

# Physiology 2022

STATUS	Name
Completed Tasks	0

Date updated (use for student version only)

Monday, June 20, 2022

Changes marked below in red

Item Type	Where to purchase	Links	Yes/No	Check below for in-person workshpps
<b>Monday @Home activity: VO2 max</b>				
<b>Equipment</b>				
Metronome	Download a free app from iOS or Android store	n/a		
40 cm wooden box (Stairs are an alternative)	<b>*No need to purchase anything</b>	n/a		
<b>Supplies: Materials</b>				
Calculator	Phone calculator will do	n/a		
Pen and paper		n/a		
<b>Tuesday @ Home Experiment: Kidney / Urine</b>				
<b>Equipment</b>				
Weighing scale to measure 9g (optional)	DO NOT buy, use only if you already have it at home			
Alternatively: you can use measuring teaspoons( 9g=1.8tsp)	household item. Purchase at any grocery store, Dollarama, Walmart			
<b>Supplies: Materials</b>				
10 disposable Plastic spoon (Standard size)	Purchase from Walmart, Dollarama or any grocery store			
Paper Towel	household item or purchase at any grocery store			
15 Disposable clear, transparent,colorless, plastic cup (minimal size 250mL)	Purchase at any grocery store, Dollarama, Walmart	<a href="#">Walmart</a>		
<b>Optional : Multi-Parameter Urine Test Strips</b> <b>*Purchase not required, only if interested.</b> <b>Select YES regardless</b>	Amazon	<a href="#">Amazon</a>		
<b>Supplies: Reagents</b>				
Salt	household item			
Water	household item			
Red cabbage, one head	Purchase at any grocery store			
baking soda	household item or purchase at any grocery store			
vinegar (white)	household item or purchase at any grocery store			
Lemon, 1x				
Coffee (250mL)- Startucks Short, Tim hortons small fully filled is at 236mL	household item, or puchase from local cafe, Starbucks, Tim Hortons			

If you registered for the optional **Tuesday** in-person workshop then you don't have to buy supplies for this activity.

Wednesday @Home activity: Build a Lung			
<b>Equipment</b>			
X-acto Knife or any craft knife to cut a hole in the water bottle cap	Purchase at Dollarama, Walmart, Staples, Grand & Toy, Amazon		
<b>Supplies: Materials</b>			
Plastic Straw ( standard size. e.g Mcdonlads straw)	Purchase at any grocery store, Walmart, Dollarama		
1 plastic Water bottle + the cap of the bottle. 1L bottle round bottom bottles preferred. e.g shape similar to PC blue menu Sparking water bottle at 1L. Has to be sturdy. <b>(250 mL or 500 mL won't work)</b>	Purchase at any grocery store	<a href="#">Preferred / Example</a>	
1 Balloon ( standard size, 12inch) in easily visable color(e.g Red, Yellow)	purchase at Dollarama, party city, Walmart, Michaels, Amazon	<a href="#">Michaels 12"</a>	
1 L size Nitrile glove preferred, or use a 12 inch balloon	purchase at Dollarama, party city, Walmart, Michaels, Amazon	<a href="#">Michaels 12"</a>	
Fun-Tak Mounting Putty or plasticine or comparable (Optional)	<a href="#">Amazon</a>		
Clear tape (any kind)	house hold item, or purchase from Walmart, Dollarma		
<b>Thursday AM @Home activity: Automatic Nervous System</b>			
<b>Supplies: Materials</b>			
Timer			
<b>Thursday PM @Home activity: Vision</b>			
<b>Supplies: Materials</b>			
Ruler			
3 Pens (different colours)			
Print Snellen Chart	Visit your UofT Quercus account to print in advnace.		
Meseasuring tape (10ft minimum)			
Large spoon			
Tape			
Paper (1 sheet)			
<b>Friday @Home activity: Find the Criminal Sugar</b>			
<b>Supplies: Materials</b>			
Household food items	<b>You will work with food supplies that you already have at home</b>		

If you registered for the optional **Wednesday** in-person workshop then you don't have to buy supplies for this activity.

If you registered for the optional **Thursday** in-person workshop then you don't have to buy supplies for this activity.