

STUDENT GUIDE

Lesson 1: Driving Question Activity



Part 1: Asking Questions About the Phenomenon

See your Questioning Form for this information.



Part 2: Initial Explanation

Create an initial explanation to answer the Driving Question, ***Why might someone who exercises consume whey protein?*** In your explanation, be sure to:

- Describe the cause and effect relationship between consuming whey protein and exercise.
- Explain how you think whey protein affects the human body.
- Use evidence from multiple sources in your explanation.

From the phenomenon cards we observed we realized there are connections from whey protein to exercise. We know that whey protein comes from dairy. The milk that comes from cows has many different elements including whey protein. Proteins are made from amino acids. Protein is an essential nutrient for humans to consume. When humans exercise they are building muscles, protein helps restore and gain muscle. When working out the body changes, it gets hot and produces sweat. After working out the body needs to recover back to its normal state.



Part 3: Sharing Initial Explanations

Identify the similarities and differences between your explanation and your peers' explanations.

Similarities in our Explanations	Differences in our Explanations
In both of our explanations we mentioned that protein is essential for human consumption and is important for building muscle.	<p>In my explanation, I shared that consuming whey protein might help with exercise recovery.</p> <p>In my peer's explanation, they did not mention the connection of exercise recovery to the consumption of whey protein.</p>