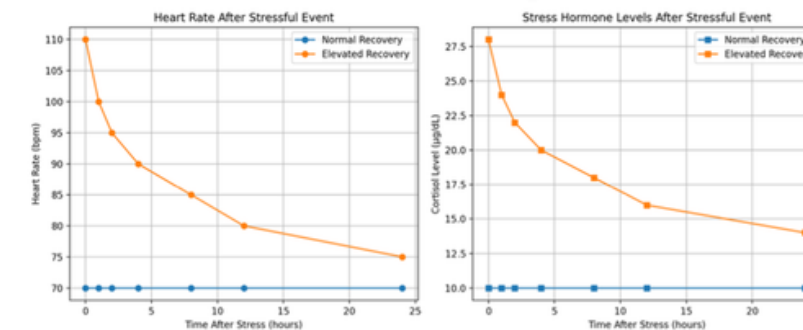
Part 4 – Suspect List: What Is Causing the Breakdown?

Rank the suspects from **1 (most responsible)** to **5 (least)**. Each rank can only be used once.

Suspect	Rank	Why You Ranked It This Way
Chronic stress exposure		
Prolonged cortisol release		
Lack of recovery time (sleep/rest)		
Environmental stressors (school, work, noise)		
Poor coping strategies		

Evidence Card 9 – Delayed Recovery

Heart rate and hormone levels remain elevated long after stressful events end.



Detective Prompt:

Why is returning to baseline important for health?

Evidence Card 1 – Elevated Cortisol Levels

Blood tests show consistently elevated cortisol levels, even during non-stressful situations.

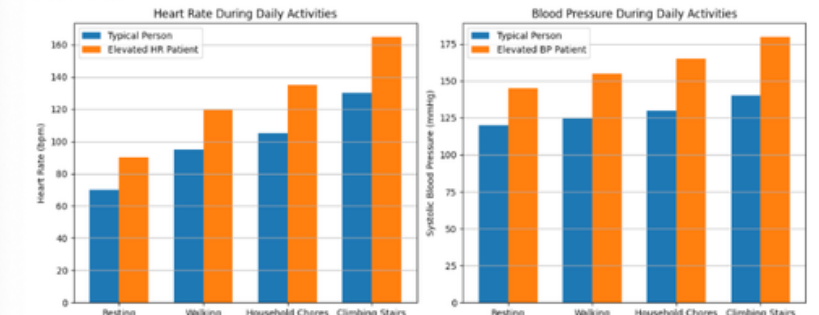
Blood Cortisol Test Results

Group Tested	Blood Cortisol Level (µg/dL)	When Measured	Interpretation
Healthy Individual (Normal)	6–18 µg/dL	Morning (8 a.m.)	Normal stress hormone regulation
Healthy Individual (Normal)	< 5 µg/dL	Evening	Cortisol properly decreases during rest
Patient with Elevated Cortisol	20–30 µg/dL	Morning (8 a.m.)	Abnormally high baseline

What role does cortisol

Evidence Card 2 – Increased Heart Rate and Blood Pressure

Patients show increased heart rate and blood pressure during routine daily activities.



Detective Prompt:

How does the stress response affect the cardiovascular system?

Part 4 – Evidence Analysis

Students summarize each piece of evidence, identify what it reveals about the stress response, and generate questions, building critical thinking and reasoning skills.

EVIDENCE CARDS

➤ All Evidence Cards come in two versions - *With images and graphs and Without* and can be printed or projected as needed. Note: Both contain data tables.

➤ Students analyze each Evidence Card and record the following in their **Evidence Log**

1. Summarize the evidence in their own words.
2. Determine what this evidence suggests
 - ☐ What causes it
 - ☐ Pathway
 - ☐ Its impact on the human body
3. Explain what question(s) this evidence raises for them?

**Images
&
Graphs**

Evidence Cards

Evidence Card 1 – Elevated Cortisol Levels

Blood tests show consistently elevated cortisol levels, even during non-stressful situations.

Blood Cortisol Test Results

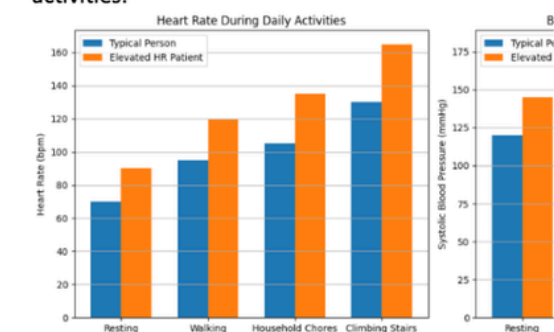
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Detective Prompt:

What role does cortisol play in the stress response?

Evidence Card 2 – Increased Heart Rate and Blood Pressure

Patients show increased heart rate and blood pressure during routine daily activities.



Detective Prompt:

How does the stress response affect the cardiovascular system?

Evidence Cards – No Images

Evidence Card 1 – Elevated Cortisol Levels

Blood tests show consistently elevated cortisol levels, even during non-stressful situations.

Blood Cortisol Test Results

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Detective Prompt:

What role does cortisol play in the stress response?

Evidence Card 2 – Increased Heart Rate and Blood Pressure

Patients show increased heart rate and blood pressure during routine daily activities.

Detective Prompt:

How does the stress response affect the cardiovascular system?

Evidence Card 3 – Sleep Problems

Patients report difficulty falling asleep or staying asleep.

Detective Prompt:

Why is it difficult to fall asleep after a stress response?

Evidence Card 4 – Digestive Problems

Patients experience frequent stomach pain, nausea, or changes in appetite during stressful periods.

Detective Prompt:

How does stress affect digestion?

**Text
Only**

Part 5-7

Part 5 – Pathway Tracking: How Does Stress Affect the Body?

Use arrows to show how stress spreads through the body.

Stress Trigger → Hormone Release → Body System Response → Health Impact

Example:

Deadline → Cortisol release → Increased heart rate → Fatigue

Your Turn:

Choose one stress-related issue from the case and trace its pathway.

Part 6 – Impact Analysis

Impact on Organs

How can long-term stress affect organs such as the heart, stomach, or brain?

Impact on Cells

Why can prolonged exposure to stress hormones affect normal cell function?

Impact on the Whole Body

How can chronic stress affect daily health, behavior, and performance?

Part 7 – The Big Question

How did the stress response shift from being helpful to becoming harmful in this case?

Use evidence from the investigation to explain.

Part 5 – Suspect List

Students rank possible issues, defend their choices, and determine which suspect is most responsible for the problem inside the human body.

Part 6 – Pathway Tracking

Students trace how the stress response leads to other health problems that affects the body.

Part 7 – Impact Analysis

Students analyze how the stress response affects organs, cells, and the whole body, using evidence from the case to support their answers.

Part 8-10

Part 8 – The Big Question

Students synthesize all their learning to explain the main cause of the problem in this case.

Part 9 – Claim-Evidence-Reasoning (CER)

Students write a structured scientific argument, making a claim, supporting it with evidence, and explaining their reasoning.

Part 10 – Reflection and Solutions

Students propose realistic actions at the personal, school/community, and medical/health system levels, moving from awareness to problem-solving.

Part 8 – Claim–Evidence–Reasoning (CER)

Claim

What is the main cause of the stress-related health breakdown?

Evidence

List two pieces of evidence from the case.

- 1.
- 2.

Reasoning

Explain how your evidence supports your claim.

Part 9 – Solutions & Action Plan

Personal Actions (Things Individuals Can Do)

Community / School Actions

Medical or Health System Actions

Part 10 – Reflection

One thing that surprised me in this case was:

One change I would make after learning this information is:

Full Teacher Answer Key

Teacher Answer Key

Part 2 – Background Questions

1. What is the stress response, and what is its purpose?
The stress response prepares the body to respond quickly to challenges by releasing hormones that increase alertness and energy.
2. How is short-term stress different from long-term stress?
Short-term stress helps the body respond to challenges, while long-term stress keeps systems activated and causes damage.
3. Why are stress-related health problems difficult to detect early?
Symptoms often develop gradually and may be mistaken for normal tiredness or emotional changes.

Part 3 - Evidence Log – Key Points

Evidence #	Key Understanding
1	This evidence shows a cause , because cortisol controls stress response intensity.
2	This evidence shows an impact , as heart rate and blood pressure increase.
3	This evidence shows an impact , because lack of sleep prevents recovery.
4	This evidence shows an impact , as digestion slows during stress.
5	This evidence shows an impact , because immune function is reduced.
6	This evidence shows an impact , as stress affects brain processing.
7	This evidence shows a pathway , linking stress to muscle tension.
8	This evidence shows an impact , as energy is rapidly depleted.
9	This evidence shows a pathway , because delayed recovery explains how stress continues to affect the body.
10	This evidence shows a cause , due to constant stress exposure.

Part 4 – Suspect Ranking

High Responsibility:

- Chronic stress exposure
- Prolonged cortisol release

Moderate Responsibility:

- Lack of recovery time

Lower Responsibility:

- Environmental stressors
- Poor coping strategies

Part 5 – Sample Pathway

Stress trigger → Cortisol release → Increased heart rate → Fatigue and health disruption

Part 6 – Impact Analysis

- **Organs:** Long-term stress strains the heart, brain, and digestive organs.
- **Cells:** Stress hormones disrupt normal cell signaling and energy balance.
- **Whole Body:** Chronic stress affects health, mood, focus, and immunity.

Part 7 – The Big Question

The stress response became harmful because it remained activated for too long, preventing the body from returning to balance and causing system-wide effects.

Part 8 – CER (Sample)

Claim:

The main cause of the health breakdown is prolonged activation of the stress response.

Evidence:

Elevated cortisol levels and delayed recovery after stress.

Reasoning:

Constant hormone release keeps body systems activated, leading to fatigue and damage.

Part 9 – Solutions

- **Personal:** Practice stress management, sleep, and recovery.
- **Community:** Create supportive, lower-stress environments.
- **Medical:** Monitor and treat chronic stress effects.

Part 10 – Reflection (Sample)

One thing that surprised me in this case was:

How stress affects many body systems at the same time.

One change I would make after learning this information is:

I would prioritize recovery time and stress management.

Background Reading: The Stress Response and Health

Stress is a normal part of everyday life. People experience stress when facing challenges such as tests, deadlines, loud environments, or unexpected events. The body is designed to respond to these situations quickly in order to stay safe and focused. This automatic reaction is known as the **stress response**, and it plays an important role in helping the body handle short-term demands.

The stress response prepares the body to respond quickly to challenges by releasing hormones that increase alertness and energy. When a stressful situation is detected, the brain signals the adrenal glands to release hormones such as adrenaline and cortisol. These hormones increase heart rate, raise blood pressure, sharpen focus, and provide extra energy to muscles and the brain. This response allows the body to react rapidly to potential threats or demanding situations.

In healthy conditions, the stress response is temporary. Once the challenge passes, hormone levels decrease, and the body returns to a balanced state. This short-term stress response can be helpful and even protective. It allows people to concentrate, solve problems, and respond effectively during brief periods of pressure. Afterward, rest and recovery help the body reset.

Long-term stress is very different. When stressors are constant or repeated, the stress response can remain activated for long periods of time. Instead of returning to balance, the body continues releasing stress hormones. This ongoing activation places strain on body systems, including the heart, digestive system, immune system, and brain. Over time, this can lead to fatigue, sleep problems, weakened immunity, and difficulty concentrating.

Long-term stress can also affect how the body uses energy and maintains internal balance. Prolonged hormone release keeps muscles tense, increases heart workload, and interferes with digestion and recovery. Cells exposed to stress hormones for extended periods may struggle to function normally, which can contribute to system-wide health problems.

Stress-related health problems are often difficult to detect early because symptoms develop gradually. Early signs such as headaches, tiredness, irritability, or trouble sleeping may seem normal or temporary. If ignored, these symptoms can become more serious. Even if they are not always severe at first, they may be overlooked or blamed on other factors.

It is important to recognize that emotional and physical symptoms often appear together. Changes in mood, energy, or focus may be mistaken for emotional stress alone, rather than signs of physical strain on the body. As time passes and these symptoms become more noticeable, the stress response may have already affected multiple body systems.

Understanding how the stress response works helps explain why managing stress and allowing time for recovery are essential for long-term health. While short-term stress can be useful, prolonged stress can disrupt normal body function. Recognizing this difference is important for preventing stress-related health breakdowns and supporting overall well-being.

Background Reading

Thanks
**for your interest
in this resource!**

I am a real person and if
you have any questions,
suggestions, or concerns,
please reach out.



devon@teachwithfergy.com

TWF

Teach With Fergy

*Let's
Connect!*

