Item	Description	Components
National Geographic Reading Expeditions—Science and the Human Body (2003)	30 pages. Many colored pictures.	Keeping Fit Fighting Disease The Human Machine Making Healthy Choices Understanding the Brain Teacher's Guide (for all 5 books)
Information for Better Living (1994)	5x8 size. 80-100 pages; chapters.	Getting Fit Staying Well Aging with Confidence
The Road to Healthy Living (1995)	Helps improve English skills while learning about health situations and problems. Variety of activities. Exercises focus on developing communicative competence.	Student Book Teacher's Manual
Health Stories: Readings and Language Activities for Healthy Choices (2007)	Informative, entertaining readings focused on health topics. Many varied exercises. Many pictures.	Student Books Workbooks Audio CDs Teacher's Guide Introductory Low-Beginning High-Beginning