

Unit Sunshine State Standards

HE.A.1.2.2 – The student knows how personal health behaviors influence individual well-being.

HE.A.1.2.10 – The student knows the nutritional values of different foods.

HE.B.1.2.4 – The student uses strategies for improving or maintaining personal health.

HE.B.2.2.1 – The student knows how the media influence thoughts and feelings about health behaviors.

HE.C.1.2.4 – The student knows how to make progress toward achieving a personal goal (e.g., by creating an action plan for individual wellness plan).

HE.C.2.2.1 – The student knows various methods for communicating health information and ideas (e.g., through oral or written reports).

HE.C.2.2.6 – The student knows how to enlist family, school, and community helpers to aid in achieving health goals.

LA.B.2.2.6.3.1 The student attempts to focus on an expository topic with little or no irrelevant or repetitious information.

LA.B.2.2.6.3.6 The student attempts to use appropriate expository transitions to relate ideas.

LA.C.1.2.4.3.1 The student listens attentively to the speaker (including, but not limited to making eye contact and facing the speaker).

LA.D.2.2.5.3.1 The student distinguishes fact from opinions in newspapers, magazines, and other media.

MA.E.3.2.1.3.1 The student designs appropriate questions for a survey.

MA.E.3.2.1.3.2 The student creates a pictograph or bar graph to present data from a given survey. (Only address pictographs).

MA.E.3.2.1.3.3 The student explains the results from the data of a given survey.

**Information Managers
Critical and Creative Thinkers**

Unit Vocabulary Words and Meanings

Diet – One's daily food and drink

Nutrition – The study of the foods people need for proper growth and development

Nutritional value – The value of a food or drink in promoting growth and development

Exercise – Action or movement of the body

Cleanliness – The act of keeping clean

Hygiene – A practice that helps one stay clean and healthy

Physical fitness – Health of the body

Behaviors – Actions

Goal – A point or end that one is trying to reach

Well-being – A state of being happy, healthy, and well.

Nutrients – Things in food that help the body grow and stay healthy

Carbohydrate – A nutrient that gives the body energy

Vitamins – Substances in foods that help the body grow and stay healthy

Protein – A substance that helps build and maintain body tissues and muscles

Calcium – A nutrient that helps build strong bones and teeth

Media – The means of communication with wide reach (such as radio, television, newspapers, and magazines)

Fact – A statement that can be proven. It is certain. It doesn't change.

Opinion - A statement of how one thinks, believes, or feels. Different persons have different opinions.

Strategy – A plan or way of achieving a goal

Transitions – Words that help writers connect ideas

Expository writing – Writing to explain or provide information

Journal Entries

Day 3

Think of a nutrition health behavior you practice. Write a paragraph to tell about the health behavior and how it affects your well-being.

Day 4

Draw a picture of your favorite meal. Include at least one food from each food group. Then write a paragraph to tell how eating the food improves health.

Day 5

Draw a picture of yourself doing your favorite exercise. Then write an expository paragraph to explain how to do your favorite exercise. Remember to use transitions.

Day 6

Draw a picture of something that helps you relax before going to sleep. Then write an expository paragraph to explain the steps you take to prepare yourself for sleep. Remember to use transitions.

Day 7

Write an expository paragraph to explain steps you would take to do one of the following:

- Wash your hair
- Brush your teeth
- Wash your hands

Health Hound Journal



Name _____

Journal – Day 3

Think of a food you eat for good nutrition. Tell the nutritional value of the food and how eating the food affects your well-being.


In the space below, tell a way health information and ideas were communicated in today's health lesson.

Journal – Day 4

Draw a picture of your favorite meal.

Then write a paragraph to tell about the nutritional value of some of the foods. Also, tell how these foods help your well-being.

My Favorite Meal



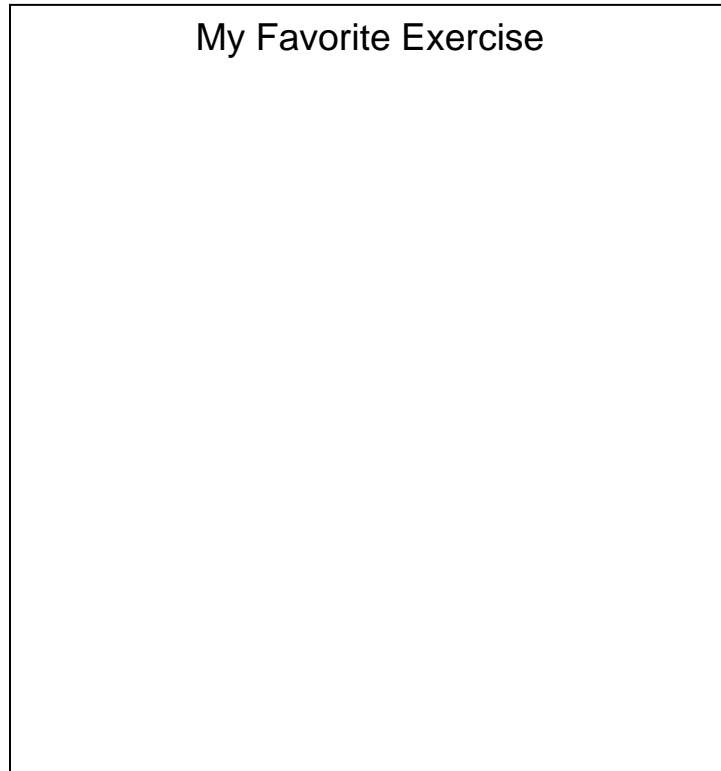
In the space below, tell a way health information and ideas were communicated in today's health lesson.

Journal – Day 5

Draw a picture of yourself doing your favorite exercise.

Then write an expository paragraph to explain how to do the exercise. Remember to use transitions.

My Favorite Exercise



In the space below, tell a way health information and ideas were communicated in today's health lesson.

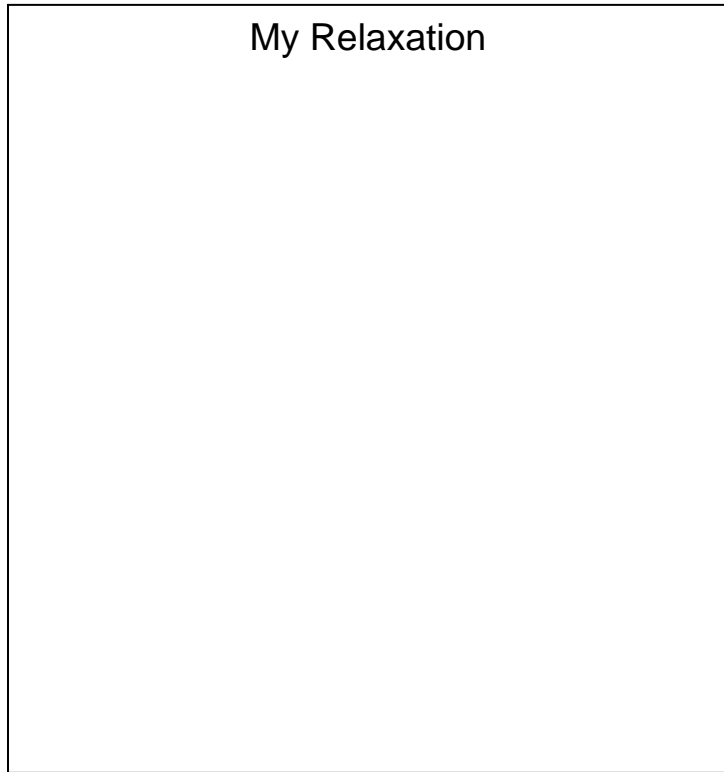
Journal – Day 6

Draw a picture of you relaxing before going to sleep.

Then write an expository paragraph about the steps you take to help you go to sleep.

Remember to use transitions.

My Relaxation



In the space below, tell a way health information and ideas were communicated in today's health lesson.

Journal – Day 7

Write an expository paragraph to explain how to do one of the following:

Wash your hair

Brush your teeth

Wash your hands

In the space below, tell a way health information and ideas were communicated in today's health lesson.

Reference List

Health Matters Series:

Food and Your Health, by Jillian Powell, Steck-Vaughn Publishers, 1998. Good, informative for third graders.

Eat Right: Tips for Good Nutrition, by Katie Bagley, Capstone Press, Mankato, Minnesota, ©2002.

Keep Clean: A Look at Hygiene , by Katie S. Bagley.

Brush Well: A Look at Dental Care, by Katie Bagley, Bridgestone Books, Capstone Press, Mankato, Minnesota, ©2002.

Sleep Well: Why You Need to Rest, by Kathy Feeney, Capstone Press, Mankato, Minnesota, ©2002.

How to Eat to Win: Food For Good Health, by Barbara J. Patten, MS, The Rourke Corporation, Inc., Vero Beach, Florida 32964, 1996.
ISBN 0-86593-400-2

Dinosaurs Alive and Well!: A Guide to Good Health
by Laurie Krasny Brown, Marc Tolon Brown (Illustrator), Laurene Krasny Brown
Publisher: Little Brown & Co (Juv Pap); ISBN: 0316110094; Reprint edition (September 1992)

Germs Make Me Sick! (Lets-Read-And-Find-Out Science, Stage 2)
by Melvin Berger, Marylin Hafner (Illustrator)
Publisher: Scott Foresman (Pearson K-12); ISBN: 0064451542; Revised edition (September 1995)

Body Works: Healthy Eating, by Paul Bennett, Silver Press, Parsippany, New Jersey, 1997.
ISBN 0-382-39779-7

A True Book: The Food Pyramid, by Joan Kalbacken, Children's Press, 1998. ISBN 0-516-20756-3

Suggested Weblinks

Websites:

Kids Health at <http://www.kidshealth.org/index.html>

Bam! Body and Mind at <http://www.bam.gov/index.htm>

Kids Health and Fitness at <http://www.kidshealthandfitness.com.au/kids/>

IPL Kidspace at <http://www.ipl.org/div/kidspace/browse/hea0000/>

Food Pyramid Guide poster at
<http://www.nal.usda.gov/fnic/Fpyr/pyramid.html>

Health Magazines

Links to many health magazines

<http://newspaper-world.com/magazines/health.asp>

Newspapers from Around the World

<http://newspaper-world.com/>

This site has many links to newspapers, magazines, and periodicals concerning health.

Kids Health

<http://kidshealth.org/>

This site has articles on kids' health. Click Kids when entering.

International Food Information Council Foundation

Educational Booklets and Brochures

<http://ific.org/publications/brochures.vtml>

10 Tips to Healthy Eating and Physical Activity for You

<http://ific.org/proactive/newsroom/release.vtml?id=18321>

A brochure

The Healthy Food Magazine

<http://indigo.ie/~indicom/file1.htm>

Nutrition Dictionary

<http://www.foodfit.com/misc/encyclopedia.html>

Smart-Mouth.org

<http://www.cspinet.org/smartmouth/index1.html>

Click Articles and Recipes to read health articles.

Weblinks to online newspapers:

The Florida Times Union
<http://www.jacksonville.com>

The Gainesville Sun
<http://www.sunone.com>

Weblinks to newspaper articles:

UGa researchers produce pasta dish from sweet roots

This newspaper article explores the possibility of making pasta out of sweet potatoes and the nutritional value of sweet potatoes. It is located at:
http://www.jacksonville.com/tu-online/stories/020303/met_11642504.shtml

Tea's popularity makes slow but steady advances

This newspaper article expounds on the health benefits of tea. It is located at:
http://www.jacksonville.com/tuonline/stories/052103/bus_12593490.shtml

Article from American Dietetic Association:

Send Kids Back to School with Good Nutrition American Dietetic Association Offers Tips
This article offers nutrition tips for kids. It is located at:
<http://www.lowcarb.ca/articles/article122.html>

Study:

Doctor's Guide:

Cereal Eaters Get More Nutrients, More Fiber, Less Fat --- Study

A study about the health benefits of eating cereal located at:
<http://www.pslgroup.com/dg/234A6.htm>

Web magazine:

Medicinal Food News

Cereal – A Good Way to Start the Day

An article about the health benefits of eating cereal located at
<http://www.medicinalfoodnews.com/vol02/issue8/cereal.htm>