

Harcourt
**Health
and
Fitness**

Planning Resources

Grade 4

Teaching Resources

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What We Are Learning About Health

In Chapter 1 of *Harcourt Health and Fitness*, we are learning about

- the basic parts and functions of the body.
- caring for the different body systems.
- handling the changes that take place in people’s bodies as they grow.
- showing respect for all people.

 Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child’s learning by

- going over daily routines that promote a healthy body.
- telling how you managed and accepted the changes in your own body while growing up.
- explaining that the world is made up of a wide variety of people.

A Family Activity

The body is made up of many different systems. Have your child use the table below to list what the different body systems do and how to promote their well-being. Discuss the results.

Body System	What It Does	How to Care for It
Digestive		
Respiratory		
Circulatory		
Skeletal		
Muscular		
Nervous		

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 1 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Las partes básicas y las funciones del cuerpo.
- Los cuidados de los diversos sistemas del cuerpo.
- Los cambios que ocurren en el cuerpo mientras estamos creciendo.
- Cómo mostrar respeto hacia las otras personas.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Ayúdele a repasar las actividades diarias que ayudan a mantener el cuerpo sano.
- Dígale cómo usted sobrellevó y aceptó los cambios que experimentó en su cuerpo mientras crecía.
- Explíquele que el mundo está conformado por una gran variedad de personas.

Actividad familiar

El cuerpo humano está formado por muchos sistemas diferentes. Pida a su hijo(a) que use la tabla de abajo para escribir lo que cada sistema del cuerpo hace y cómo promover su bienestar. Hablen sobre los resultados.

Sistema del cuerpo humano	Lo que hace	Cómo cuidarlo
Digestivo		
Respiratorio		
Circulatorio		
Óseo		
Muscular		
Nervioso		

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 2 of *Harcourt Health and Fitness*, we are learning about

- maintaining good hygiene and the benefits this has for the body.
- skin, teeth, eyes, ears, and gums and their proper care.
- being responsible and truthful about personal health care.
- communicating with a trusted adult when there is a health problem.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing the benefits of good hygiene.
- explaining to your child how you take care of your own body through good hygiene.
- praising your child for being personally responsible for his or her hygiene.

A Family Activity

Good hygiene is an important part of being healthy. What can children do to make sure they have good hygiene? In the table below, ask your child to write what he or she does to take care of each body part. When the table is finished, discuss how your family can support good personal hygiene.

Good Hygiene Habits

Body Part	What I Do to Take Care of It
Skin	
Teeth	
Eyes	
Ears	
Gums	

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 2 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Las maneras de mantener una buena higiene y sus beneficios para el cuerpo.
- La piel, los dientes, los ojos, los oídos y las encías y cómo cuidarlos apropiadamente.
- Cómo ser responsable y honesto acerca del aseo personal.
- Cómo comunicar a un adulto de confianza un problema de salud.



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Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Hablen sobre los beneficios de una buena higiene.
- Cuénteles cómo practica usted una buena higiene para cuidar de su cuerpo.
- Elógielos por demostrar responsabilidad en su higiene personal.

Actividad familiar

La buena higiene es importante para la buena salud. ¿Qué pueden hacer los niños para asegurarse de que están practicando reglas correctas de higiene? Pida a su hijo(a) que escriba en la tabla las cosas que hace para cuidar de esa parte del cuerpo. Cuando termine, hablen sobre cómo pueden practicar buenas reglas de higiene en la familia.

Buenos hábitos de higiene

Parte del cuerpo	Cómo los cuida
Piel	
Dientes	
Ojos	
Oídos	
Encías	

School-Home Connection

**A Note to
Family Members**

What We Are Learning About Health

In Chapter 3 of *Harcourt Health and Fitness*, we are learning about

- the functions of basic nutrients and how they work in the body.
- using MyPyramid to plan balanced meals.
- making responsible food choices when time is short.
- showing respect through good table manners.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- studying MyPyramid together.
- discussing with him or her various food choices that could be made when in a hurry.
- practicing good table manners in your home.

A Family Activity

Expiration dates on food packages tell how long foods should stay fresh. During your next trip to the supermarket, have your child examine a package of each of the following foods and write the package expiration date in the space provided in the table. When you get home, review the table with your child. Discuss which foods stay fresh the longest. Which food spoils the fastest?

Supermarket Survey

Food	Expiration Date
Milk	
Orange juice	
Cereal	
Frozen vegetables	
Canned soup	

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 3 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Las funciones de los alimentos básicos y cómo trabajan en el cuerpo.
- Cómo usar MiPirámide para planear comidas balanceadas.
- La importancia de saber escoger los alimentos adecuados cuando no hay tiempo suficiente.
- Los buenos modales en la mesa como una forma de mostrar respeto.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Estudien juntos MiPirámide.
- Hablen sobre las diferentes decisiones que se pueden tomar acerca de los alimentos adecuados cuando se está de afán.
- Continúen practicando buenos modales en la mesa.

Actividad familiar

La fecha de vencimiento en los empaques muestra el tiempo en que los alimentos permanecerán frescos. Cuando vayan al supermercado, pida a su hijo(a) que lea la fecha de vencimiento de los alimentos que se muestran en la tabla y la escriba en el espacio provisto. Cuando regresen a la casa, revisen la tabla para determinar cuáles alimentos se mantienen frescos durante más tiempo y cuáles se echan a perder más rápidamente.

Inspección en el supermercado

Alimento	Fecha de vencimiento
Leche	
Jugo de naranja	
Cereal	
Vegetales congelados	
Sopa en lata	

School-Home Connection

A Note to Family Members

What We Are Learning About Health

In Chapter 4 of *Harcourt Health and Fitness*, we are learning about

- how exercise, rest, sleep, and good posture contribute to good health and a good self-image.
- exercising safely.
- treating everyone with fairness and respect by understanding different points of view.
- setting goals for getting and staying active.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing how being physically active increases overall health.
- explaining why safety gear is necessary.
- explaining why good listening skills are important.

A Family Activity

Physical fitness can be a family goal. With your child, discuss some ways in which members of your family might exercise together. Help your child understand the limitations and needs of family members. Ask your child to write his or her ideas in the table below. After the table has been completed, hold a family meeting to discuss your child's ideas.

Exercising Together

Description of Exercise	Names of Family Members

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 4 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Cómo el ejercicio, el descanso, el sueño y una postura adecuada ayudan a obtener una buena salud y una autoimagen positiva.
- Las diferentes formas de hacer ejercicio sin lesionarse.
- Cómo tratar a las otras personas justa y respetuosamente al entender y respetar diferentes puntos de vista.
- Algunas maneras de establecer metas para obtener y mantener un buen estado físico.



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Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Hablen sobre los beneficios de la actividad física sobre la salud en general.
- Explíquelo por qué es necesario usar equipo de protección.
- Explíquelo por qué es importante aprender a escuchar.

Actividad familiar

Una buena meta familiar podría ser alcanzar un buen estado físico. Hablen sobre las diferentes maneras en que pueden hacer ejercicio en familia. Ayude a su hijo(a) a entender cualquier limitación o necesidad física que exista en la familia. Luego, pídale que escriba sus ideas en la tabla de abajo. Cuando haya terminado de llenar la tabla, reúnanse en familia para comentar las ideas de su hijo.

Hagamos ejercicio juntos

Descripción del ejercicio	Nombre de los familiares

School-Home Connection

A Note to Family Members

What We Are Learning About Health

In Chapter 5 of *Harcourt Health and Fitness*, we are learning about

- responding to emergencies.
- using safety measures that prevent injuries from falls, poisoning, fire, and hazards in or near water.
- following family rules when a parent or trusted adult is not around.
- listening to people in authority during an emergency.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- developing a family emergency plan with your child.
- checking safety measures in your house.
- explaining to your child who a person in authority or a trusted adult is.

A Family Activity

It is important that your child be able to notify the proper people in case of emergency. Work with your child to fill out the following emergency telephone list. Use your local telephone directory to obtain the correct phone numbers. Ask your child to find a place near a home phone where the list can be displayed. Tell other family members where the list is located.

Emergency Telephone Numbers

Police	
Fire	
Poison Control	
Ambulance	
Hospital	
Family Doctor	
Family Friend	
Emergency	911 or 0 (zero)

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 5 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Cómo actuar en casos de emergencia.
- Las medidas de seguridad para evitar lesiones causadas por caídas, envenenamiento e incendios, y peligros cuando se está dentro del agua o a su alrededor.
- La necesidad de obedecer las reglas de la familia cuando ninguno de los padres o un adulto confiable está en la casa.
- La importancia de escuchar a las autoridades en casos de emergencia.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Creen un plan de emergencia.
- Revisen que los sistemas de seguridad dentro de la casa estén en orden.
- Explíquele quiénes son las autoridades o las personas adultas en las que él puede confiar.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Actividad familiar

Es importante que su hijo(a) sea capaz de informar a las personas apropiadas en caso de una emergencia. Llenen la tabla de abajo con los números de emergencia respectivos, que pueden encontrar en su directorio telefónico local. Pida a su hijo que coloque la lista cerca de un teléfono y asegúrese de que todos los miembros de la familia sepan dónde está.

Números de emergencia

Policía	
Bomberos	
Centro de envenenamientos	
Ambulancia	
Hospital	
Médico	
Amigo	
Emergencia	911 o 0 (cero)

School-Home Connection

A Note to Family Members

What We Are Learning About Health

In Chapter 6 of *Harcourt Health and Fitness*, we are learning about

- safety measures people can take to avoid injuries outside the home, in the car, or in a weather emergency.
- ways to avoid violence outside the home and at school.
- ways to resolve conflicts with friends peacefully.
- ways to set a good example for others by being a safety role model.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- explaining the kinds of things that can threaten safety outside the home.
- discussing how violence might start and how to prevent and escape from it.
- explaining how arguments and conflicts between friends can be resolved peacefully.

A Family Activity

Outside the home there are many things that are hazardous and can cause injuries. Have your child list the things he or she can do to stay safe outside. Encourage your child to come up with additional outside activities that require safety measures.

Road Safety

Activity	Things to Do to Stay Safe
Walking	
Skating	
Skateboarding	
Riding a bike	
Riding in a car or bus	

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 6 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Las medidas de seguridad para evitar lesiones fuera del hogar, en el carro o en casos de inclemencia de tiempo.
- Algunas maneras de evitar la violencia fuera del hogar y en la escuela.
- Algunas maneras de resolver pacíficamente los conflictos entre amigos.
- Cómo dar buen ejemplo al actuar prudentemente.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

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- Explíqueme cuáles son las cosas que amenazan su seguridad fuera del hogar.
- Hablen sobre la violencia, cómo comienza, cómo evitarla y cómo escapar de ella.
- Comenten las maneras en que se pueden resolver pacíficamente las discusiones y los conflictos entre amigos.

Actividad familiar

Existen muchos peligros fuera de la casa que pueden causar daño. Pida a su hijo(a) que haga una lista de las cosas que puede hacer para mantenerse seguro fuera de la casa. Anímelo a añadir otras actividades que no se mencionan en la lista y a escribir las medidas de seguridad respectivas.

Seguridad en el camino

Actividad	Lo que puedo hacer para mantenerme seguro
Caminar	
Patinar	
Andar en monopatín	
Montar en bicicleta	
Montar en carro o autobús	

School-Home Connection

A Note to Family Members

What We Are Learning About Health

In Chapter 7 of *Harcourt Health and Fitness*, we are learning about

- symptoms and signs of communicable and non-communicable diseases.
- how a healthful diet helps us stay healthy.
- managing stress in everyday activities, such as a visit to the doctor's office.
- understanding people with disabilities.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing why and how people get sick.
- supporting his or her healthful activities, such as forms of exercise.
- practicing ways to deal with stress.

A Family Activity

Colds and other communicable illnesses are easily passed from one family member to another. Ask your child to make a list of habits that family members can practice to prevent the spread of illness. Discuss ways in which family members can help one another follow these practices.

Healthful Habits to Prevent the Spread of Illness

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 7 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Los síntomas e indicios de las enfermedades contagiosas y no contagiosas.
- Cómo una dieta balanceada ayuda a mantener una buena salud.
- Cómo manejar el estrés en actividades diarias, como ir al médico.
- Cómo entender a las personas con discapacidades.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Hablen acerca de cómo y por qué la gente se enferma.
- Apoye sus actividades para mantenerse saludable, como hacer ejercicio.
- Practiquen algunas maneras de manejar el estrés.

Actividad familiar

Los resfriados y otras enfermedades contagiosas se transmiten fácilmente de un familiar a otro. Pida a su hijo(a) que haga una lista de las cosas que los familiares pueden hacer para prevenir que una enfermedad se propague. Hablen acerca de cómo los familiares pueden ayudarse entre sí para poner en práctica dicha lista.

Hábitos saludables para prevenir que una enfermedad se propague

School-Home Connection

A Note to Family Members

What We Are Learning About Health

In Chapter 8 of *Harcourt Health and Fitness*, we are learning about

- safe use of medicines.
- the harmful effects of caffeine, inhalants, and medicines.
- the dangers of illegal drugs.
- refusal of illegal drugs and of taking medicine without supervision.

 Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing when someone would need to use a medicine.
- showing your child which household products are harmful.
- practicing different ways to refuse illegal drugs.

A Family Activity

When people are ill, they use a wide variety of over-the-counter (OTC) medicines. But even the most commonly used OTC medicines can have harmful effects when used improperly. Find two or three OTC medicines in your home or at the pharmacy. Read the warning printed on the label of each product. Work together to complete the following table, and then discuss the importance of reading medicine labels.

Over-the-Counter Medicines

Name of Medicine	Warning

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 8 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Cómo usar los medicamentos con cuidado.
- Los efectos dañinos de la cafeína, los inhalantes y los medicamentos.
- Los peligros de las drogas ilegales.
- Cómo rechazar las drogas ilegales y decidir no tomar medicamentos sin la supervisión de alguien.



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Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Comenten algunas de las razones por las que una persona podría necesitar un medicamento.
- Muéstrelle los productos nocivos que usan en el hogar.
- Practiquen diferentes maneras de rechazar las drogas ilegales.

Actividad familiar

Cuando las personas se enferman, usan una variedad de medicamentos que se consiguen sin receta médica. Sin embargo, los medicamentos más comunes que se consiguen sin receta médica pueden tener efectos dañinos cuando no se usan apropiadamente. Busque dos o tres medicamentos en su casa o en la farmacia que se vendan sin receta médica. Lea las etiquetas de cada uno. Junto con su hijo(a) completen la siguiente tabla y hablen acerca de la importancia de leer las etiquetas de los medicamentos.

Medicamentos para la venta sin receta médica

Nombre del medicamento	Aviso

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 9 of *Harcourt Health and Fitness*, we are learning about

- the reasons people use tobacco and alcohol and the harmful effects these drugs have on the body.
- signs that someone has a problem with alcohol or tobacco.
- ways to say *no* to alcohol and tobacco and to deal with peer pressure.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing the use of tobacco and alcohol in your community.
- explaining why a person might need help to stop using alcohol or tobacco.
- role-playing ways your child can refuse tobacco and alcohol.

A Family Activity

With your child, research local programs that are available to help people stop using tobacco. Look in a local telephone directory, read ads in local newspapers, or call a local hospital to find out about resources for those who want to stop using tobacco. Help your child enter your findings in the table below.

Local Stop-Smoking Programs

Name of Program	Where It Meets	When It Meets	Phone Number

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 9 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Las razones por las que las personas usan tabaco y alcohol y los efectos nocivos de estas drogas en el cuerpo.
- Las señales o indicios que muestra una persona cuando tiene problemas con el alcohol o el tabaco.
- Algunas maneras de rechazar el alcohol y el tabaco y cómo resistir la influencia negativa que pueden ejercer algunos compañeros.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Hablen acerca del uso del tabaco y del alcohol en su comunidad.
- Explíquelo por qué una persona podría necesitar ayuda para dejar el alcohol o el tabaco.
- Improvisen algunas maneras en las que su hijo(a) actúe rechazando el tabaco y el alcohol.

Actividad familiar

Junto con su hijo(a), investiguen sobre los programas locales que están disponibles para ayudar a las personas a dejar el tabaco. Busquen en un directorio telefónico, lean los avisos de los periódicos o llamen a un hospital para averiguar qué recursos existen para las personas que quieran dejar el tabaco. Ayúdele a organizar la información que encuentren en la tabla de abajo.

Programas locales para dejar de fumar

Nombre del programa	Dónde se reúnen	Cuándo se reúnen	Teléfono

School-Home Connection

A Note to Family Members

What We Are Learning About Health

In Chapter 10 of *Harcourt Health and Fitness*, we are learning about

- ways of meeting physical, emotional, and intellectual needs.
- steps in conflict resolution and ways to compromise and negotiate to a mutually acceptable conclusion.
- ways to be a responsible friend and to handle peer pressure.

 Visit www.harcourtschool.com/health for links to parent resources.

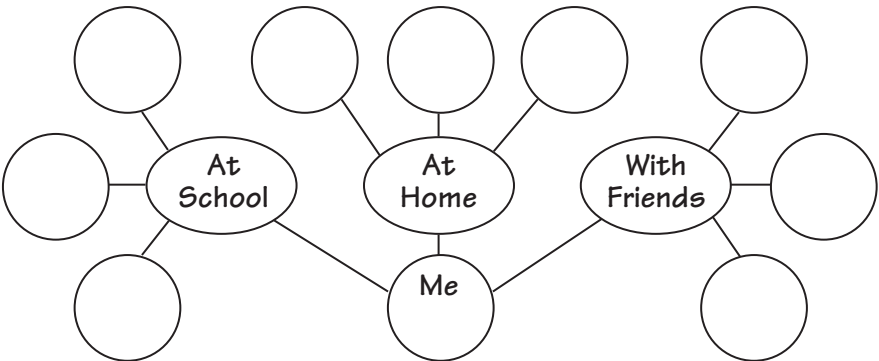
How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing the physical and emotional changes your child may be experiencing.
- praising his or her efforts to get along with brothers and sisters.
- encouraging your child to talk about his or her friends and their activities.

A Family Activity

What makes your child special and unique? For example, what activities and hobbies does your child pursue at home or at school? What qualities or traits does your child possess that make him or her a good friend to others? Ask your child these and other questions. Then help your child complete the diagram. You can expand the diagram by continuing it on a separate sheet of paper.



La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 10 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Algunas maneras de satisfacer las necesidades físicas, emocionales e intelectuales.
- Los pasos que se deben seguir en la resolución de problemas y algunas maneras de negociar y llegar a un acuerdo que sea aceptable para todos.
- Cómo ser un amigo responsable y cómo resistir la influencia negativa que pueden ejercer algunos compañeros.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

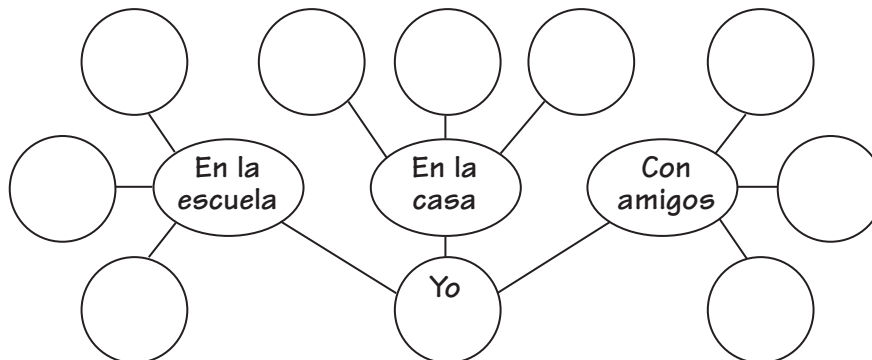
Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Hable con su hijo(a) acerca de los cambios físicos y emocionales que está experimentando.
- Elogie sus esfuerzos para llevarse bien con sus hermanos y hermanas.
- Anímelo a que le hable acerca de sus amigos o amigas y de sus actividades.

Actividad familiar

¿Qué es lo que hace que su hijo(a) sea especial y único? Por ejemplo, ¿qué actividades y entretenimientos le agradan en la escuela o en la casa? ¿Qué cualidades o rasgos tiene que hacen que sea un buen amigo? Hágale estas y otras preguntas. Luego ayúdelo a completar el siguiente diagrama. Puede ampliar el diagrama en una hoja aparte.



School-Home Connection

A Note to Family Members

What We Are Learning About Health

In Chapter 11 of *Harcourt Health and Fitness*, we are learning about

- different types of families.
- the roles of different family members and changes in those roles over time.
- communication with other family members.
- fair treatment of other family members by being responsible and helping around the house.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing the different types of families in your neighborhood.
- reviewing the responsibilities of the members of your family.
- encouraging your child to express what he or she feels is fair or not fair about the assignment of chores in your family.

A Family Activity

With your child, generate a list of different types of families. These could be families you know or those you have seen on television or read about in books. Use the table below. In the first column, write a description, for example, *Both parents live in the home*. In the second column, list the members of the family, for example, *a father, a mother, and children*. How are all the families alike? How are they different?

Types of Families

Description of Family Type	Family Members

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 11 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Los diferentes tipos de familias.
- Las responsabilidades de diferentes familiares y los cambios de estas con el tiempo.
- Cómo comunicarnos con otros familiares.
- Cómo tratar a otros familiares justamente, al ser responsable y cumplir con mis obligaciones del hogar.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Hablen acerca de los diferentes tipos de familias de su vecindario.
- Examinen las responsabilidades de los familiares.
- Anímelo a que le diga lo que piensa acerca de cómo están distribuidas las tareas del hogar en su familia.

Actividad familiar

Junto con su hijo(a), hagan una lista de los diferentes tipos de familias. Pueden ser familias que conozcan, que hayan visto en la televisión o sobre las que hayan leído en libros. Usen la tabla de abajo. En la primera columna, describan el tipo de familia. Por ejemplo: *Ambos padres viven en la casa*. En la segunda columna, hagan una lista de los familiares. Por ejemplo: *papá, mamá y niños*. ¿En qué se parecen estas familias? ¿En qué se diferencian?

Tipos de familias

Descripción del tipo de familia	Familiares

School-Home Connection

A Note to Family Members

What We Are Learning About Health

In Chapter 12 of *Harcourt Health and Fitness*, we are learning about

- the environment and reasons keeping it clean is good for the health of the community.
- the many people who keep us safe in our communities.
- types of pollution and the effects they have on people and the environment.
- being part of a community by helping neighbors, charities, and the world around us.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- cleaning the environment around your house together.
- reviewing with your child the procedure for contacting emergency personnel.
- getting to know your neighbors with your child.

A Family Activity

Ask your child to share with you what he or she has learned about conservation methods, such as turning off lights or taking short showers instead of baths. Decide as a family what kinds of energy conservation practices you would like to adopt. Keep a record of what you spend on energy before and after adopting these new practices. What things can you buy with the money you saved on energy?

Room for Improvement

Costs of Old Practices	Costs of New Practices

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 12 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- El medio ambiente y las razones para mantenerlo limpio y puro para el bienestar de la comunidad.
- Las personas que nos protegen en nuestra comunidad.
- Los tipos de contaminación y los efectos que tienen en las personas y en el medio ambiente.
- Cómo ser parte de una comunidad al ayudar a los vecinos, a las organizaciones benéficas y al mundo que nos rodea.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Juntos cuiden y protejan el medio ambiente alrededor de su hogar.
- Repasen el procedimiento para contactar el personal de emergencia.
- Conozcan a los vecinos.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Actividad familiar

Pida a su hijo(a) que le diga lo que sepa acerca de los métodos de conservación, como apagar la luz o tomar baños rápidos. Como familia decidan qué les gustaría hacer para ayudar a conservar la energía. Mantengan un registro de los gastos de energía antes y después de tomar algunas medidas. ¿Qué cosas pueden comprar con la plata que se ahorraron en energía?

Cómo reducir costos de energía

Costos de energía sin restricciones	Costos de energía con restricciones



Reading Skill Graphic Organizer

Identify Cause and Effect

Cause:

A large, empty rectangular box with a hand-drawn, irregular border, intended for writing the cause of an event.

Effect:

A large, empty rectangular box with a hand-drawn, irregular border, intended for writing the effect of an event.



Reading Skill Graphic Organizer

Compare and Contrast

Topic:

Alike

Different





Reading Skill Graphic Organizer

Draw Conclusions

What
I Read

+

What
I Know

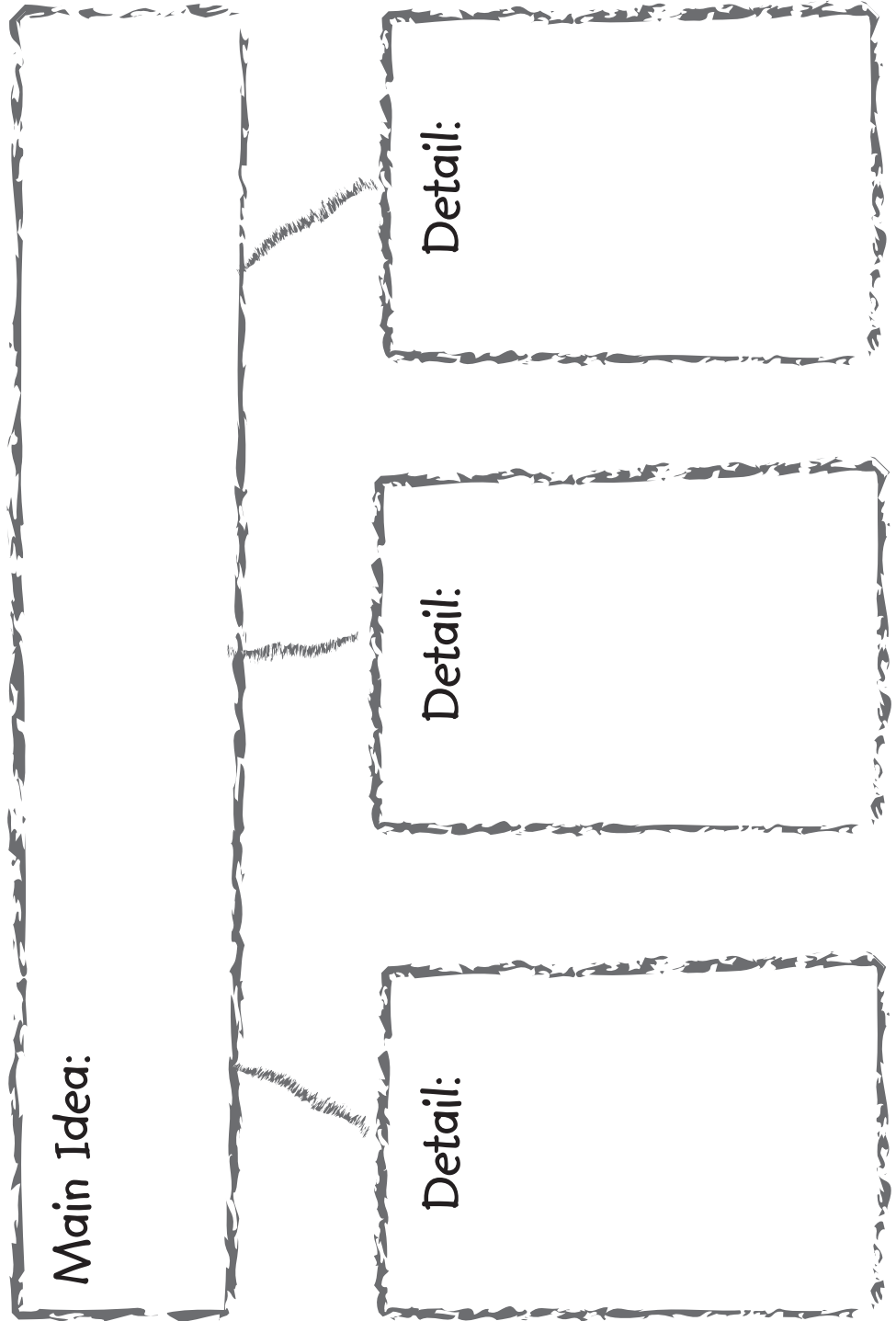
=

Conclusion:



Reading Skill Graphic Organizer

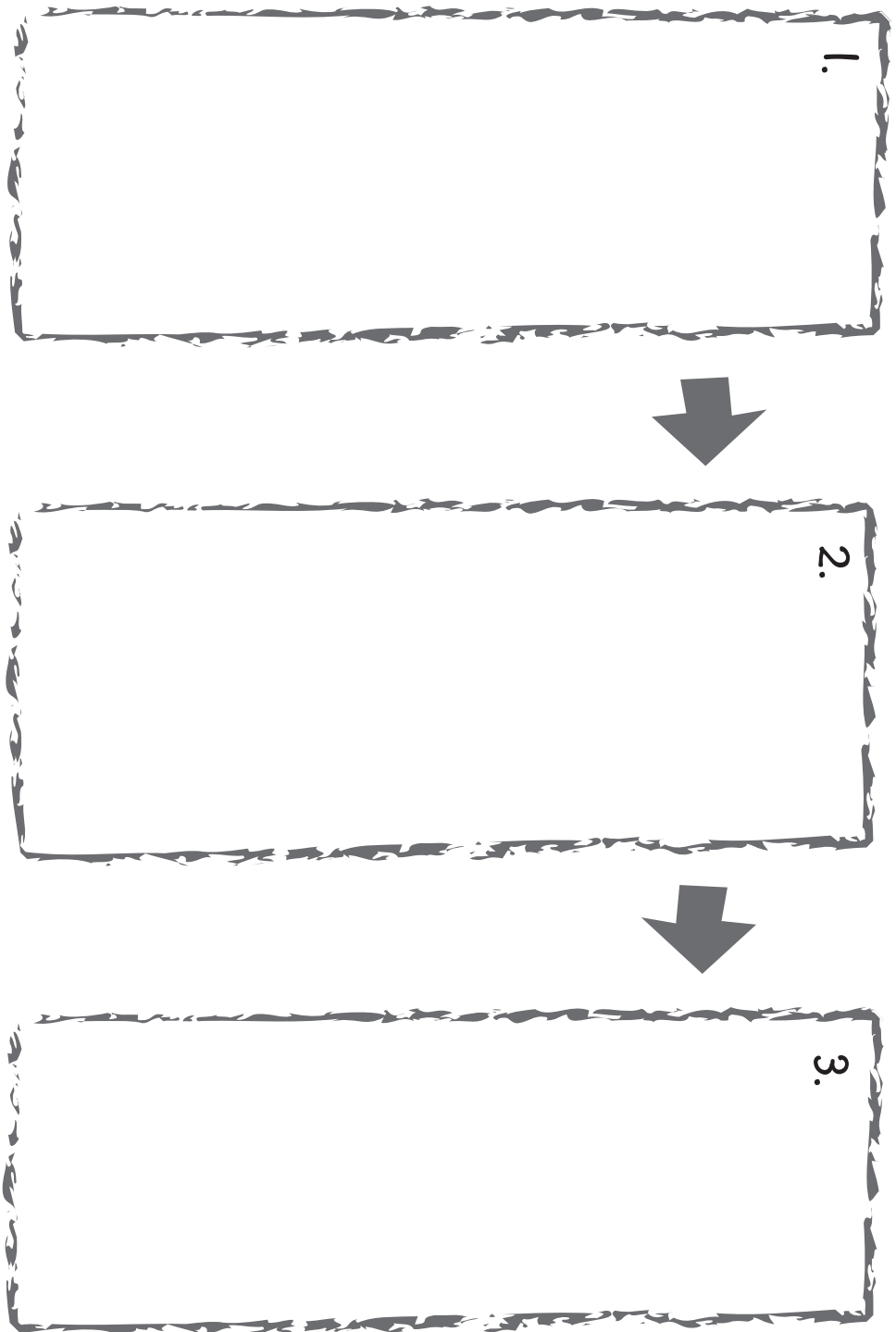
Identify Main Idea and Details





Reading Skill Graphic Organizer

Sequence





Reading Skill Graphic Organizer

Summarize

Main Idea:

+

Details:

=

Summary:

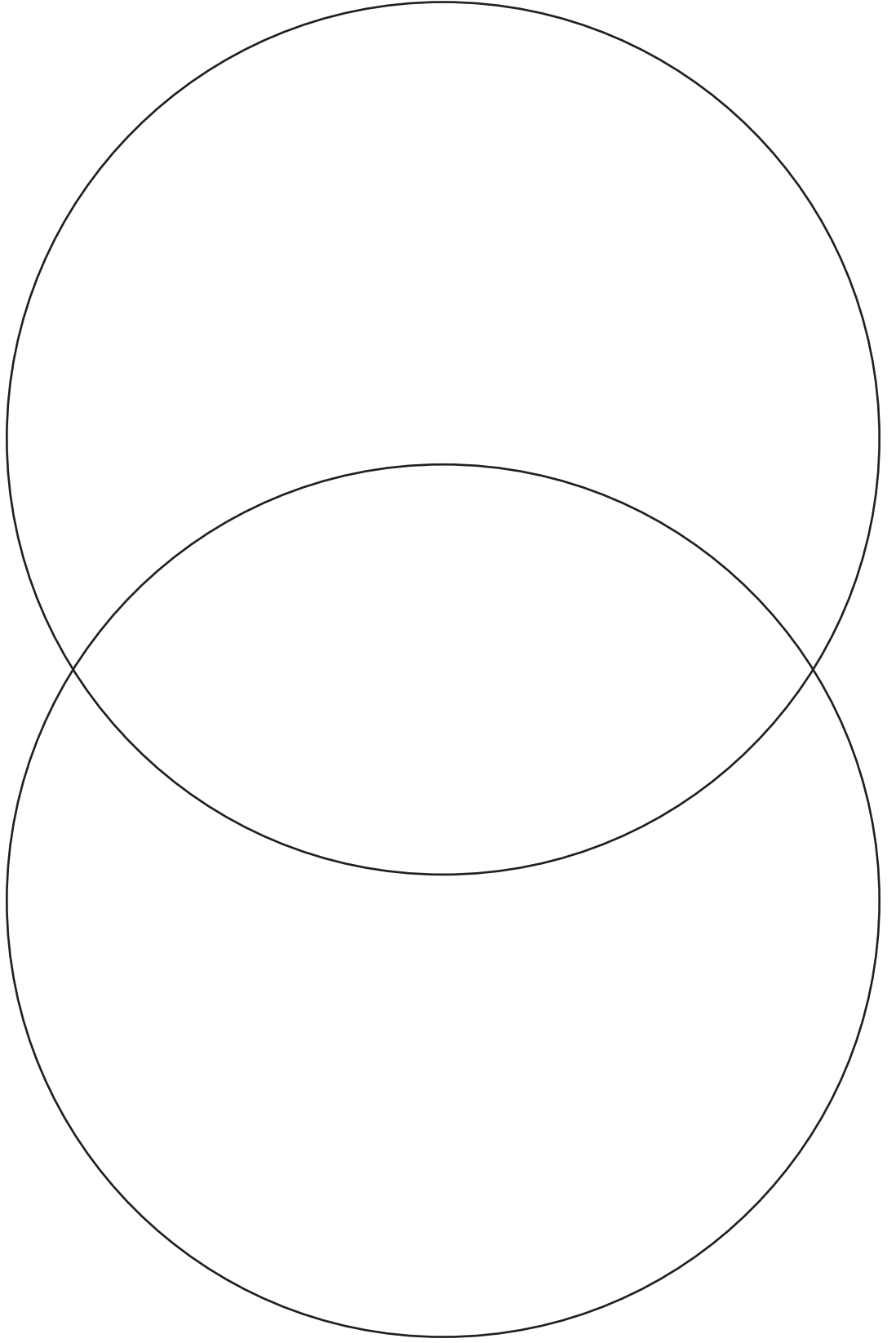
Preview Vocabulary

Words
I Know

Words I've
Seen or Heard

New
Words

Venn Diagram

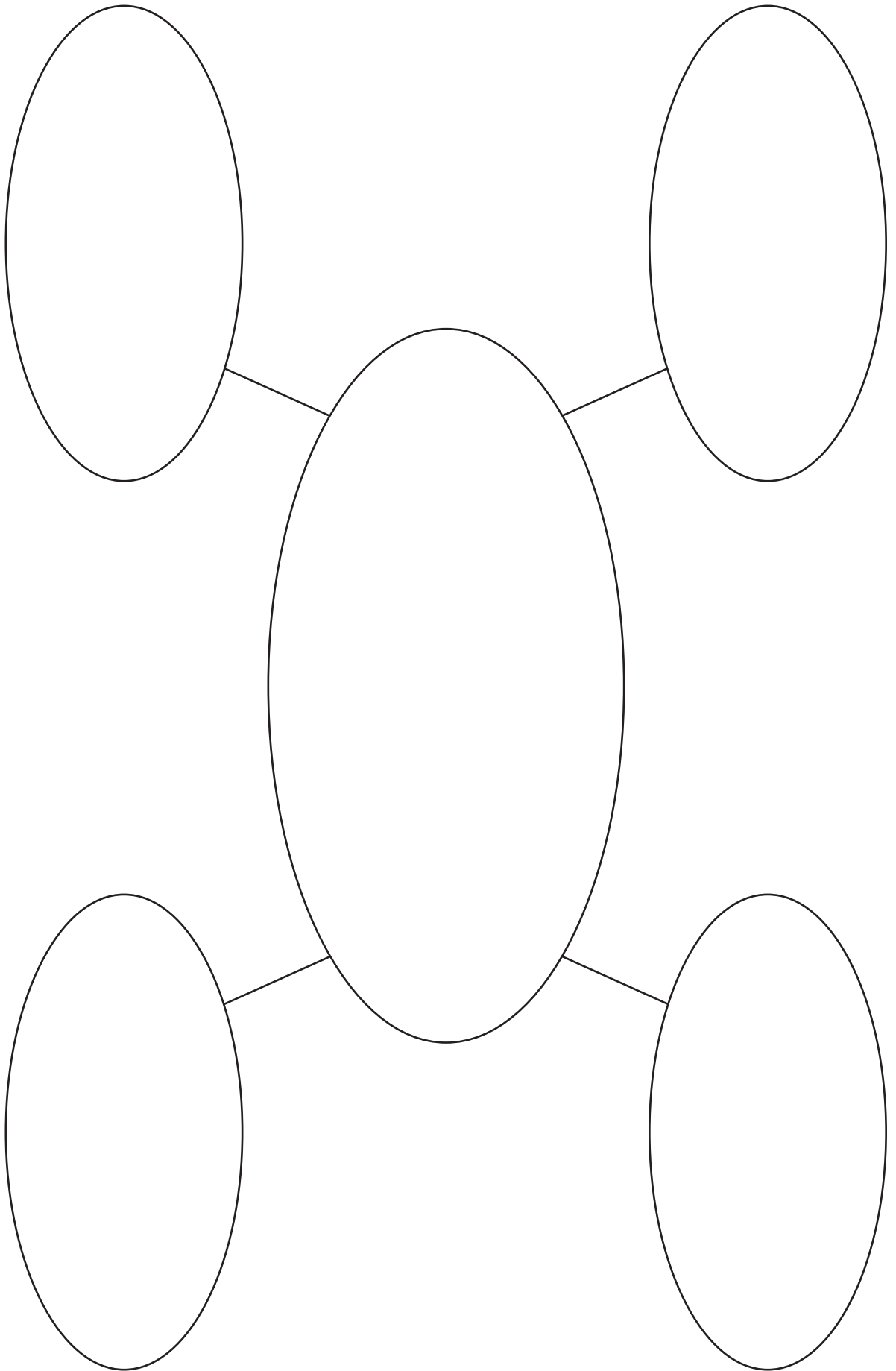


K-W-L Chart

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What I Know	What I Want to Know	What I Learned

Web



Chart

Knowledge Chart

Topic _____

Prior Knowledge	New Knowledge
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.

Project Plan

What I Want to Find Out

1.

How I Can Find Out

2.

What I Need to Do

3.

Materials

How I Can Share Information

4.

Understanding Life Skills

Having good health isn't just knowing the facts about what to eat or how to stay well. It's also thinking critically about those facts and knowing how to apply them to your daily life. Using life skills to apply your growing health knowledge can help you reach the goal of good health.

Communicate

In order to communicate well, you need to explain your ideas, needs, or feelings in a way that others can understand. You also need to listen to and try to understand what others have to say.

Steps for Communicating

1. Understand your audience.
2. Give a clear message.
3. Listen carefully, and answer any questions.
4. Gather feedback.

Ways to Give a Clear Message

- Use "I" messages.
- Use a respectful tone of voice.
- Make eye contact.
- Express ideas in a clear, organized way.

Make Responsible Decisions

When you make decisions, you think about a group of choices and decide on the wisest thing to do in order to avoid risky situations or health risks.

Steps for Making Responsible Decisions

1. Find out about the choices you could make.
2. Eliminate choices that are illegal or against your family rules.
3. Ask yourself: What is the possible result of each choice?
Does the choice show good character?
4. Decide on what seems to be the best choice.

Understanding Life Skills

Manage Stress

Everyone feels stress. Knowing how to manage your stress can help you get through tense or exciting situations.

Steps for Managing Stress

1. Know what stress feels like and what causes it.
2. Try to determine the cause of the stress.
3. Do something that will help you relieve the feelings of stress.

Ways to Relieve Stress

- Take a walk, exercise, or play a sport.
- Talk to someone you trust about the way you're feeling.
- Watch a funny movie or television show.

Refuse

Knowing what to say *before* you are asked to do something you don't want to do can keep you moving toward good health.

How to Refuse

- Say **no** firmly, and state your reasons for saying **no**.
- Remember a consequence, and keep saying **no**.
- Suggest something else to do.
- Repeat **no**, and walk away. Leave the door open for the other person to join you.

Other Ways to Refuse

- Continue to repeat **no**.
- Change the subject.
- Avoid possible problem situations.
- Ignore the person. Give him or her the "cold shoulder."

Understanding Life Skills

Resolve Conflicts

You must choose and use strategies to communicate and compromise in order to find solutions to problems or to avoid violence.

Steps for Resolving Conflicts

1. Use “I” messages to tell how you feel.
2. Listen to the other person. Consider the other person’s point of view.
3. Talk about a solution.
4. Find a way for both sides to win.

Ways to Talk About a Solution

- Ask for a mediator.
- Walk away.
- Use humor.

Set Goals

When you set goals, you must decide on a change you want to make and then take actions to make that change happen.

Steps for Setting Goals

1. Choose a goal.
2. Plan steps to meet the goal. Determine whether you will need any help.
3. Check your progress as you work toward the goal.
4. Reflect on and evaluate your progress toward the goal.

Building Good Character

Caring	Citizenship	Fairness	Respect	Responsibility	Trustworthiness
--------	-------------	----------	---------	----------------	-----------------

These are values we choose to help guide us in our daily living. The rules that come from these values are the ground rules of good behavior.

Caring

“It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself.”

—Ralph Waldo Emerson

DO

- Support and value family members.
- Be a good friend and share your feelings.
- Show concern for others.
- Thank people who help you.
- Help people in need.

DON'T

- Don't be selfish.
- Don't expect rewards for being caring.
- Don't gossip.
- Don't hurt anyone's feelings.

How do YOU show CARING?

Citizenship

“We must learn to live together as brothers or perish together as fools.”

—Martin Luther King, Jr.

DO

- Take pride in your school, community, state, and country.
- Obey laws and rules and respect authority.
- Be a good neighbor.
- Help keep your school and neighborhood safe and clean.
- Cooperate with others.
- Protect the environment.

DON'T

- Don't break rules and laws.
- Don't waste natural resources.
- Don't damage public property or the property of others.
- Don't litter or hurt the environment in other ways.

How do YOU show CITIZENSHIP?

Building Good Character

Caring	Citizenship	Fairness	Respect	Responsibility	Trustworthiness
--------	-------------	----------	---------	----------------	-----------------

These are values we choose to help guide us in our daily living. The rules that come from these values are the ground rules of good behavior.

Fairness

“Justice cannot be for one side alone, but must be for both.”

—Eleanor Roosevelt

DO

- Play by the rules.
- Be a good sport.
- Share.
- Take turns.
- Listen to the opinions of others.

DON'T

- Don't take more than your share.
- Don't be a bad loser or a bad winner.
- Don't take advantage of others.
- Don't blame others without cause.
- Don't cut in front of others in line.

How do YOU show FAIRNESS?

Respect

“I believe . . . that every human mind feels pleasure in doing good to another.”

—Thomas Jefferson

DO

- Treat others the way you want to be treated.
- Accept people who are different from you.
- Be polite and use good manners.
- Be considerate of the feelings of others.
- Stay calm when you are angry.
- Develop self-respect and self-confidence.

DON'T

- Don't use bad language.
- Don't insult or embarrass anyone.
- Don't threaten or bully anyone.
- Don't hit or hurt anyone.

How do YOU show RESPECT?

Building Good Character

Caring	Citizenship	Fairness	Respect	Responsibility	Trustworthiness
--------	-------------	----------	---------	----------------	-----------------

These are values we choose to help guide us in our daily living. The rules that come from these values are the ground rules of good behavior.

Responsibility

“Responsibility is the price of greatness.”

—Winston Churchill

DO

- Practice self-control.
- Express feelings, needs, and wants in appropriate ways.
- Practice good health habits.
- Keep yourself safe.
- Keep trying. Do your best.
- Complete tasks.
- Set goals and work toward them.
- Be a good role model.

DON'T

- Don't smoke. Don't use alcohol or other drugs.
- Don't do things that are unsafe or destructive.
- Don't be swayed by negative peer pressure.
- Don't deny or make excuses for your mistakes.
- Don't leave your work for others to do.
- Don't lose or misuse your belongings.

How do YOU show RESPONSIBILITY?

Trustworthiness

“What you do speaks so loudly that I cannot hear what you say.”

—Ralph Waldo Emerson

DO

- Be honest. Tell the truth.
- Do the right thing.
- Report dangerous situations.
- Be dependable.
- Be loyal to your family, friends, and country.
- Take care of things you borrow, and return them promptly.

DON'T

- Don't tell lies.
- Don't cheat.
- Don't steal.
- Don't break promises.
- Don't borrow without asking first.

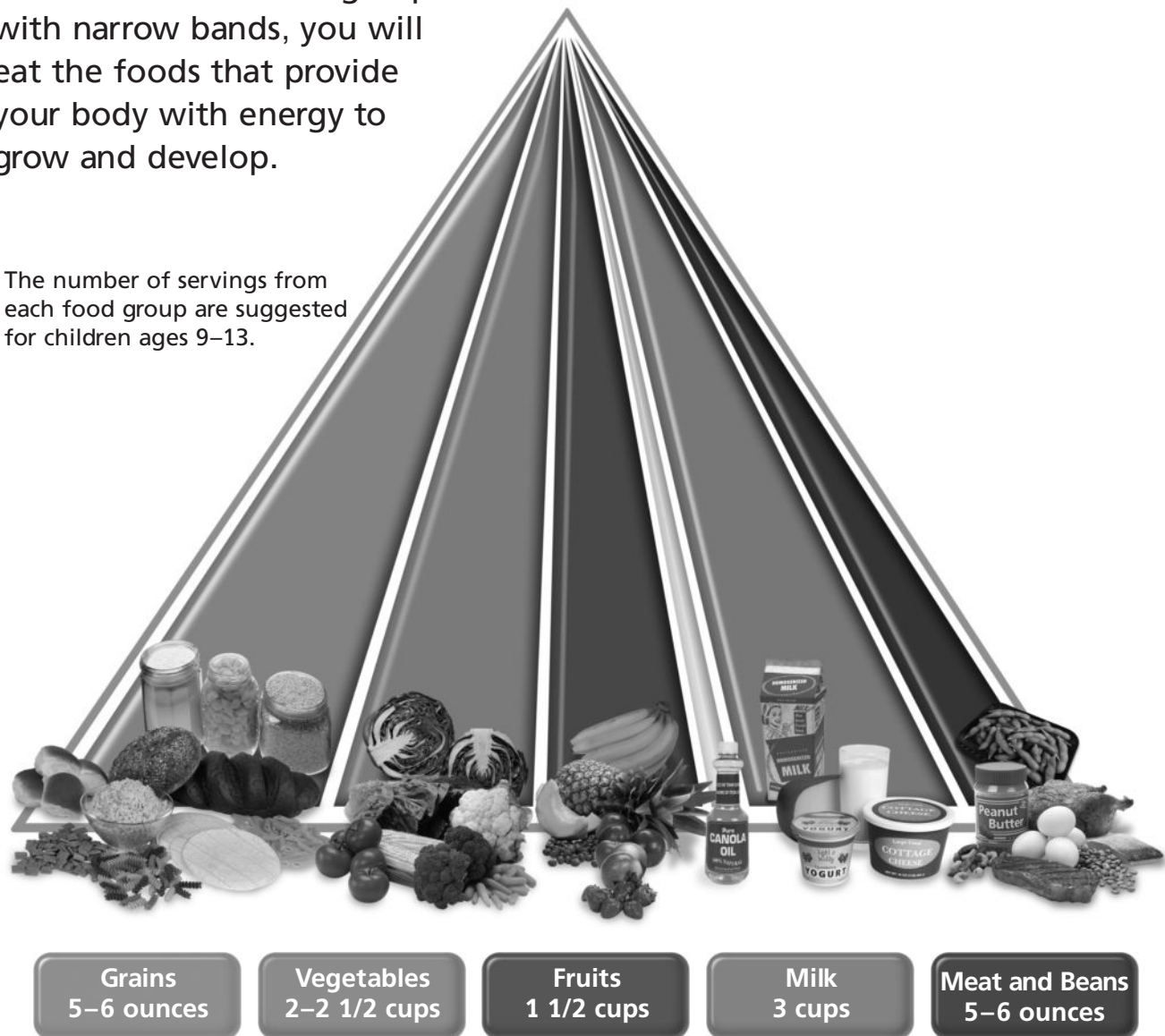
How do YOU show TRUSTWORTHINESS?

Good Nutrition

MyPyramid

No one food or food group supplies everything your body needs for good health. That's why it's important to eat foods from all the food groups. MyPyramid can help you choose healthful foods in the right amounts. By choosing more foods from the groups with wide bands and fewer foods from groups with narrow bands, you will eat the foods that provide your body with energy to grow and develop.

The number of servings from each food group are suggested for children ages 9–13.



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Good Nutrition

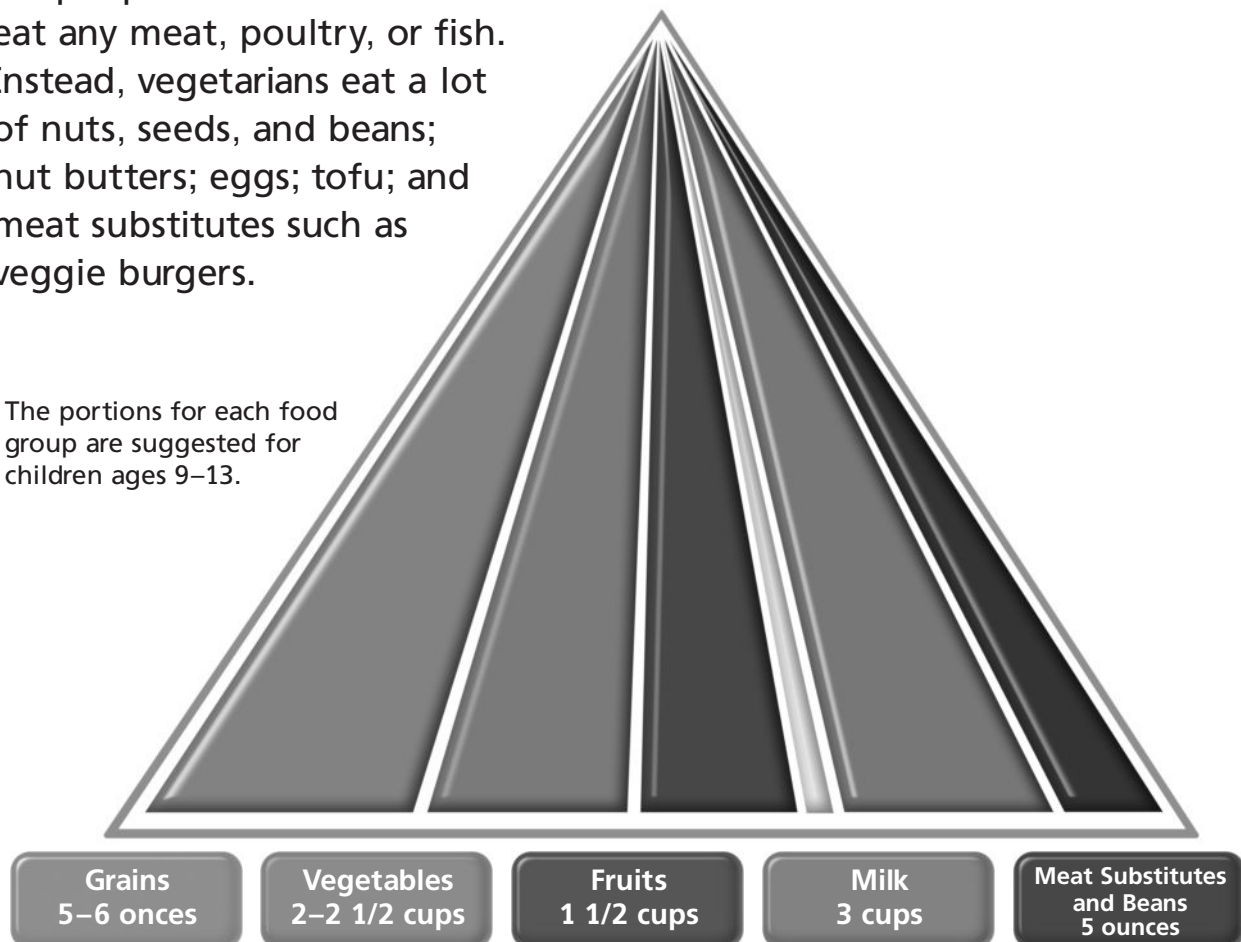
More Food Guide Pyramids

MyPyramid from the U.S. Department of Agriculture, or (USDA) (page 83), shows common foods from the United States. Foods from different cultures and lifestyles also can make up a healthful diet. These other pyramids can help you add new foods to your diet. Use the portions guide on page 88 with all four pyramids.

Vegetarians (vej·uh·TAIR·ee·uhnz) are people who choose not to eat any meat, poultry, or fish. Instead, vegetarians eat a lot of nuts, seeds, and beans; nut butters; eggs; tofu; and meat substitutes such as veggie burgers.

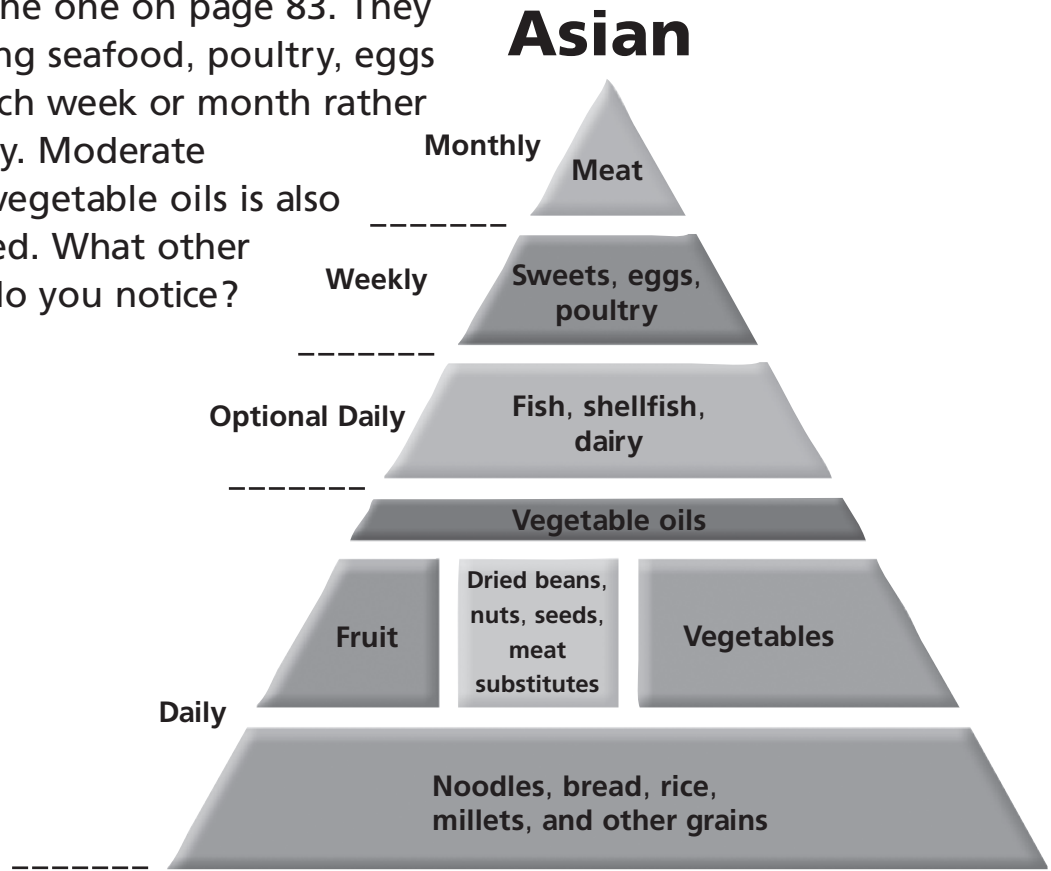
The portions for each food group are suggested for children ages 9–13.

Vegetarian

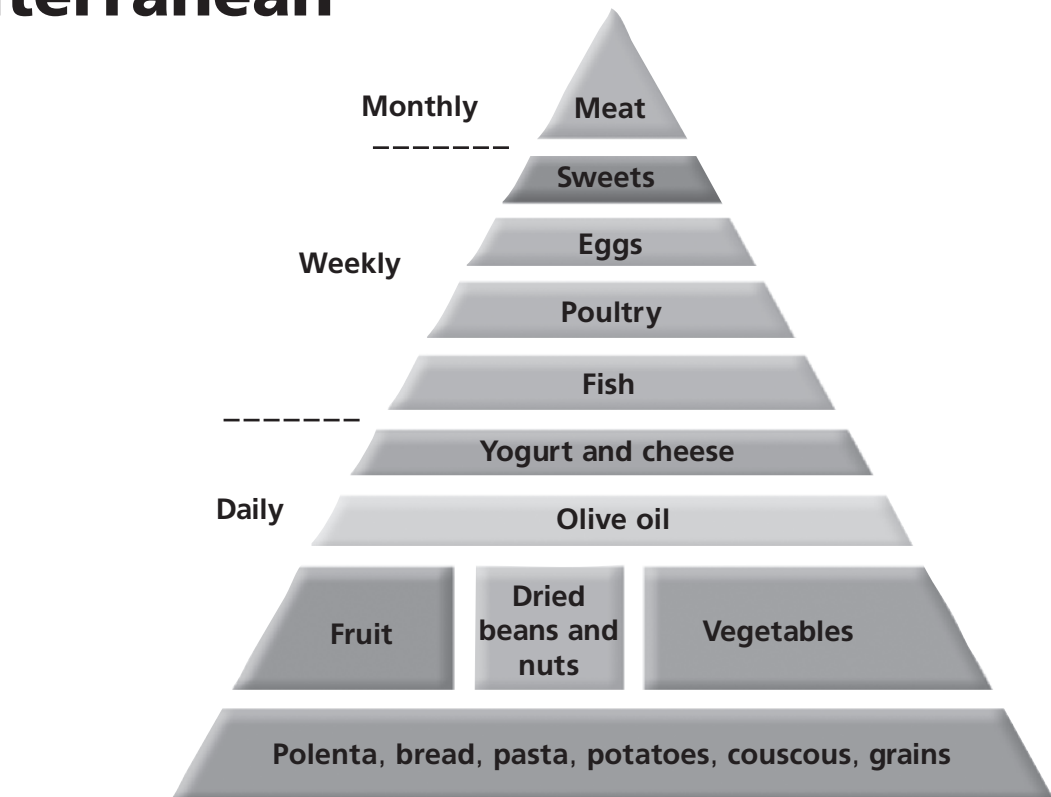


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The tops of these two pyramids differ from the one on page 83. They suggest eating seafood, poultry, eggs and meat each week or month rather than each day. Moderate daily use of vegetable oils is also recommended. What other differences do you notice?



Mediterranean



Good Nutrition

Dietary Guidelines for Americans

These guidelines come from the USDA. Following them will help you make good choices about nutrition and health. Making the right choices will help you feel your best.



Aim for Fitness

- Aim for a healthful weight. Find out your healthful weight range from a health professional. If you need to, set goals to reach a better weight.
- Be physically active each day. (Use the Activity Pyramid on page 98 to help you plan each week's activities.)

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Build a Healthful Base

- Use a food guide pyramid to guide your food choices.
- Each day, choose a variety of grains, such as wheat, oats, rice, and corn. Choose whole grains when you can.
- Each day, choose a variety of fruits and vegetables.
- Keep food safe to eat. (Follow the tips on pages 89–90 for safe preparation and storage of food.)



Choose Sensibly

- Choose a diet that is moderate in total fat and low in saturated fat and cholesterol.
- Choose foods and drinks that are low in sugar. Lower the amount of sugar you eat.
- Choose foods that are low in salt. When you prepare foods, use very little salt.



Good Nutrition

Estimating Amounts

MyPyramid suggests an amount to eat daily from each group. But these amounts aren't necessarily how much you eat at a meal. A plate full of macaroni and cheese may contain $1\frac{1}{2}$ cups of macaroni and 3 ounces of cheese. That's about half your Grains and all your Milk at one sitting! The table below can help you estimate how much you are eating.

Food Group	Common Amount Eaten	Easy Ways to Estimate Amounts
Grains Group	$\frac{1}{2}$ cup cooked pasta, rice, or cereal 1 slice bread, $\frac{1}{2}$ bagel 1 cup ready-to-eat (dry) cereal	<ul style="list-style-type: none"> • 1 slice of bread or $\frac{1}{2}$ medium bagel is about 1 oz. • 1 oz of cooked rice, oats, or pasta would fill an ice cream scoop. • A fistful of whole-grain cereal flakes is about 1 oz.
Vegetables Group	1 cup raw leafy vegetables $\frac{1}{2}$ cup other vegetables, cooked or chopped raw $\frac{1}{2}$ cup tomato sauce	<ul style="list-style-type: none"> • A cup of raw vegetables is about the size of a tennis ball. • $\frac{1}{2}$ cup of cooked or chopped vegetables would just about fill an ice-cream scoop.
Fruits Group	1 medium apple, pear, or orange; 1 medium banana; $\frac{1}{2}$ cup chopped or cooked fruit; 1 cup fresh fruit; $\frac{1}{2}$ cup fruit juice	<ul style="list-style-type: none"> • A medium piece of fruit is about the size of a baseball.
Milk Group	$1\frac{1}{2}$ oz cheese; 1 cup yogurt; 1 cup milk	<ul style="list-style-type: none"> • A piece of cheese about the size of three dominoes equals the same amount of calcium in a cup of milk.
Meat & Beans Group	2–3 oz lean meat, chicken, or fish 2 tablespoons peanut butter $\frac{1}{2}$ cup cooked dry beans	<ul style="list-style-type: none"> • An ounce of beans would fill an ice cream scoop. • A 3-oz portion of cooked meat, fish, or poultry is about the size of a computer mouse.
Oils	1 teaspoon canola oil	<ul style="list-style-type: none"> • 1 teaspoon is about the size of a penny or a fingertip

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Preparing Foods Safely

Fight Bacteria

You probably already know to throw away food that smells bad or looks moldy. But food doesn't have to look or smell bad to make you ill. To keep your food safe and yourself from becoming ill, follow the steps outlined in the picture below. And remember—when in doubt, throw it out!



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Food Safety Tips

Tips for Preparing Food

- Wash hand with hot, soapy water before preparing food. Also wash hands after preparing each dish.
- Defrost meat in a microwave or the refrigerator—not on the kitchen counter.
- Keep raw meat, poultry, fish, and their juices away from other foods.
- Wash cutting boards, knives, and countertops immediately after cutting up meat, poultry, or fish. Never use the same cutting board for meats and vegetables without thoroughly washing the board first.



Tips for Cooking Food

- Cook all food thoroughly, especially meat. Cooking food completely kills bacteria that can make you ill.
- Red meats should be cooked to a temperature of 160°F. Poultry should be cooked to 180°F. When done, fish flakes easily with a fork.
- Eggs should be cooked until the yolks are firm. Never eat food that contains raw eggs such as uncooked cookie dough.



Tips for Cleaning Up the Kitchen

- Wash all dishes, utensils, and countertops with hot, soapy water.
- Store leftovers in small containers that will cool quickly in the refrigerator.



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Being Physically Active

Guidelines for a Good Workout

There are three things you should do every time you are going to exercise—warm up, work out, and cool down.

Warm Up: When you warm up, your heart rate, breathing rate, and body temperature increase and more blood flows to your muscles. As your body warms up, you can move more easily. People who warm up are less stiff after exercising, and are less likely to have exercise-related injuries. Your warm-up should include five minutes of stretching, and five minutes of low-level exercise. Some simple stretches are shown on pages 94–95.

Work Out: The main part of your exercise routine should be an aerobic exercise that lasts twenty to thirty minutes. Aerobic exercises make your heart, lungs, and circulatory system stronger.

Some common aerobic exercises are shown on pages 92–93. You may want to mix up the types of activities you do. This helps you work different muscles and provides a better workout over time.

Cool Down: When you finish your aerobic exercise, you need to give your body time to cool down. Start your cool-down with three to five minutes of low-level activity. End with stretching exercises to prevent soreness and stiffness.



Being Physically Active

Building a Strong Heart and Lungs

Aerobic activities cause deep breathing and a fast heartbeat rate for at least twenty minutes. These activities help both your heart and your lungs. Because your heart is a muscle, it gets stronger with exercise. A strong heart doesn't have to work as hard to pump blood to the rest of your body. Exercise also allows your lungs to hold more air. With a strong heart and lungs, your cells get oxygen faster and your body works more efficiently.



- ▲ **Swimming** Swimming is great for your endurance and flexibility. Even if you're not a great swimmer, you can use a kickboard and have a great time and a great workout just kicking around the pool. Be sure to swim only when a lifeguard is present.
- ◀ **In-line Skating** Remember to always wear a helmet when skating. Always wear protective pads on your elbows and knees, and guards on your wrists, too. Learning how to skate, stop, and fall correctly will make you a safer skater.



▲ **Jumping Rope** Jumping rope is one of the best ways to increase your endurance. Remember to always jump on an even surface and always wear supportive shoes.

▼ **Walking** A fast-paced walk is a terrific way to build your endurance. The only equipment you need is supportive shoes. Walking with a friend can make this exercise a lot of fun.



▼ **Bicycling** Bicycling provides good aerobic activity and a great way to see the outdoors. Be sure to learn and follow bicycle safety rules. And *always* remember to wear your helmet!



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Being Physically Active

Warm-Up and Cool-Down Stretches

Before you exercise, you should warm up your muscles. The warm-up exercises shown here should be held for at least fifteen to twenty seconds and repeated at least three times. At the end of your workout, spend about two minutes repeating some of these stretches.

▶ **Sit-and-Reach Stretch**

HINT—Remember to bend at the waist. Keep your eyes on your toes!



◀ **Hurdler's Stretch**

HINT—Keep the toes of your extended leg pointed up.

- ▶ **Upper-Back and Shoulder Stretch** **HINT**—Try to stretch your hand down so that it rests flat against your back.



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▼ **Thigh Stretch** HINT—
Keep both hands flat on
the ground. Lean as far
forward as you can.



► **Calf Stretch** HINT—Keep both
feet on the floor during this
stretch. Try changing the distance
between your feet. Is the stretch
better for you when your legs are
closer together or farther apart?



▼ **Shoulder and Chest
Stretch** HINT—Pulling
your hands slowly
toward the floor gives
a better stretch. Keep
your elbows straight,
but not locked!



Tips for Stretching

- Never bounce when stretching.
- Hold each stretch for fifteen to twenty seconds.
- Breathe normally. This helps your body get the oxygen it needs.
- Do NOT stretch until it hurts. Stretch only until you feel a slight pull.

Being Physically Active

The President's Challenge

The President's Challenge is a physical fitness program designed for students ages 6 to 17. It's made up of five activities that promote physical fitness. Each participant receives an emblem patch and a certificate signed by the President.

The Five Awards



Presidential Physical Fitness Award—presented to students scoring in the top 15 percent in all events.



Participant Physical Fitness Award—presented to students who complete all items but score below the top 50 percent in one or more items.



National Physical Fitness Award—presented to students scoring in the top 50 percent in all events.



Active Lifestyle Award—recognizes students who participate in daily physical activity of any type for five days per week, 60 minutes a day, or 11,000 pedometer steps for six weeks.



Health Fitness Award—awarded to all other participants.

The five activities

1. Curl-Ups or Sit-Ups measure abdominal muscle strength.

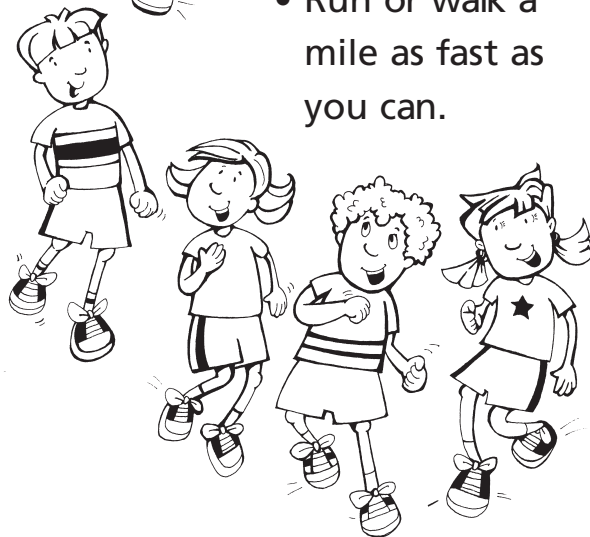
- Lie on the floor with your arms across your chest and your legs bent. Have a partner hold your feet.
- Lift your upper body off the ground, and then lower it until it just touches the floor.
- Repeat as many times as you can in one minute.



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2. Shuttle Run measures leg strength and endurance.

- Run to the blocks and pick one up.
- Bring it back to the starting line.
- Repeat with the other block.

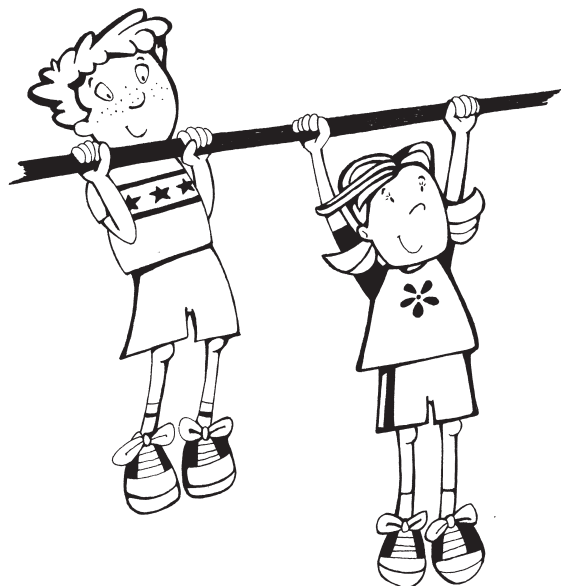


3. One-Mile Run or Walk measures leg muscle strength and heart and lung endurance.

- Run or walk a mile as fast as you can.

4. Pull-Ups measure the strength and endurance of arm and shoulder muscles.

- Hang by your hands from a bar.
- Pull your body up until your chin is over the bar. Lower your body again without touching the floor.
- Repeat as many times as you can.



5. V-Sit Reach measures the flexibility of your legs and back.

- Sit on the floor with your feet behind the line.
- Reach forward as far as you can.



Being Physically Active

Planning Your Weekly Activities

Being active every day is important for your overall health. Physical activity helps you manage stress, maintain a healthful weight, and strengthen your body systems. The Activity Pyramid, like the Food Guide Pyramid, can help you make a variety of choices in the right amounts to keep your body strong and healthy.

The Activity Pyramid

Sitting Still

Watching television,
playing computer games
Small Amounts of Time



Light Exercise

Playtime, yardwork,
softball
2-3 times a week



Strength and Flexibility Exercises

Weight training,
dancing, pull-ups
2-3 times a week



Aerobic Exercises

Biking, running,
soccer, hiking
30+ minutes, 2-3
times a week



Regular Activities

Walking to school, taking
the stairs, helping with
housework
Every day



First Aid

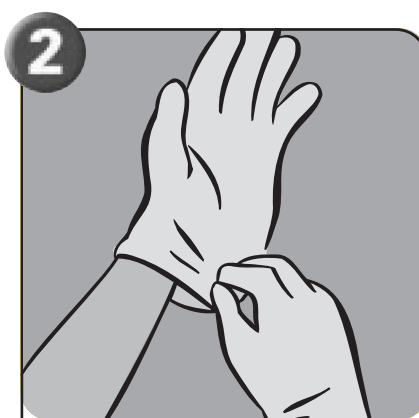
For Bleeding— Universal Precautions

You can get some diseases from another person's blood. Avoid touching anyone's blood. To treat a wound, follow the steps below.

If someone else is bleeding



1 Wash your hands with soap if possible.



2 Put on protective gloves, if available.



3 Wash small wounds with water. Do not wash serious wounds.



4 Place a clean gauze pad or cloth over the wound. Press firmly for ten minutes. Don't lift the gauze during this time.



5 If you don't have gloves, have the injured person hold the gauze or cloth in place with his or her hand.



6 If after ten minutes the bleeding has stopped, bandage the wound. If the bleeding has not stopped, continue pressing on the wound and get help.

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If you are bleeding, you do not need to avoid your own blood.

For Burns

- Minor burns are called first-degree burns and involve only the top layer of skin. The skin is red and dry, and the burn is painful.
- Second-degree burns cause deeper damage. The burns cause blisters, redness, swelling, and pain.
- Third-degree burns are the most serious because they damage all layers of the skin. The skin is usually white or charred black. The area may feel numb because the nerve endings have been destroyed.

All burns need immediate first aid.

Minor Burns

- Run cool water over the burn or soak it for at least five minutes.
- Cover the burn with a clean dry bandage.
- Do *not* put lotion or ointment on the burn.

More Serious Burns

- Cover the burn with a cool, wet bandage or cloth.
- Do *not* break any blisters.
- Do *not* put lotion or ointment on the burn.
- Get help from an adult right away.

For Nosebleeds

- Sit down, and tilt your head forward. Pinch your nostrils together for at least ten minutes.
- You can also put a cloth-covered cold pack on the bridge of your nose.
- If your nose continues to bleed, get help from an adult.



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For Choking

If someone else is choking



1 Recognize the Universal Choking Sign—grasping the throat with both hands. This sign means a person is choking and needs help.



2 Stand behind the choking person, and put your arms around his or her waist. Place your fist above the person's navel. Grab your fist with your other hand.



3 Pull your hands toward yourself, and give five quick, hard, upward thrusts on the person's stomach.

If you are choking when alone



1 Make a fist, and place it above your navel. Grab your fist with your other hand. Pull your hands up with a quick, hard thrust.

2 Or, keep your hands on your belly, lean your body over the back of a chair or over a counter, and shove your fist in and up.



For Dental Emergencies

You should know what to do if you have a dental emergency.



Broken Tooth

- Rinse your mouth with warm water. Wrap a cold pack with a cloth. Place it on the injured area. Save any parts of the broken tooth. Call your dentist immediately.

Knocked-Out Permanent Tooth

- Find the tooth and clean it carefully. Handle it by the top (crown), not the root. Put it back into the socket if you can. Hold it in place by biting on clean cloth. If the tooth cannot be put back in, place it in a cup with milk or water. See a dentist immediately. Time is very important in saving the tooth.

Bitten Tongue or Lip

- Apply pressure to the bleeding area with a cloth. Use a cold pack covered with a cloth to stop swelling. If the bleeding doesn't stop within 15 minutes, go to a hospital emergency room.

Food/Objects Caught Between Teeth

- Use dental floss to gently take out the object. Never use anything sharp to take out an object that is stuck between your teeth. If it cannot be removed, call your dentist.



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For Insect Bites and Stings

- Always tell an adult about bites and stings.
- Scrape out the stinger with your fingernail.
- Wash the area with soap and water.
- A covered ice cube or cold pack will usually take away the pain from insect bites. A paste made from baking soda and water also helps.
- If the bite or sting is more serious and is on an arm or leg, keep the leg or arm dangling down. Apply a cold, wet cloth. Get help immediately.
- If you find a tick on your skin, remove it. Protect your fingers with a tissue or cloth to prevent contact with infectious tick fluids. If you must use your bare hands, wash them right away.
- If the tick has already bitten you, ask an adult to remove it. Using tweezers, an adult should grab the tick as close to your skin as possible and pull the tick out in one steady motion. Do not use petroleum jelly because it may cause the tick to struggle releasing its infectious fluids. Wash the bite site.

For Skin Rashes from Plants

Many poisonous plants have three leaves. Remember, “Leaves of three, let them be.” If you touch a poisonous plant, wash the area and your hands. If a rash develops, follow these tips.

- Apply calamine lotion or a baking soda and water paste. Try not to scratch. Tell an adult.
- If you get blisters, do not pop them. If they burst, keep the area clean and dry. If your rash does not go away in two weeks, or if the rash is on your face or in your eyes, see your doctor.



A Drug-Free School

Many schools make rules and sponsor activities to encourage people to say *no* to drugs. This makes the schools a more healthful environment for everyone.

School Rules

Many schools decide to be drug free. They often have strict penalties for anyone found with drugs. For example, a person found with drugs may be expelled or suspended from school.



Positive Peer Pressure

Peer pressure can be bad or good. Positive peer pressure is the effect of people the same age encouraging each other to make healthful choices. For example, students may make posters or hold rallies to encourage others to choose not to use drugs.



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What to Do When Others Use Drugs

You should make a personal commitment to not use alcohol, tobacco, or other drugs. But you may be around other students or adults who make unhealthy choices about drugs. Here is what you can do.

Know the Signs

Someone who has a problem with drugs may be sad or angry all the time, skip school or work, or forget events often.

Talk to a Trusted Adult

Do not keep someone's drug use a secret. Ask a trusted adult for help. You can also get support from adults to help you resist pressure to use drugs.

Be Supportive

If a person decides to stop using drugs, help them quit. Suggest healthful activities you can do together. Tell them you are happy they have quit.

Stay Healthy

Do not stay anywhere that drugs are being used. If you cannot leave, stay as far away from the drugs as possible.

Where to Get Help

- Hospitals
- Alateen
- Alcoholics Anonymous
- Narcotics Anonymous
- Al-Anon
- Drug treatment centers

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Alcohol, Tobacco, and Other Drugs

Drugs and Medicines

- A medicine is a drug used to treat or cure an illness. A drug is a substance, other than food, that changes the way the body works. All medicines are drugs, but not all drugs are medicines.
- All medicines, bought by prescription or over the counter, must be used carefully. When they are not used correctly, they can harm you.
- An illegal drug is a drug that is not a medicine and that is against the law to sell, buy, have, or use. Drug users harm their health and break the law when they use illegal drugs.
- It takes courage and self-control to refuse drugs if they are offered to you. Talk to a trusted adult if you need to get help in refusing to use drugs.



Remember, if you have a problem, don't face it alone.



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Backpack Safety

Carrying a backpack that is too heavy can injure your back. Carrying one incorrectly also can hurt you.

Safe Weight

A full backpack should weigh no more than 10 to 15 percent of your body weight. Less is better. To find 10 percent, divide your body weight by 10. Here are some examples:

Your Weight (pounds)	Maximum Backpack Weight (pounds)
60	6
65	6½
70	7



This is the right way to carry a backpack.

Safe Use

- Use a pack with wide shoulder straps and a padded back.
- Lighten your load. Leave unnecessary items at home.
- Pack heavier items inside the pack so that they will be closest to your back.
- Always use both shoulder straps to carry the pack.
- Never wear a backpack while riding a bicycle. The weight makes it harder to stay balanced. Use the bicycle basket or saddlebags instead.

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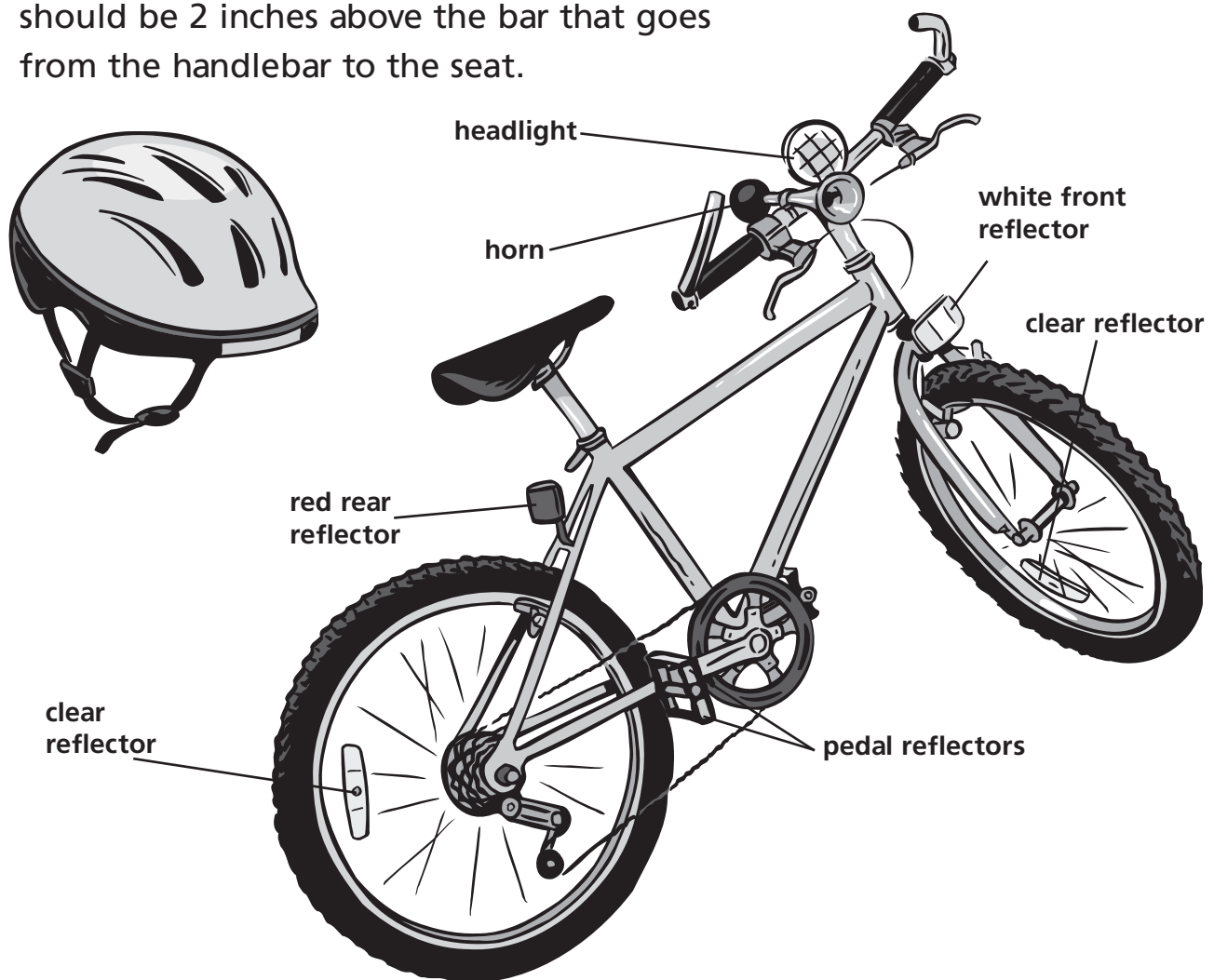


This is the wrong way to carry a backpack.

Bike Safety Check

A safe bike should be the right size for you.

- You should be able to rest your heel on the pedal when you sit on your bike with the pedal in the lowest position.
- When you are standing astride your bike with both feet flat on the ground, your body should be 2 inches above the bar that goes from the handlebar to the seat.



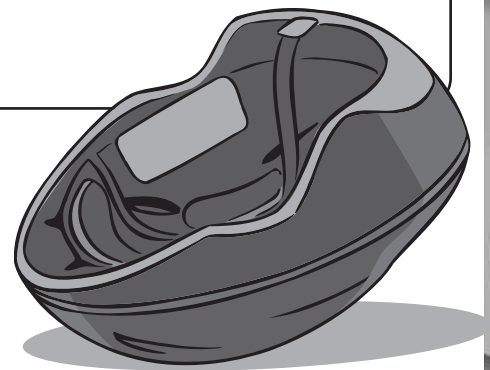
A bike should have all the safety equipment shown above. Does *your* bike pass the test?

Health and Safety

Safety While Riding

Here are some tips for safe bicycle riding.

- Always wear your bike helmet, even for short distances.
- Check your bike every time you ride it. Is it in safe working condition?
- Ride in single file in the same direction as traffic. Never weave in and out of parked cars.
- Before you enter a street, **STOP**. **Look** left, right, and then left again. **Listen** for any traffic. **Think** before you go.
- Walk your bike across an intersection. **Look** left, right, and then left again. Wait for traffic to pass.
- Obey all traffic signs and signals.
- Do not ride your bike at night without an adult. If you do ride at night, be sure to wear light-colored clothing, use reflectors, and front and rear lights.



Your Bike Helmet

- About 500,000 children are involved in bike-related crashes every year. That's why it's important to always wear your bike helmet.
- Wear your helmet properly. It should lie flat on your head. The straps should be snug so it will stay in place if you fall.
- If you do fall and your helmet hits the ground, replace it—even if it doesn't look damaged. The inner foam lining may be crushed. It might not protect you if you fell again.

Health and Safety

Storm Safety



- **In a Tornado** Take cover in a sheltered area away from doors and windows. An interior hallway or basement is best. Stay in the shelter until the danger has passed.
- **In a Hurricane** Prepare for high winds by securing objects outside or bringing them indoors. Cover windows and glass with plywood. Listen to weather bulletins for instructions. If asked to evacuate, proceed to emergency shelters.
- **In a Winter Storm or Blizzard** Stock up on food that does not have to be cooked. Dress in thin layers that help trap the body's heat. Pay special attention to the head and neck. If you are caught in a vehicle, turn on the dome light to make the vehicle visible to search crews.

Earthquake Safety

An earthquake is a strong shaking or sliding of the ground. The tips below can help you and your family stay safe in an earthquake.

Before an Earthquake

- Attach tall, heavy furniture, such as bookcases, to the wall. Store the heaviest items on the lowest shelves.
- Check for fire risks. An adult should bolt down gas appliances, and use flexible hosing and connections for both gas and water lines.
- An adult should strengthen and anchor overhead light fixtures to help keep them from falling.

During an Earthquake

- If you are outdoors, stay there and move away from buildings and utility wires.
- If you are indoors, take cover under a heavy desk or table, or in a doorway. Stay away from glass doors and windows and from heavy objects that might fall.
- If you are in a car, have the driver go to an open area away from buildings and overpasses.

After an Earthquake

- Keep watching for falling objects as aftershocks shake the area.
- Check for hidden structural problems.
- Check for broken gas, electric, and water lines. If you smell gas, shut off the gas main. Leave the area. Report the leak.

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Health and Safety

Fire Safety

Fires cause more deaths than any other type of disaster. But a fire doesn't have to be deadly if you and your family prepare your home and follow some basic safety rules.

1. STOP

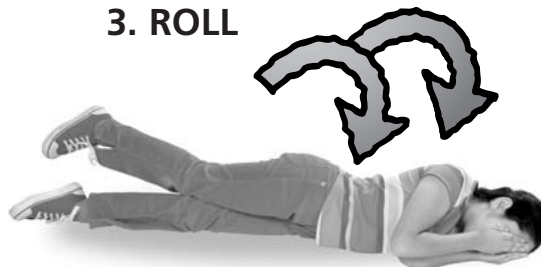


- Install smoke detectors outside sleeping areas and on every other floor of your home. Test the detectors once a month, and change the batteries twice a year.
- Keep a fire extinguisher on each floor of your home. Check the extinguishers monthly to make sure they are properly charged.
- Make a family emergency plan. Ideally, there should be two routes out of each room. Sleeping areas are most important, because most fires happen at night. Plan to use stairs only, because elevators can be dangerous in a fire. See pages 112–113 for more about emergency plans.
- Pick a place outside for everyone to meet. Choose one person to go to a neighbor's home to call 911 or the fire department.
- Practice crawling low to avoid smoke.
- If your clothes catch fire, follow the three steps shown here.

2. DROP



3. ROLL



Family Emergency Plan

By having a plan, your family can protect itself during an emergency. To make an emergency plan, your family needs to gather information, make some choices, and practice parts of the plan.

Know What Could Happen

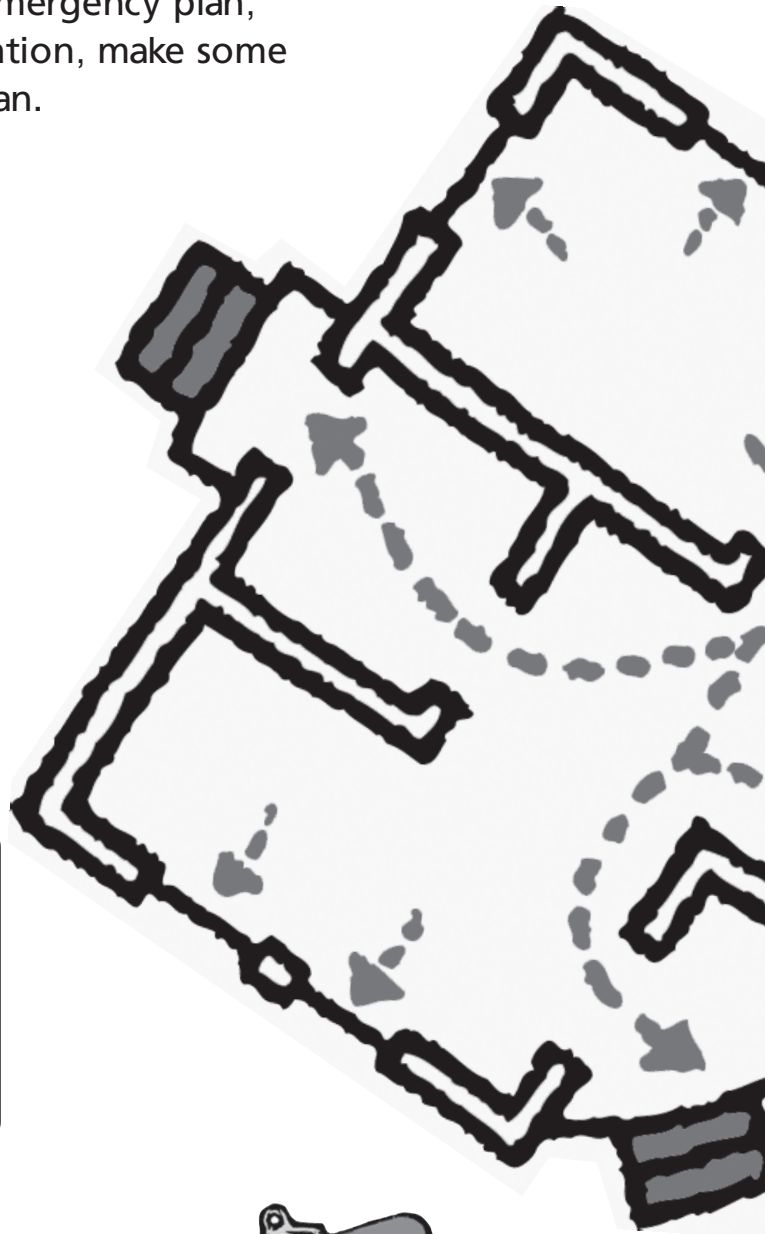
Learn the possible emergencies in your area, such as fires, storms, earthquakes, or floods. List the possible emergencies.

Have Two Meeting Places

Pick two places to meet. One place should be within a block of your home. The second place should be farther away—for example, the main door to your school.

Know Your Family Contact

Choose someone who lives far away to be a contact person. Each family member should memorize the full name, address, and telephone number of the person.



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Practice Evacuating

During a fire, you need to evacuate, or get out of, your home right away. Use your list of possible exits to plan how to evacuate. Practice evacuating at least twice a year.

▼ This woman is showing her daughter how to turn off the main water valve at their home.



Learn How to Turn Off Utilities

Water, electricity, and gas are *utilities*. Some emergencies may damage utilities or make them dangerous. With an adult's help, learn when and how to turn off utilities. **CAUTION:** If you turn off the gas, a professional must turn it back on.



▲ outdoor water shut-off valve

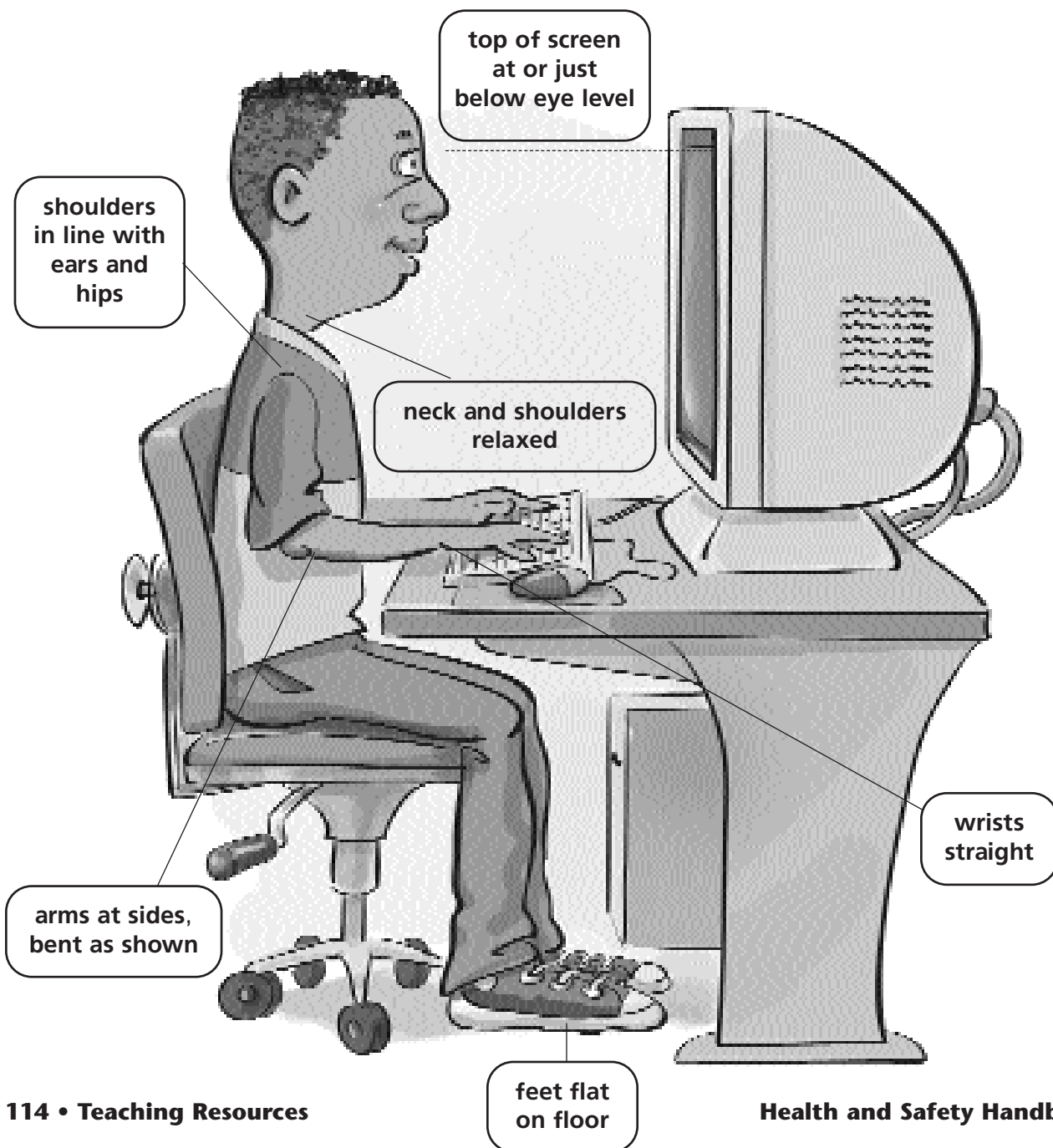
Make an Emergency Supply Kit

After an emergency, your family may need first-aid supplies or food. Your family can use a checklist from the American Red Cross or another disaster group to make an emergency supply kit.

Health and Safety

Good Posture at the Computer

Good posture is important when using the computer. To help prevent eyestrain, stress, and injuries, follow the posture tips shown below. Also remember to grasp the mouse lightly and take frequent breaks for stretching.



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Health and Safety

Evaluating Health Websites

Many people find health facts on the Web. However, it's important to remember that almost anyone can put information on the Web. Here are some questions to think about when you are looking at health websites.

Who controls the website?

Look for sources that you know about. Sites run by universities and the government are usually more reliable (their addresses usually end with .edu or .gov).

Who is saying it?

Information from health professionals is usually reliable. Look for the initials of a college degree, such as *M.D.*, *R.N.*, or *Ph.D.*, after the writer's name.

Does the site look good?

Bad design and poor spelling or grammar are signs of a less reliable site.

Are they selling something?

Websites that sell products or services may tell you only what makes their items sound good.

What is the evidence?

Personal stories may sound convincing, but they're not the same as proof. Look for sites that show evidence from science research.

Does everyone agree?

Always check the information in more than one source. If several sites agree, the information is probably reliable.



Double-check your facts!

Health and Safety

Safety on the Internet

You can use the Internet for fun, education, research, and more. But like anything else, you should use the Internet with caution. Some people compare the Internet to a real city—not all the people there are people you want to meet, and not all the places you can go are places you want to be. Just like in a real city, you have to use common sense and follow safety rules to protect yourself. Below are some easy rules to follow to help you stay safe online.

Rules for Online Safety

- Talk with an adult family member to set up rules for going online. Decide what time of day you can go online, how long you can be online, and appropriate places you can visit. Do not access other areas or break the rules you establish.
- Don't give out information such as your name, address, telephone number, your picture, or the name or location of your school.
- If you find any information online that makes you uncomfortable or if you receive a message that is mean or makes you feel uncomfortable, tell an adult family member right away.
- Never agree to meet anyone in person. If you want to get together with someone you meet online, check with an adult family member first. If a meeting is approved, arrange to meet in a public place and take an adult with you.



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Health and Safety

Summer and Backyard Safety



Use this list to check for hazards before playing in your backyard or your friends' backyards.

Poison Plants such as poison ivy, poinsettias, certain mushrooms, and oleander are just some of the plants that are poisonous. Use caution around yard chemicals, such as fertilizers, pesticides, pool chemicals, and pet products.

Fire Be careful around barbecue grills, lighter fluid, and bonfires. Fires can get out of hand very quickly, and accidents can happen before anyone realizes what is happening.

Water Do not leave small children unattended near swimming pools, kiddie pools, and large basins. Use a life jacket when boating. Wear boat shoes around wet and slippery decks.

Cutting Tools and Power Tools Treat lawn mowers and all power tools with respect. Never leave them unattended where a child might turn them on.

Strangling Hazards Use caution around fences, decks, and stairway railings. Clotheslines and rope can also be hazardous if a small child gets caught in them. Always use care when playing on or around swings.

Falling Remember to use good sense and good manners around climbing bars, ladders, and tree houses. Pushing or shoving a person can cause cuts, broken bones, and knocked-out teeth.

Insects and Other Animals Remember that ticks, mosquitoes, bees, or other flying insects can cause diseases or bites that can be fatal. Strange dogs wandering into your backyard may be dangerous and should be avoided.

Sun Remember to use sunscreen, wear a hat, and drink plenty of liquids when out in the sun. Sunburn or heatstroke can put a quick or painful end to a fun day.

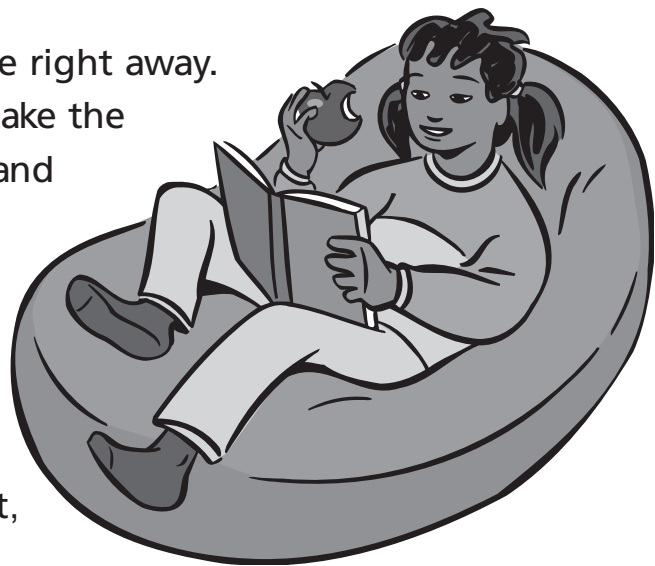
Health and Safety

When Home Alone

Everyone stays home alone sometimes. When you stay home alone, it's important to know how to take care of yourself. Here are some easy rules to follow that will help keep you safe when you are home by yourself.

Do These Things

- Lock all the doors and windows. Be sure you know how to lock and unlock all the locks.
- If someone who is nasty or mean calls, hang up immediately. Tell an adult about the call when he or she gets home. Your parents may not want you to answer the phone at all.
- If you have an emergency, call 911. Be prepared to describe the problem and to give your full name, address, and telephone number. Follow all instructions given to you. Do not hang up the phone until you are told to do so.
- If you see anyone hanging around outside your home, call a neighbor or the police.
- If you see or smell smoke, go outside right away. If you live in an apartment, do not take the elevator. Go to a neighbor's house, and call 911 immediately.
- Entertain yourself. Time will pass more quickly if you are not bored. Work on a hobby, read a book or magazine, do your homework, or clean your room. Before you know it, an adult will be home.



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Do NOT Do These Things

- Do NOT use the stove, microwave, or oven unless an adult family member has given you permission, and you know how to use these appliances.
- Do NOT open the door for anyone you don't know or for anyone who is not supposed to be in your home.
- Do NOT talk to strangers on the telephone. Do not tell anyone that you are home alone. If the call is for an adult family member, say that he or she can't come to the phone right now and take a message.
- Do NOT have friends over unless you have permission from your parents or other adult family members.



A telephone with caller ID display can help you decide whether to answer the phone.

Health and Safety

Illness

- People get diseases that can be spread from person to person. Common diseases such as colds, flu, chicken pox, pinkeye, and strep throat are examples of these *infectious diseases*.
- When you are ill, your symptoms may include a stomachache or other body aches, fever, or sore throat.
- If you need to take medicine, you should take it only from a trusted adult.



Other Diseases

- Other diseases are not spread from person to person. Diseases such as allergies, cancer, asthma, and diabetes are called *noninfectious diseases* because they are not spread from person to person.
- When you have *any* disease, your body doesn't work normally and you don't feel well.

To help stay well, you should

- exercise often.
- eat healthful foods.
- avoid harmful substances.
- manage stress.
- keep clean.