

## Arthi Anand

First released Summer Term 2017/2018

Meal Plan  
#041  
30 mins

## Starters 10 mins

Announcements..... 3 mins

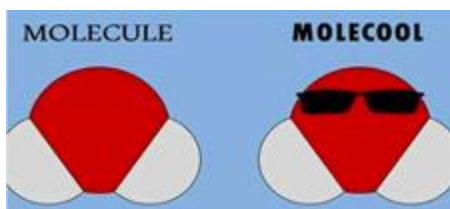
STEM events/competitions (check OtotheB), share achievements and welcome new members.

Snack, Cackle &amp; Pop..... 2 mins

Eat: Dorito's. Yummy

Listen: 'I Like It' by Cardi B

Science Joke:



Meet Her..... 5 mins

Arthi Anand is a female scientist for the NHS at a Laboratory Operations Manager within Histocompatibility & Immunogenetics. She joined in 2003 as a trainee and completed her training to become a Clinical Scientist.

Watch..... 2 mins

[Find out more about Arthi Anand in this video](#)

Discuss..... 3 mins

- ★ Arthi talks a bit about who influenced her, who inspires you?
- ★ Arthi is a Clinical Scientist, what do you think the role of a clinical scientist is?

## Mains 15 mins - choose ONE only

MAKE..... 15 mins

For this activity you will need 3 bottles, 4 straws, some tape and water (food colouring is optional). Bend 2 straws them to make 90° angles. Fit 1 straw inside the other and secure with tape. Repeat with the other 2 straws.

- ★ Place the bottles in a straight line. Label bottle 1, 'the lungs', label bottle 2 'the heart' and bottle 3 'the body'.
- ★ Fill the 'the lungs' and 'the heart' bottles  $\frac{3}{4}$  full with water (add food colouring if you have any).
- ★ For one straw, place one end in 'the heart' and the other in 'the lungs'
- ★ For the other straw, place one end in the 'the body' and the other in the 'heart' (you will have 2 straws in the 'heart' bottle.)
- ★ Slowly squeeze the 'heart' bottle, and slowly let go. How does this simulate the circulatory system?

[More detailed instructions here](#)

This simulates the cycle of oxygenated blood. What does deoxygenated blood do? [\\*Hint here](#)

EXPLORE..... 15 mins

Research what some of the daily tasks are of a Clinical Scientist and create a snapchat story/ day in the life of a Clinical Scientist. Some good starting points might be [here](#) or [here](#). Post your movies to MightyNetworks or tag us on Twitter @Stemettes.

Ask Her..... 2 mins

Post any questions from your club to the Agony Aunt Topic in MifhtyNetworks.

Digest..... 2 mins

Do the [#041](#) Digest on OtotheB and MightyNetworks or [bit.ly/digest041](http://bit.ly/digest041)

## Desserts 5 - 10 mins

Share with us ..... 2 mins

Upload photos of your MAKE or EXPLORE to the MightyNetworks or tweet/instagram and tag @Stemettes