

Harcourt
**Health
and
Fitness**

Planning Resources

Grade 5

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 interdependence, structure, and function of body organs.
- stages of human growth and the effects of environment and heredity on growth, with an emphasis on puberty.
- steps for resolving conflicts over a child’s growing sense of independence.
- building a reputation of trustworthiness.

 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 you felt as you went through the stages of growth.
- encouraging your child to let you know when a family conflict needs resolution.
- examining ways your child can build a good reputation with others.

A Family Activity

As people grow, they pass through several stages. Talk with your child about major events that have affected his or her development during two stages—infancy and childhood. Work together to record these events in the following table. For the sections entitled “Adolescence” and “Adulthood,” help your child anticipate some of the major events that he or she may experience during these stages, such as graduation from high school or full-time employment.

Stages of Growth

	Events in Your Life
Infancy	
Childhood	
Adolescence	
Adulthood	

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:

- La función, estructura e interdependencia de los órganos del cuerpo humano.
- Las etapas del crecimiento y la influencia del medio ambiente y de los factores hereditarios en el crecimiento, especialmente durante la pubertad.
- Los pasos necesarios para resolver los conflictos que se presentan a medida que el niño busca más independencia.
- Cómo demostrar que se es digno de confianza.



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:

- Háblele de sus emociones durante las diferentes etapas de su crecimiento.
- Anímelo a que le informe cuando necesita que un conflicto familiar se resuelva.
- Busquen maneras en que su hijo(a) pueda establecer una buena reputación y volverse una persona confiable.

Actividad familiar

Todos pasamos por diferentes etapas mientras crecemos. Hable con su hijo(a) sobre la influencia que han tenido en su desarrollo los eventos importantes ocurridos durante su infancia y niñez. Ayúdele a escribir la información en la tabla de abajo. Para las secciones de “Adolescencia” y “Edad adulta”, piensen en aquellos eventos que muy posiblemente influirán en su vida, como la graduación de la escuela secundaria o un trabajo de tiempo completo.

Etapas del crecimiento

	Sucesos importantes en su vida
Infancia	
Niñez	
Adolescencia	
Edad adulta	

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

- the importance of personal hygiene as children get older.
- how the eyes and ears function and ways to keep them healthy.
- communicating with family members to reach acceptable compromises.
- developing self-confidence through activities that build self-respect, such as grooming and good hygiene.

 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 your own good hygiene habits.
- examining the need for healthy eyes and ears.
- praising his or her efforts to compromise in a reasonable manner.

A Family Activity

People use a variety of products each day to protect and care for their skin, hair, nails, teeth, vision, and hearing. During your next trip to the supermarket or pharmacy, ask your child to list the different kinds of health-care products on the shelves. Have your child record his or her findings in the following table. After the table has been completed, discuss which category has the most health-care products, and why.

Health-Care Products

Skin	Hair	Nails	Teeth	Eyes	Ears

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:

- La importancia de desarrollar buenos hábitos de higiene personal mientras crecemos.
- Cómo trabajan los ojos y los oídos y cómo mantenerlos sanos.
- La comunicación en familia para lograr acuerdos sobre metas posibles.
- El cuidado e higiene personal como unas de las maneras de adquirir seguridad propia y autorespeto.



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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:

- Háblele sobre sus propios hábitos de higiene.
- Comenten acerca de la importancia de mantener los ojos y los oídos sanos.
- Elógielo cuando demuestre que se esfuerza por llegar a acuerdos razonables.

Actividad familiar

Las personas usan diariamente una gran variedad de productos para el cuidado de la piel, el cabello, las uñas, los dientes, los ojos y los oídos. Cuando vayan al supermercado, pida a su hijo que haga una lista de los diferentes productos de salud e higiene que vea y que los escriba en la tabla de abajo cuando llegue a la casa. Una vez llene la tabla, hablen sobre la categoría que tenga más productos.

Productos de cuidado personal

Piel	Cabello	Uñas	Dientes	Ojos	Oídos

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 basic nutrients in food and how the body gets and uses these nutrients.
- using MyPyramid to recognize a balanced diet that includes proper portions and energy balance.
- avoiding food poisoning through proper handling and storage of food.
- showing self-control and responsibility when choosing foods.



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How You Can Help

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- reviewing MyPyramid together.
- encouraging your child to help in the kitchen to learn food handling techniques.
- practicing making healthful food choices.

A Family Activity

As children mature, they make more decisions about the foods they eat each day. Ask your child to write, in the spaces below, what foods make up his or her favorite breakfast, lunch, and dinner. Then ask your child to record the food group to which each item belongs. Examine the table with your child. Ask your child if the three meals represent a balanced diet. If not, discuss ways in which your child might make healthful changes.

Your Favorite Meals

Meal	Food Groups
Breakfast	
Lunch	
Dinner	

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:

- Los nutrientes de los alimentos y la forma como el cuerpo los absorbe y los usa.
- Cómo usar MiPirámide para identificar una dieta balanceada que incluya las porciones adecuadas y un balance energético.
- Formas de preparar y guardar los alimentos para evitar intoxicaciones.
- La responsabilidad y el autocontrol al alimentarnos.

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 MiPirámide.
- Anímelo a ayudar en la cocina para que vea cómo se prepara y guarda la comida.
- Practiquen nuevas formas de escoger alimentos saludables.



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

Actividad familiar

Los niños toman cada vez más decisiones sobre lo que comen a medida que crecen. Pida a su hijo(a) que describa su desayuno, almuerzo y cena favoritos en la tabla de abajo. Luego, pídale que escriba el nombre del grupo al que cada alimento pertenezca. Cuando termine, examinen juntos la tabla. Pregúntele si cree que las tres comidas que escribió representan una dieta balanceada. Si no lo es, hablen sobre los cambios que necesita hacer para obtenerla.

Mis comidas favoritas

Comida	Grupo de alimentos
Desayuno	
Almuerzo	
Cena	

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 food, activity, and sleep affect overall health.
- safe exercise that helps various body systems, such as the respiratory and circulatory systems.
- setting goals to be physically active, personally and with the family.
- showing fairness by following the rules of games and by respecting other players.



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

- emphasizing the proper balance of diet, exercise, and sleep as your child grows.
- encouraging your child to be more physically active.
- examining the rules of a favorite sport or game.

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. An example has been provided. 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
Do stretches or sit-ups while watching TV	Mom and Jason

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 la alimentación, la actividad y el sueño influyen en la salud.
- Los ejercicios adecuados para el buen funcionamiento de los sistemas del cuerpo humano, como el respiratorio y el digestivo.
- Cómo establecer metas adecuadas para mantenerse activo físicamente, tanto a nivel personal como familiar.
- La importancia de obedecer las reglas en los juegos y respetar a los otros jugadores.

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:

- Háblele sobre la importancia de seguir una dieta balanceada, así como hacer ejercicio y dormir adecuadamente.
- Anímelo a participar en más actividades físicas.
- Examinen las reglas de uno de sus juegos o deportes favoritos.



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

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, siguiendo el ejemplo. 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
Estiramiento o abdominales mientras ven TV	Mami y Jaime

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

- situations inside and outside the home that could lead to injury.
- applying first aid to serious and minor injuries when responding to emergency situations.
- making the correct decisions about personal safety.
- caring for someone who has been injured, both at the time of injury and afterward.

 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 situations that could lead to injury in your child's daily life.
- encouraging your child to learn emergency first aid.
- praising your child when he or she comforts or cares for an injured friend or family member.

A Family Activity

Regular fire drills are an important part of home safety. In the space provided, have your child identify one or two escape routes from each room in your home. Continue the list on a separate sheet of paper. Hold a family meeting to discuss the routes and identify a location where the family should gather after escaping from the house during a fire.

Fire Escape Routes

Room	Route

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:

- Las actividades que pueden causar lesiones dentro y fuera de la casa.
- Primeros auxilios para lesiones menores y graves durante una emergencia.
- Cómo tomar decisiones correctas sobre la seguridad personal.
- Cómo cuidar de un herido durante y después de un accidente.



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Cómo puede usted ayudar

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- Hablen sobre las actividades de la vida diaria que pueden resultar peligrosas y causar lesiones.
- Anime a su hijo a aprender primeros auxilios.
- Elógielo cuando participa en el cuidado de un amigo o familiar que se ha lesionado.

Actividad familiar

Los simulacros de incendio son una práctica importante para la seguridad en el hogar. Pida a su hijo que describa rutas de escape desde cada habitación de su casa, en la tabla de abajo. Si necesita, puede continuar la lista en otra hoja. Hagan una reunión en la que toda la familia pueda hablar sobre las rutas de escape y establecer un punto exterior de encuentro en caso de que tengan que salir rápidamente durante un incendio.

Rutas de escape

Habitación	Ruta

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

- recognizing and responding to violence and threatening situations.
- what to do when someone has a weapon or is threatening.
- positive communication skills that could help avoid potential violence.
- being fair by practicing effective listening skills.

 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 situations that could lead to violence.
- emphasizing the importance of preventing potentially violent situations.
- role-playing effective listening and communication with another person.

A Family Activity

Violence can happen anywhere at any time. Children today need to know what to do in these types of situations. After your child has reviewed this chapter, test his or her knowledge by having him or her fill out the table below of ways to avoid violence. Encourage your child to come up with other circumstances that might be encountered and the ways he or she would deal with those situations.

Avoiding Violence

Situation	What to Do
Being threatened	
Finding a weapon	
An act of terrorism	
A fight at school	
Seeing dangerous people while alone	

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:

- Cómo identificar situaciones peligrosas y violentas y actuar adecuadamente.
- Qué hacer cuando alguien tiene un arma o constituye una amenaza.
- La importancia de la buena comunicación como una forma de evitar situaciones violentas.
- La importancia de escuchar lo que otros dicen y obrar con imparcialidad.



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

Cómo puede usted ayudar

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- Hablen sobre las actividades que pueden desencadenar situaciones violentas.
- Resalte la importancia de prevenir circunstancias violentas.
- Improvisen situaciones que en las que tengan que comunicarse eficazmente con otras personas.

Actividad familiar

Los actos de violencia puede surgir en cualquier momento y en cualquier lugar. Por esta razón, los niños deben saber cómo actuar cuando se ven afectados. Pida a su hijo(a) que repase el contenido del capítulo y que llene la tabla de abajo. Pídale que añada otras situaciones que crea que podrían surgir y escriba lo que haría.

Cómo evitar la violencia

Situación	Lo que debo hacer
Cuando alguien me amenaza	
Si encuentro un arma	
En un atentado terrorista	
En una pelea en la escuela	
Si veo personas sospechosas y estoy solo	

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

- causes and symptoms of communicable and noncommunicable diseases.
- the function of the body's immune system.
- helping prevent disease by managing stress through positive thinking and relaxation.
- taking responsibility for your own well-being as you get older.



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

- talking about how a disease has affected someone you know.
- reviewing ways to maintain and support the body's immune system.
- praising your child's efforts to take control of his or her own wellness.

A Family Activity

Heredity plays a role in a number of diseases. Doctors routinely ask if there is a history of certain diseases in a patient's family. Work with your child to fill out the following table of diseases in your family. In the proper column, indicate if anyone in your family has had the disease named on the left. This information will not be shared in class.

Family History

Disease	Father's Side	Mother's Side
Heart disease		
Cancer		
Diabetes		
Other		

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:

- Las causas y síntomas de las enfermedades contagiosas y no contagiosas.
- La función del sistema inmunitario.
- Cómo manejar el estrés y prevenir las enfermedades mediante la relajación y una actitud positiva.
- La necesidad de asumir la responsabilidad por nuestro bienestar a medida de crecemos.



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Cómo puede usted ayudar

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- Hablen sobre la forma como una enfermedad ha afectado a alguien que conozcan.
- Repasen las maneras de mantener un buen sistema inmunitario.
- Elógielo cuando demuestre que se está responsabilizando por su propio bienestar.

Actividad familiar

Los factores hereditarios influyen en muchas enfermedades, por eso los médicos siempre preguntan si existen ciertas enfermedades en la familia. Ayude a su hijo(a) a llenar la información que pide la tabla de abajo, escribiendo en la columna respectiva el nombre del familiar que tiene esa enfermedad. Esta información es privada y no se va a divulgar en la clase.

Historia familiar

Enfermedad	Por parte del padre	Por parte de la madre
Enfermedades del corazón		
Cáncer		
Diabetes		
Otra		

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

- use of medicines and the effects they have on the body.
- the harmful effects and safe avoidance of illegal drugs.
- refusing illegal drugs.
- being trustworthy about not using drugs.



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 how you have been helped by safe and effective use of medicines.
- discussing the use of illegal drugs in your own community.
- role-playing with your child proper ways to refuse illegal drugs.

A Family Activity

Prescription and over-the-counter medicines have expiration dates printed on their labels. Look through your family's medicines with your child. (You may want to perform this step on your own to help respect the privacy of family members.) Then, in the space provided, have your child write the name, type, and expiration date of each medicine. Review the table with other family members. Decide which medicines should be discarded now or at some time in the future.

Home Medicine Inventory

Name of Medicine	Prescription or OTC	Expiration Date

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:

- Los medicamentos y sus efectos en el cuerpo.
- Los efectos dañinos de las drogas ilegales.
- Cómo rechazar las drogas ilegales.
- La importancia de ser responsable con respecto al consumo de drogas.



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Cómo puede usted ayudar

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- Explíquelo cómo los medicamentos lo han ayudado a usted.
- Hablen sobre el consumo de drogas ilegales en su comunidad.
- Improvisen diferentes maneras de rechazar las drogas ilegales.

Actividad familiar

Todos los medicamentos tienen una fecha de vencimiento escrita en su empaque. Ayude a su hijo(a) a buscar medicamentos en la casa, o hágalo usted mismo si desea guardar la privacidad de algún miembro de la familia. Luego, pídale que llene la información que se pide en la tabla para cada una de los medicamentos que encuentren. Revise la información con otros familiares para determinar si se deben deshacer de algunos de esos medicamentos.

Inventario de medicamentos de la casa

Nombre del medicamento	¿Con receta o sin receta?	Fecha de vencimiento

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

- alcohol and tobacco and the risks of using them.
- reasons people would use tobacco or alcohol.
- practicing dealing with peer pressure to use alcohol.
- building good citizenship by respecting people in positions of authority.

 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 alcohol and tobacco in your community.
- praising your child for refusing negative peer pressure.
- explaining to your child who a person in authority is.

A Family Activity

With your child, research local support groups that provide help for problem drinkers and their families. Such groups include Alcoholics Anonymous, Al-Anon, Alateen, and Adult Children of Alcoholics. Look in the Yellow Pages of the local telephone book, read local newspapers to find ads, or call a local hospital. Ask your child to enter the findings in the following table.

Local Support Groups

Name of Group	Where	When	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:

- El consumo de tabaco y alcohol y sus riesgos.
- Las razones por las que las personas consumen tabaco y alcohol.
- Cómo manejar la presión de los compañeros acerca del uso del alcohol.
- Las maneras de actuar como un buen ciudadano al respetar a quienes tienen autoridad.



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Cómo puede usted ayudar

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- Hablen acerca del consumo de tabaco y alcohol en su comunidad.
- Elógielo cuando se mantenga firme en contra de la presión negativa de los amigos.
- Explíquele quiénes son sus autoridades.

Actividad familiar

Junto con su hijo(a), investiguen sobre los programas locales que están disponibles para ayudar a las personas a dejar el alcohol y apoyar a sus familias. Dichos programas incluyen Alcohólicos Anónimos, *Al-Anon* e Hijos de alcohólicos (*Adult Children of Alcoholics*). Busquen los números de estas y otras entidades en un directorio telefónico o en los periódicos, o llamen a un hospital local. Ayude a su hijo(a) a organizar la información que encuentren, en la tabla de abajo.

Grupos locales de ayuda

Nombre	Lugar donde está	Día y hora de reuniones	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

- establishing a healthy self-concept through positive thinking and goal setting.
- ways to form and maintain friendships through effective and positive expression of feelings.
- managing stress at school and in dealing with new situations.
- respecting and understanding people's differences.



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

- helping your child maintain a good self-image and attitude.
- discussing situations in which stress management could be practiced.
- praising your child when he or she accepts and respects differences in others.

A Family Activity

Resolving conflicts takes practice. Work together to fill in the table below. Have your child describe one or more minor conflicts or disagreements that he or she has seen at school. For each conflict, write down how the people behaved. Did they fight physically? Did they argue with words? Was the conflict resolved? Were there better ways to handle some of the conflicts? List these more positive behaviors, and talk about ways to use these behaviors when involved in conflicts.

Resolving Conflicts

Description of Conflict	Description of Behavior	Better Ways to Handle Conflict

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:

- Cómo adquirir una autoimagen sana por medio de la actitud positiva y el establecimiento de metas adecuadas.
- Las maneras de ganar y conservar amistades por medio de la expresión positiva y efectiva de los sentimientos.
- Cómo manejar el estrés y las situaciones nuevas en la escuela.
- La importancia de respetar y entender las diferencias en las personas.

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:

- Ayúdelo a conservar una autoimagen y una actitud positivas.
- Hablen sobre las situaciones que requieren un manejo adecuado del estrés.
- Elógielo cuando acepta y respeta las diferencias en otras personas.



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

Actividad familiar

La resolución de problemas requiere práctica. Pida a su hijo(a) que describa algunas situaciones en las que tuvo que enfrentar desacuerdos o conflictos menores en la escuela, en la tabla de abajo. Pídale que escriba cómo se comportaron las personas involucradas. ¿Hubo pelea? ¿Discutieron? ¿Cómo se resolvió el conflicto? ¿Se podría haber resuelto de otra forma? ¿Como cuál? Hablen de las acciones positivas y de cómo usarlas para resolver conflictos.

Formas de resolver conflictos

Descripción del conflicto	Qué pasó	Cómo resolverlo mejor

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

- how family members support each other during times of change.
- working together with family to find out health information and advice.
- recognizing communication needs within a family.
- supporting family members in new situations.

 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 more mature responsibilities as your child grows older.
- helping your child develop an exercise plan for the family.
- praising your child's efforts to recognize when support for a family member is needed.

A Family Activity

Family change can come to families suddenly or gradually. These can be stressful times for a child and his or her family. After your child has reviewed the chapter, have him or her fill out the table below. Discuss any of the changes that have happened to your family or to families in your neighborhood.

Dealing with Change in Families

Change	Common Effects	Dealing with the Change
Remarriage		
Birth of a baby		
Moving		
Death		

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:

- Las diferentes maneras en que los familiares se ayudan unos a otros cuando ocurren cambios.
- El trabajo en familia para aprender más sobre temas de salud y cómo dar y recibir consejos.
- Formas de reconocer las necesidades de comunicación dentro de la familia.
- Cómo ayudar a un familiar cuando está pasando por una experiencia totalmente nueva.



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 las nuevas responsabilidades que su hijo(a) adquiere a medida que crece.
- Ayúdelo a crear un plan de ejercicios para toda la familia.
- Elógielo cuando vea que se esfuerza por ayudar a otro familiar.

Actividad familiar

Hay cambios que ocurren paulatinamente y hay otros que ocurren de un momento a otro. Como quiera que sea, todo cambio puede producir estrés tanto en el niño como en toda la familia. Pida a su hijo(a) que repase el contenido del capítulo y luego llene la tabla de abajo. Hablen sobre los cambios que su familia u otras familias de su barrio han experimentado.

Cómo sobrellevar los cambios

Cambios ocurridos	Consecuencias	Maneras de sobrellevarlos
Un matrimonio		
Un bebé		
Una nueva casa		
Una muerte		

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

- how government and private agencies serve public health.
- the role of health organizations in community health, from disease control and prevention to pollution control.
- setting goals to promote a healthful community and environment.
- being a good citizen by taking pride in the community.

 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 your family has been positively affected by a community health agency.
- helping your child with the three *r*'s around the home: reuse, recycle, and reduce.
- praising your child's efforts to promote the health of the community.

A Family Activity

Most phone directories include a section that lists the names and phone numbers of community service groups. Use the information you find there to make a chart listing three or four service groups in the community or state. Possibilities include the Better Business Bureau and consumer product and safety organizations. Talk about what each group does and why a person might need to call each group.

Service Groups in Your Community

Name of Group	What It Does	Phone Number

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:

- Las agencias privadas y del gobierno que trabajan por la salud pública.
- Las funciones de las organizaciones de salud dentro de la comunidad, que incluyen la prevención y el control de las enfermedades y el control de la contaminación.
- Cómo establecer metas para mantener la salubridad de la comunidad y del medio ambiente.
- Cómo ser un buen ciudadano y estar orgulloso de su comunidad.

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 de las experiencias positivas que hayan tenido con una agencia de salud de la comunidad.
- Ayúdelo a practicar los tres pasos de reciclaje en el hogar: volver a usar, reducir y reciclar.
- Elógielo cuando vea que su hijo(a) se esfuerza por ayudar a promover la salud de la comunidad.



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

Actividad familiar

Llenen la tabla de abajo con el nombre, el número de teléfono y la función de algunos grupos de servicio locales o estatales, como la procuraduría del consumidor (Better Business Bureau) u otras organizaciones de ayuda a los consumidores. En su directorio telefónico local aparece una sección con la información sobre grupos de servicio comunitario. Hablen sobre la función de cada grupo y por qué las personas los necesitan..

Grupos de servicio de la comunidad

Nombre del grupo	Función	Teléfono



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

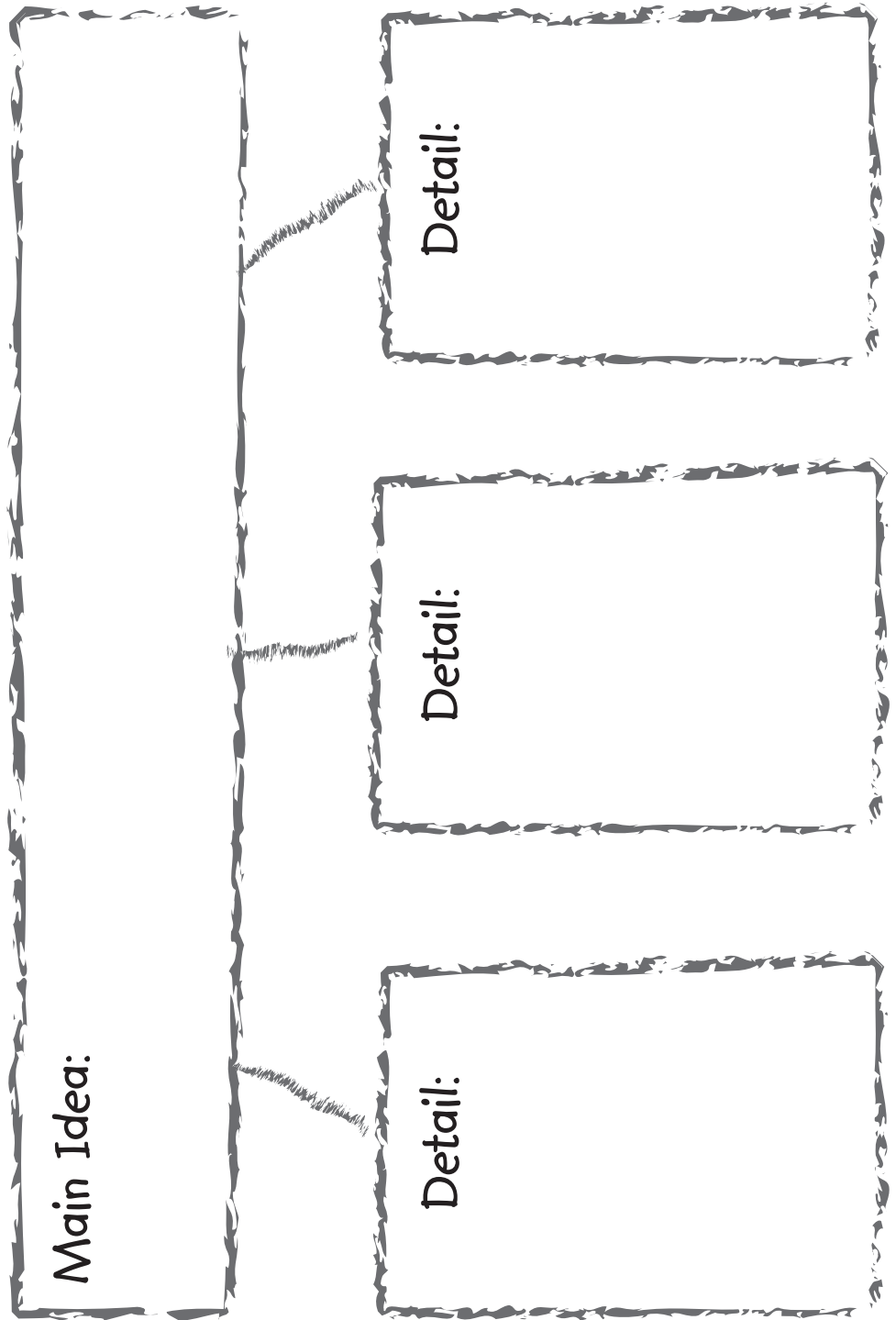
=

Conclusion:



Reading Skill Graphic Organizer

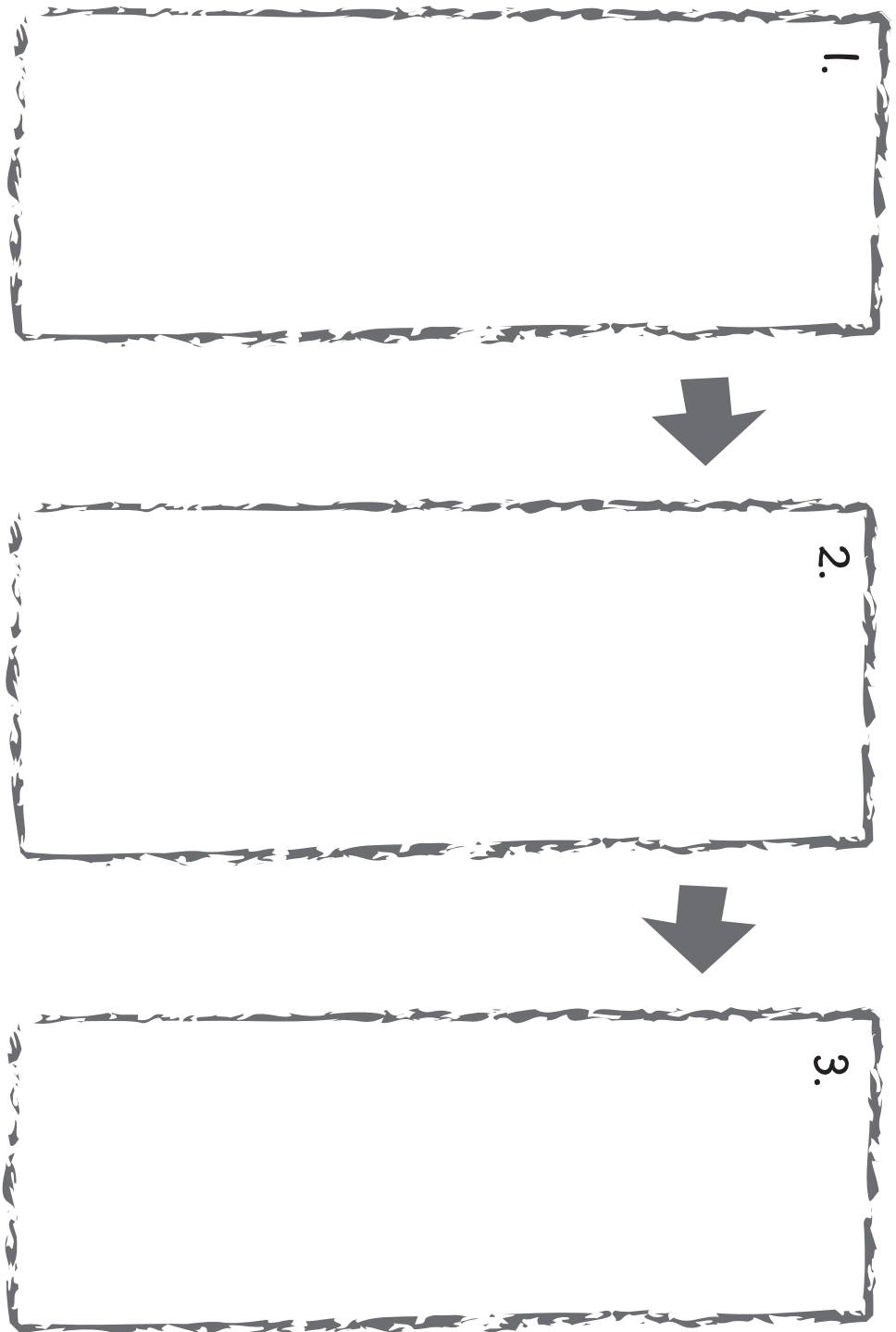
Identify Main Idea and Details





Reading Skill Graphic Organizer

Sequence





Reading Skill Graphic Organizer

Summarize

Main Idea:

+

Details:

=

Summary:

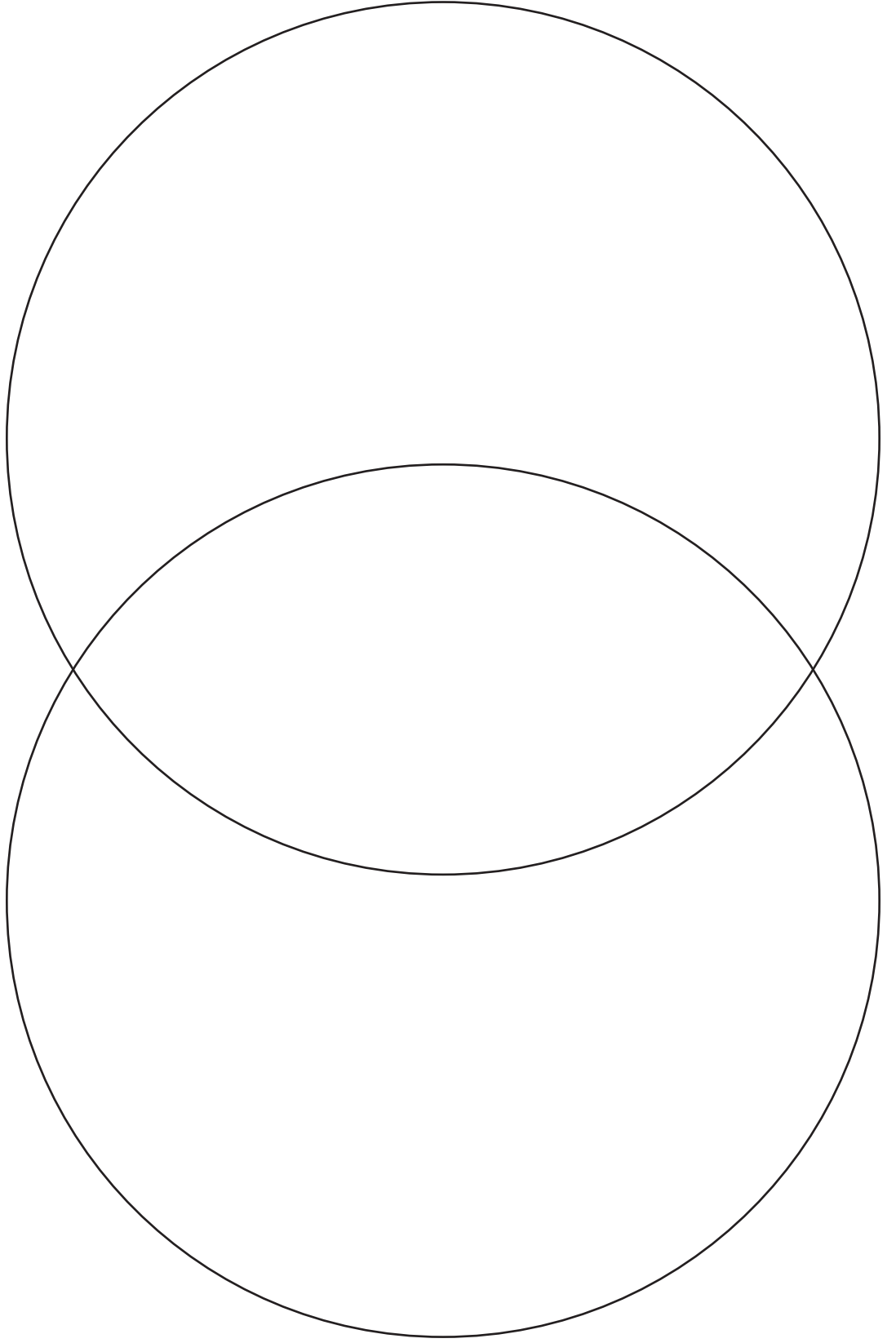
Preview Vocabulary

Words
I Know

Words I've
Seen or Heard

New
Words

Venn Diagram

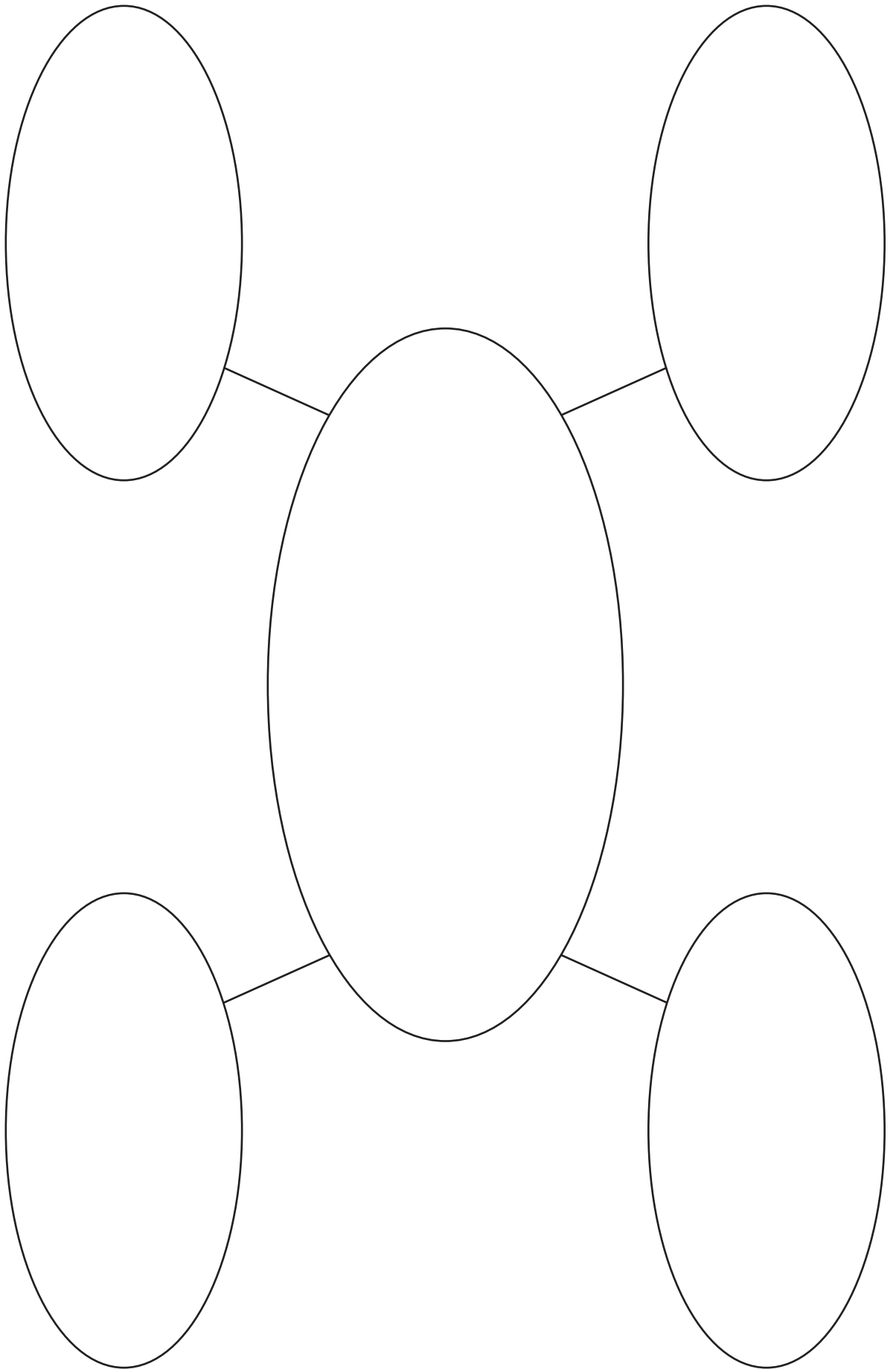


K-W-L Chart

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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.
- Use appropriate body language.
- 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 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

- Do deep breathing and muscle relaxing exercises.
- 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.
- Do something creative such as write, dance, or draw.

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."
- Stay with people who also refuse to do unhealthful actions.
- Reverse the peer pressure.
- Use humor or any other nonviolent way that works.

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

- Negotiate.
- Ask for a mediator.
- Take a break until everyone cools down.
- Make a decision by consensus.
- Use humor if appropriate.

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 and self-discipline.
- 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 carry them out.
- 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.

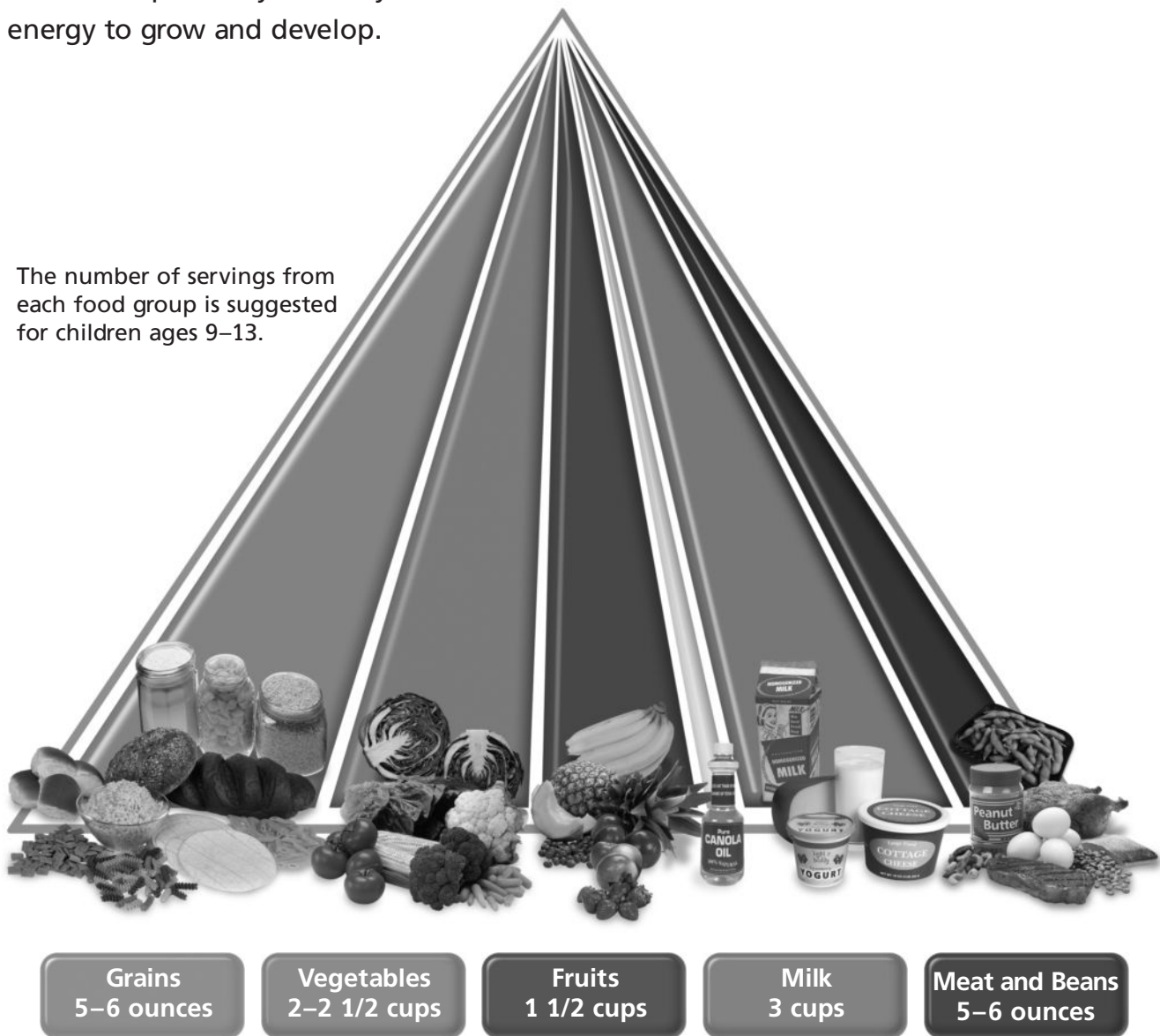
How do YOU show TRUSTWORTHINESS?

Good Nutrition

MyPyramid

No one food or food group supplies all the nutrients you need. That's why it's important to eat a variety of foods from all the food groups. MyPyramid can help you choose healthful foods in the right amounts. By choosing a good balance of foods from all the groups on the pyramid, you will eat nutrient-rich foods that provide your body with energy to grow and develop.

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



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Good Nutrition

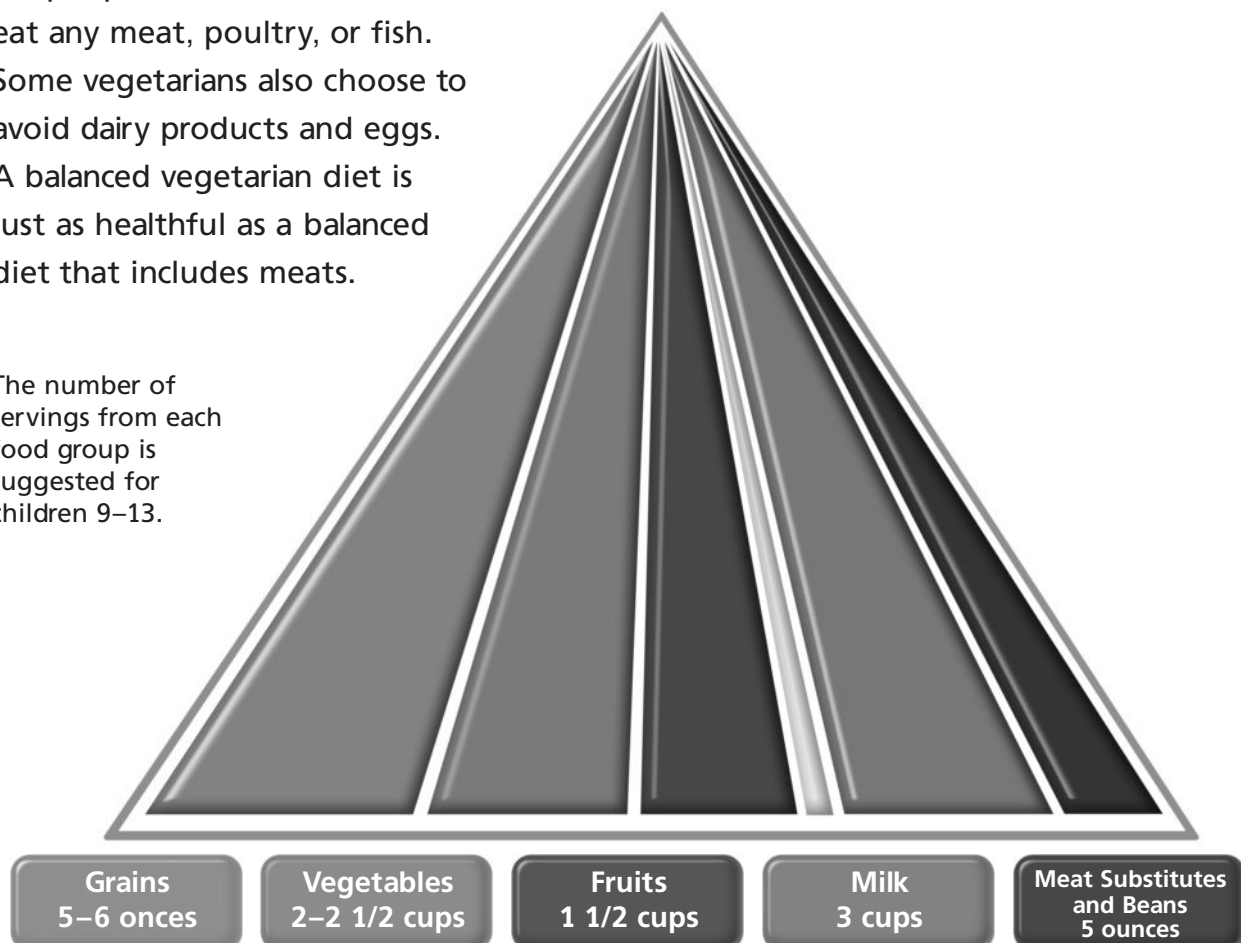
More Food Guide Pyramids

MyPyramid from the United States 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. The other pyramids shown here can help you to add interesting new foods to your diet.

Vegetarians (vej·uh·TAIR·ee·uhnZ) are people who choose not to eat any meat, poultry, or fish. Some vegetarians also choose to avoid dairy products and eggs. A balanced vegetarian diet is just as healthful as a balanced diet that includes meats.

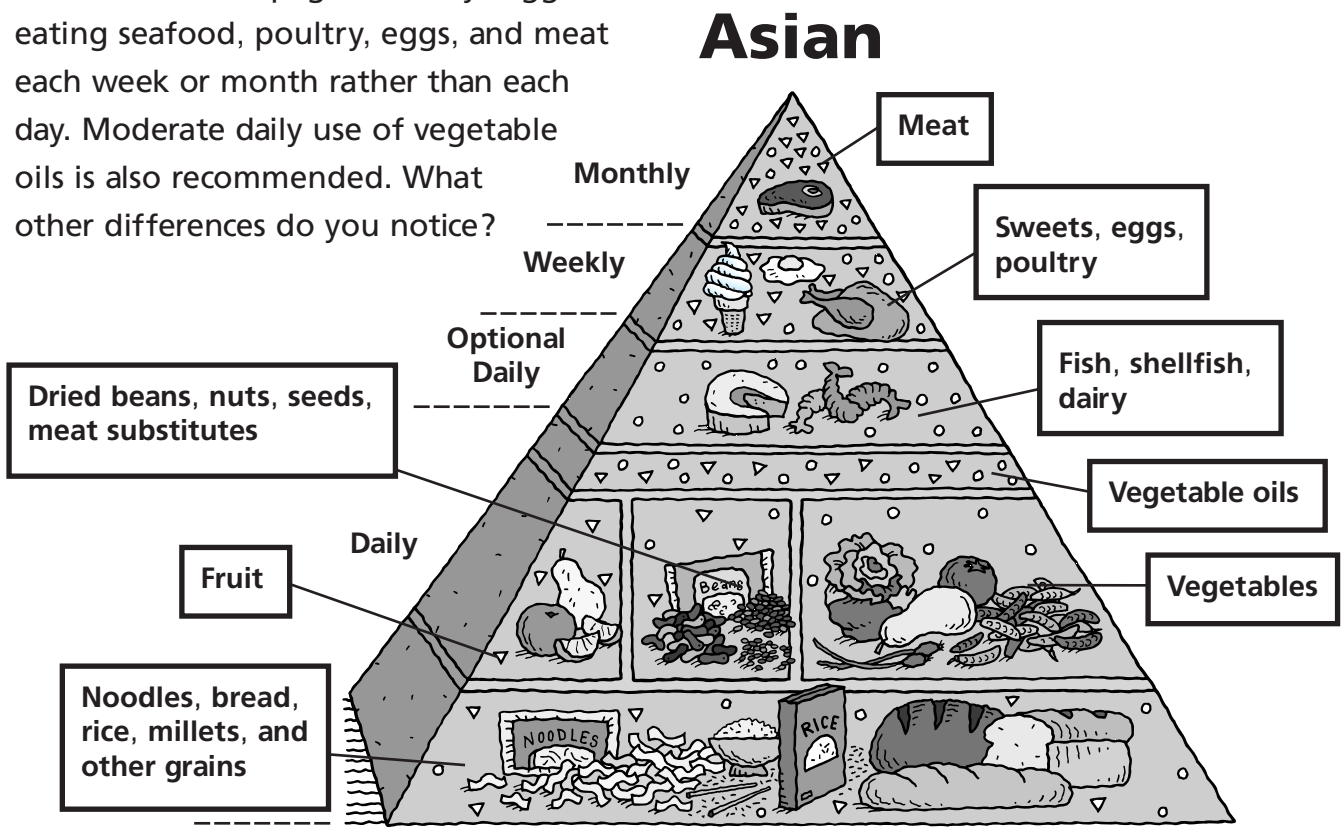
The number of servings from each food group is suggested for children 9–13.

Vegetarian

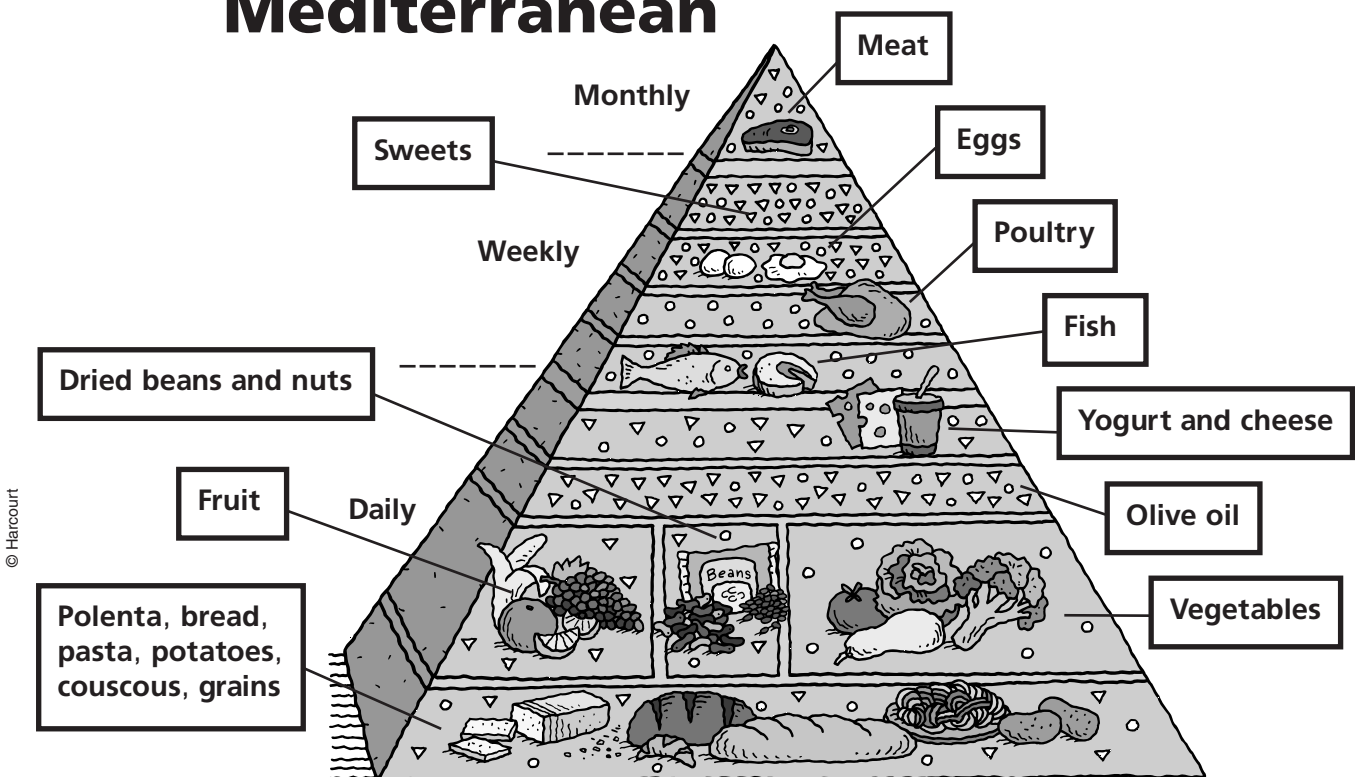


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The tops of these two pyramids differ from the one on page 83. They suggest eating seafood, poultry, eggs, and meat each week or month rather than each day. Moderate daily use of vegetable oils is also recommended. What other differences do you notice?



Mediterranean



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Good Nutrition

Dietary Guidelines for Americans

These guidelines come from the USDA. They promote good nutrition and healthful choices. Following them will help you make 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 100 to help you.)

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Build a Healthful Base

- Use MyPyramid to guide your food choices.
- Each day, choose a variety of whole grains, such as wheat, oats and rice.
- Each day, choose a variety of fruits and vegetables.
- Keep food safe to eat. (Follow the tips on pages 89 and 92 for safely preparing and storing 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!



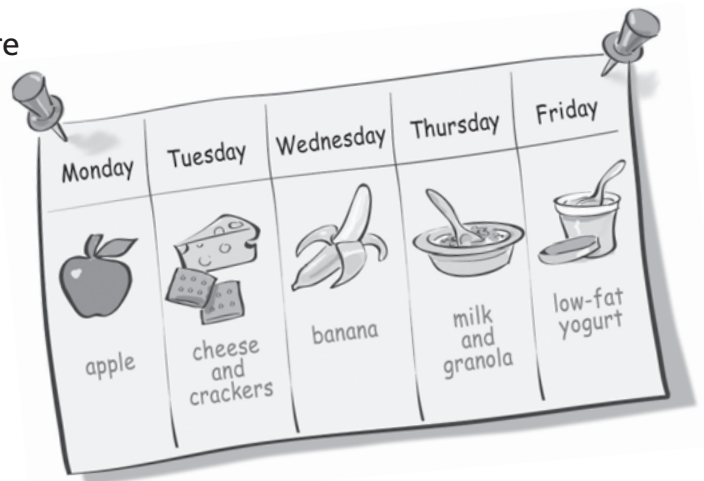
Preparing Foods Safely

Kitchen Safety

Sometimes you may cook a meal or prepare a snack for yourself. Be careful—kitchens can be dangerous. You need to follow safety rules to avoid burns, cuts, and other accidental injuries. You should be especially careful if you're home by yourself.

General Rules

- Follow rules for preparing and storing food safely (page 92).
- Be sure a responsible adult knows what you plan to cook and which kitchen tools you will use.
- Learn fire safety rules for the home.
- To avoid the risk of burns and fires, use the stove and oven as little as possible.
- Clean up after yourself. Turn off all appliances before you leave the kitchen.



Stoves and Ovens

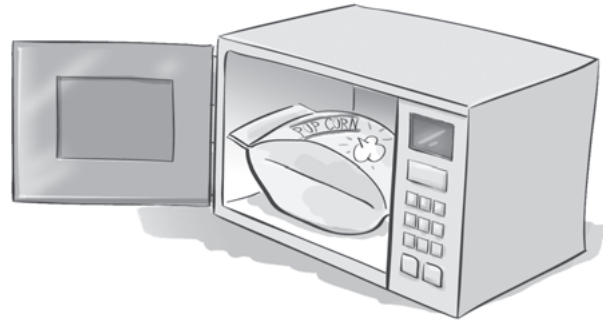
- Get an adult's permission to use the stove or oven. If possible, use a microwave instead.
- Keep clothing away from burners. Avoid clothes with sleeves or laces that hang down; they could catch fire.
- Keep pot handles turned in toward the center of the stove.
- Use an oven mitt to handle hot trays or metal pot handles. A mitt covers your whole hand.
- Be sure you have a firm grip before you lift a container of hot food.



Microwaves

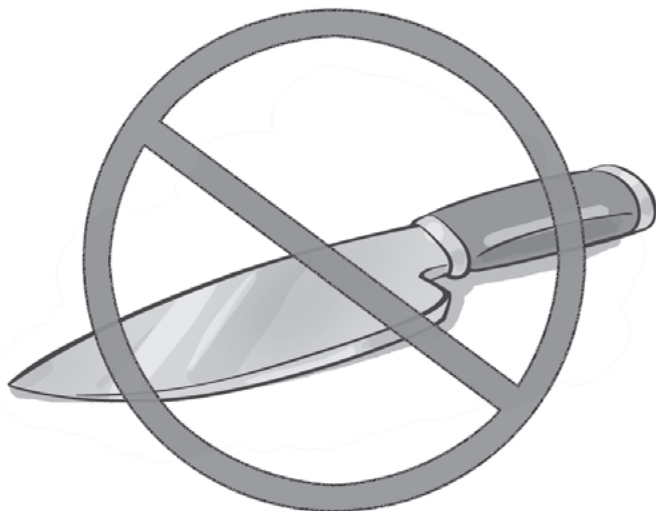
Always follow the directions on the food label. Remember these rules:

- Be careful when you take food out of a microwave. Even if the container isn't hot, steam can burn you.
- Never use metal containers, dishes with gold or silver decoration, or aluminum foil in a microwave. The metal can cause sparks or even start a fire.
- Never use a microwave to heat only water. When heating water, always place a non-metal object such as a wooden stirrer in the container.



Appliances and Kitchen Tools

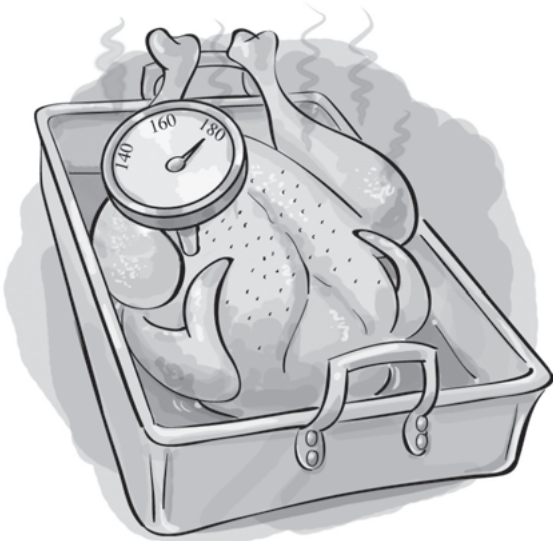
- Check with an adult to find out which appliances you are allowed to use.
- Never turn an appliance off or on while your hands are wet.
- Kitchen knives are sharp and very dangerous. You should use knives and other sharp kitchen tools only with an adult's permission.



Food Safety Tips

Tips for Preparing Food

- Wash your hands thoroughly before preparing food. Also wash your hands after preparing each dish.
- Defrost meat in a microwave or the refrigerator. Do NOT defrost meat on the kitchen counter.
- Keep raw meat, poultry, and fish and their juices away from other food.
- 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. This will kill 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 fish is safely cooked, it flakes easily with a fork.
- Eggs should be cooked until the yolks are firm. Never eat foods or drink anything containing raw eggs. Never eat uncooked cookie dough made with raw eggs.

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. Don't leave leftovers on the counter to cool.
- Your refrigerator should be 40°F or colder.
- Write the date on leftovers. Don't store them for more than five days.



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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 heartbeat rate, respiration rate, and body temperature gradually increase and more blood begins to flow to your muscles. As your body warms up, your flexibility increases, helping you avoid muscle stiffness after exercising. People who warm up are also less likely to have exercise-related injuries. Your warm-up should include five minutes of stretching and five minutes of a low-level form of your workout exercise. For example, if you are going to run for your primary exercise, you should spend five minutes stretching, concentrating on your legs and lower back, and five minutes walking before you start running. Some simple stretches are shown on pages 98–99.

Work Out: The main part of your exercise routine should be an aerobic exercise that lasts twenty to thirty minutes. Some common aerobic exercises include walking, bicycling, jogging, swimming, cross-country skiing, jumping rope, dancing, and playing racket sports. You should choose an activity that is fun for you and that you will enjoy doing over a long period of time. You may want to mix up the types of activities you do. This helps you work different muscle groups and provides a better overall workout. Some common aerobic exercises are shown on pages 94–95.

Cool Down: When you finish your aerobic exercise, you need to give your body time to return to normal. You also need to stretch again. This portion of your workout is called a cool-down. Start your cool-down with three to five minutes of low-level activity. For example, if you have been running, you may want to jog and then walk during this time. Then do stretching exercises to prevent soreness and stiffness.



Being Physically Active

Building a Strong Heart and Lungs

Aerobic activities, those that cause deep breathing and a fast heartbeat rate for at least twenty minutes, 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 may provide the best overall body workout of any sport. It uses all the major muscle groups and improves flexibility. The risk of injury is low, because the water supports your weight, greatly reducing stress on the joints. Just be sure to swim only when a lifeguard is present.

▶ **In-Line Skating** In-line skating gives your heart and lungs a great workout. 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 reduce your chance of injury.



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- ▶ **Tennis** To get the best aerobic workout from tennis, you should run as fast, far, and hard as you can during the game. Move away from the ball so that you can step into it as you hit it. Finally, try to involve your entire body in every move.



- ◀ **Walking** A fast-paced walk is a terrific way to build your endurance. The only equipment you need is a good pair of shoes and clothes appropriate for the weather. Walking with a friend can make this exercise a lot of fun.

- ▶ **Bicycling** Bicycling provides good aerobic activity that places little stress on the joints. It's also a great way to see the countryside. Be sure to use a bike that fits and to learn and follow the rules of the road. And *always* wear your helmet!



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.



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



Health Fitness Award—awarded to all other participants.



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



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.

The five activities

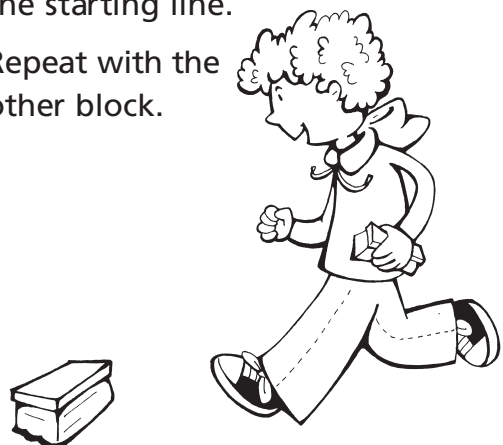
1. Curl-Ups or Sit-Ups measure abdominal muscle strength.

- 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.



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.



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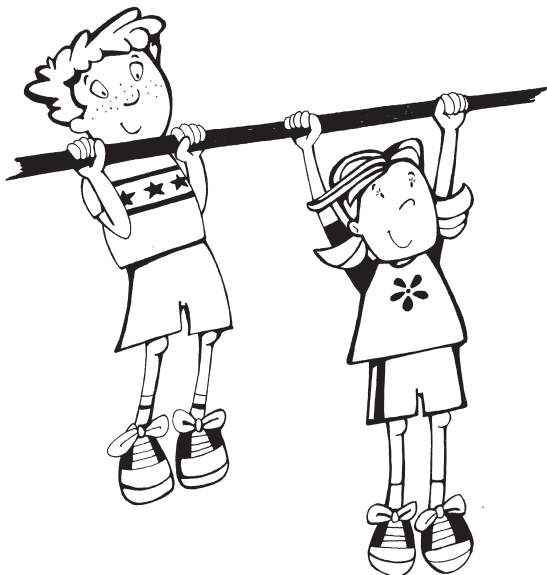
3. One-Mile Run or Walk measures leg muscle strength and heart and lung endurance.

- 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.

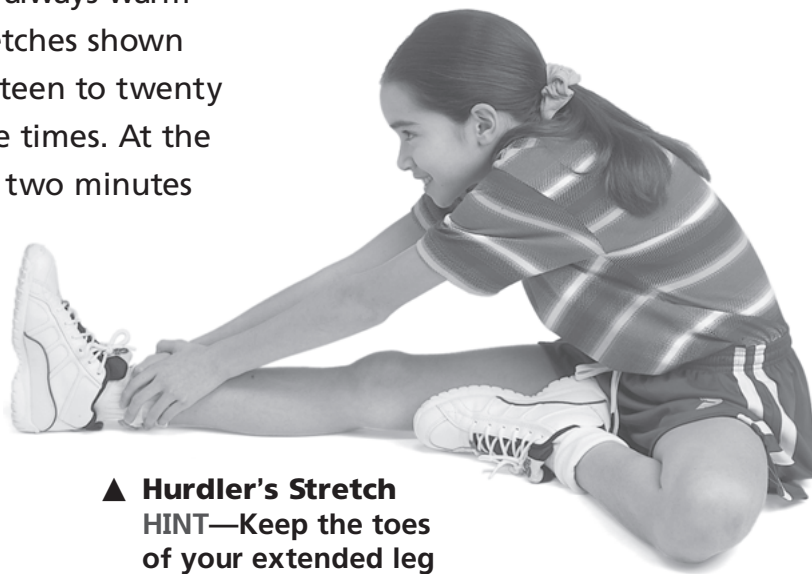
- Sit on the floor with your feet behind the line.
- Reach forward as far as you can.



Being Physically Active

Warm-Up and Cool-Down Stretches

Before you exercise, you should always warm up your muscles. The warm-up stretches 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.

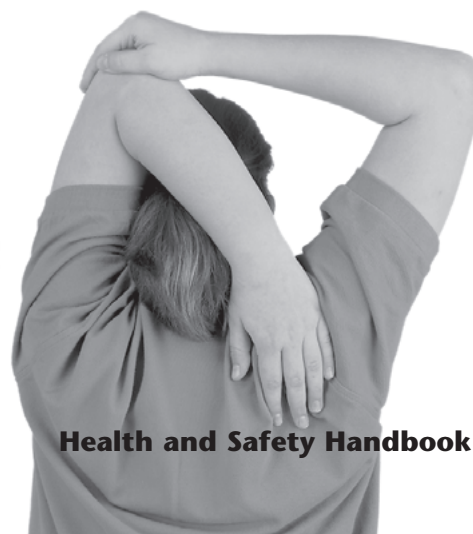


▲ **Hurdler's Stretch**
HINT—Keep the toes of your extended leg pointed up.

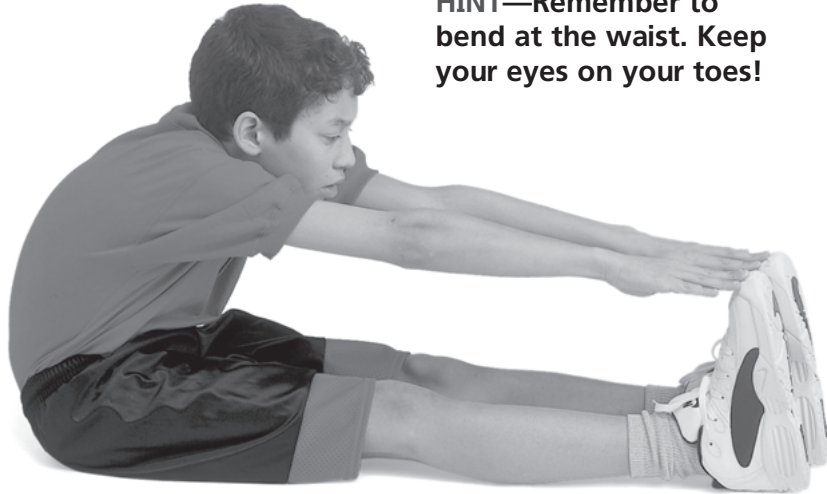


◀ **Thigh Stretch** HINT—Keep both hands flat on the floor. Try to lean as far forward as you can.

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



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▼ **Sit-and-Reach Stretch**
HINT—Remember to bend at the waist. Keep your eyes on your toes!



▼ **Shoulder and Chest Stretch** HINT—Pulling your hands slowly toward the floor makes this stretch more effective. Keep your elbows straight, but not locked!

▲ **Calf Stretch** HINT—Remember to 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?



Tips for Stretching

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

Being Physically Active

Planning Your Weekly Activities

Being active every day is important for your overall health. Physical activity strengthens your body systems and helps you manage stress and maintain a healthful weight. 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



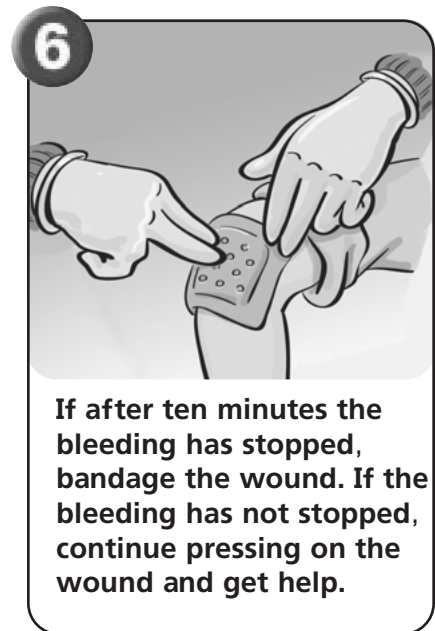
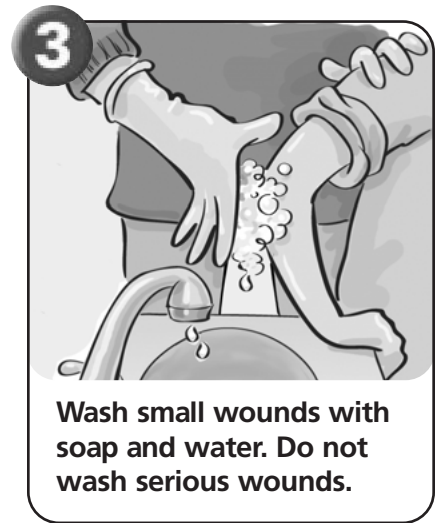
Routine Activities

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

First Aid For Bleeding—Universal Precautions

You can get some diseases from a person's blood. Avoid touching anyone's blood. Wear protective gloves if possible. To treat an injury, follow the steps.

If someone else is bleeding



If you are bleeding

Follow the steps above. You do not need to avoid touching your own blood.

First Aid

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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First Aid

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 person, and put your arms around his or her waist. Place your fist above the person's belly button.



3 Grab your fist with your other hand. 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 belly button. 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.



First Aid

For Dental Emergencies

Dental emergencies occur less often than other health emergencies, but it is wise to know how to handle them

Broken Tooth

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

Bitten Tongue or Lip

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

Knocked-Out Permanent Tooth

- Find the tooth, and clean it gently and 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 a piece of clean cloth. If the tooth cannot be put back in, place it in a cup with milk or water. See a dentist immediately because time is very important in saving the tooth.

Food or Objects Caught Between Teeth

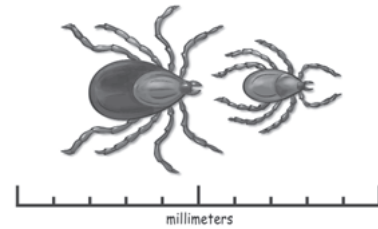
- Use dental floss to gently take out the food or object. Never use anything sharp to remove what is stuck between your teeth. If it cannot be removed, call your dentist.



Remember that many dental injuries can be prevented if you

- wear a mouth guard while playing sports.
- wear a safety belt while riding in a car.
- inspect your home and get rid of hazards that might cause falls and injuries.
- see your dentist regularly for preventive care.

For Insect Bites and Stings

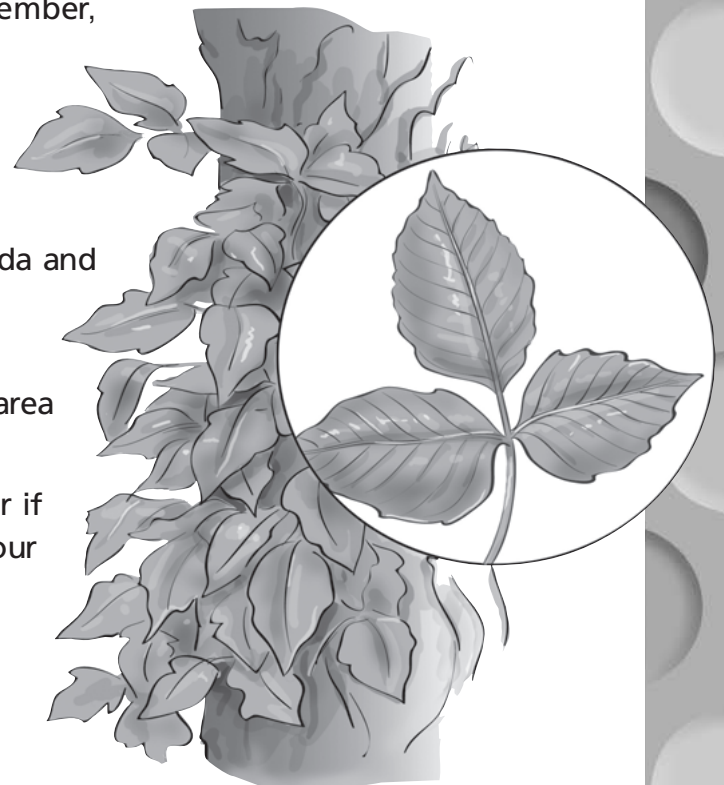


- Always tell an adult about bites and stings.
- Scrape out the stinger with your fingernail.
- Wash the area with soap and water.
- A wrapped ice cube or cold pack will usually take away the pain from insect bites. A paste made from baking soda and water also helps.
- If the bite or sting is more serious 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 touch the tick with your bare hands, wash your hands 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 or oil of any kind because it may cause the tick to struggle, releasing its infectious fluids. Thoroughly wash the area of the bite.

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. Change clothes, and wash the ones the plant touched. If a rash develops, follow these tips.

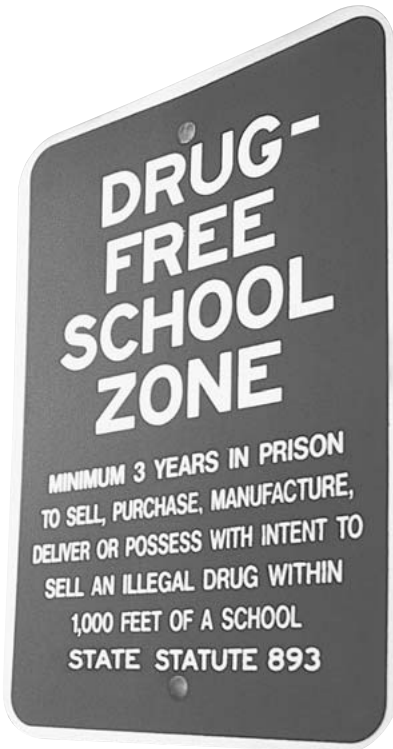
- Apply calamine lotion or a paste of baking soda and water. Try not to scratch. Tell an adult.
- If you get blisters, do not pop them. If they burst, keep the area clean and dry. Cover the area with a bandage.
- If your rash does not go away in two weeks or if the rash is on your face or in your eyes,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



Alcohol, Tobacco, and Other Drugs

A Drug-Free School

Schools help their students refuse to use alcohol, tobacco, and other drugs. Many schools make rules and sponsor activities to encourage people to say *no* to drugs.

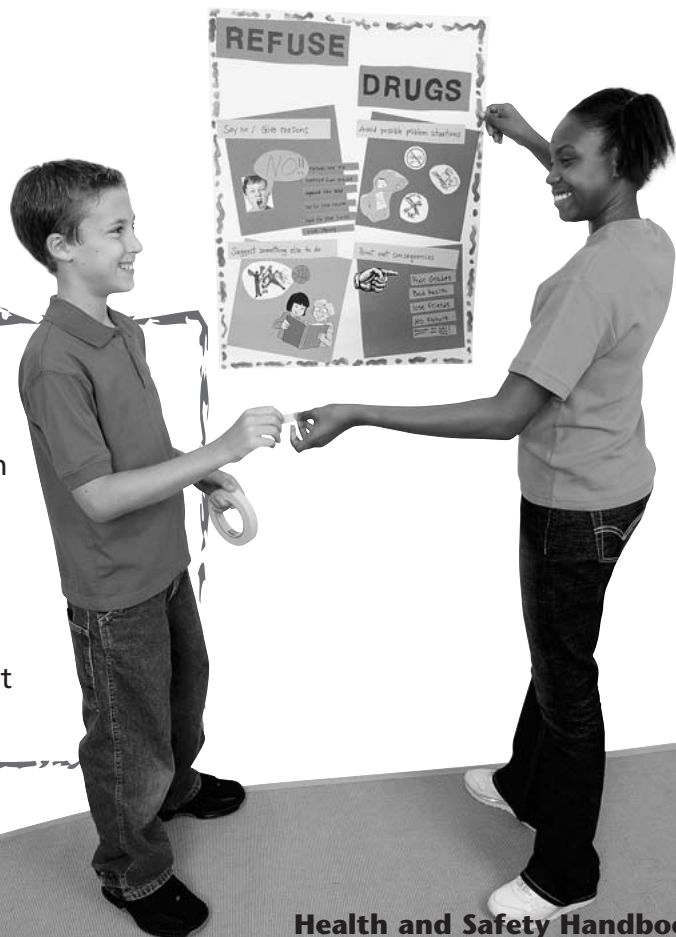


School Rules

Your school probably has rules about drugs. Many schools decide to be drug-free zones. They often have strict penalties for anyone found with drugs. For example, anyone found with drugs may be expelled or suspended. Learn your school's rules regarding use of drugs.

Positive Peer Pressure

Peer pressure can be bad or good. When people the same age encourage each other to make healthful choices, they are using *positive peer pressure*. In a school, students may make posters or hold rallies to encourage other students to choose not to use drugs.



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Alcohol, Tobacco, and Other Drugs

What to Do When Others Use Drugs

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

Know the Signs

If someone has a problem with drugs, he or she often acts differently. The person may be sad or angry all the time, skip school or work, or forget important events.



Talk to a Trusted Adult

If you are worried about someone's drug use, don't keep it a secret. Talk to a trusted adult. Ask the adult for help. You can also get support from adults to resist pressure to use drugs.

Be Supportive

If a person has decided to stop using drugs, help him or her stop. Suggest healthful activities you can do together. Tell the person you're happy that he or she has stopped using drugs.

Stay Healthy

If you have a choice, leave any place where 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

Health and Safety

Backpack Safety

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

Safe Use

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



▲ This is the right way to wear a backpack.

▲ This is the wrong way to carry a backpack

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)
70	7
80	8
90	9

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Health and Safety

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 below. 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. Be sure to wear light-colored clothing, have reflectors, and use front and rear lights for night riding.

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 and be strapped snugly so it will stay in place if you fall.
- If you do fall and your helmet strikes the ground, replace it—even if it doesn't look damaged. The inner foam lining may be crushed and would not protect you in the event of another fall.



▲ Look for the features shown here when purchasing a helmet.

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Health and Safety

Summer and Backyard Safety



Use this list to check for hazards before playing in your own or a friend's backyard.

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.

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Health and Safety

Thunderstorm Safety



Thunderstorms are severe storms. Lightning can injure or kill people, cause fires, and damage property. Here are thunderstorm safety tips.

- **If you are inside, stay there.** The safest place to be is inside a building.
- **If you are outside, try to take shelter.** If possible, get into a closed car or truck. If you can't take shelter, get into a ditch or another low area.
- **If you are outside, stay away from tall objects.** Don't stand in an open field, on a beach, on a hilltop, or near a lone tree. Find a low place and crouch down, with only your feet touching the ground.
- **Stay away from water.** Lightning is attracted to water, and water conducts electricity.
- **Listen for weather bulletins.** Storms that produce lightning may also produce tornadoes. Be ready to take shelter in a basement or in a hallway or other room without windows.

Earthquake Safety



An earthquake is a strong shaking of the ground. The tips below, many for adults, can help you and your family stay safe.

Before an Earthquake

- Bolt tall, heavy furniture, such as bookcases, to the wall. Store the heaviest items on the lowest shelves.
- To prevent fires, bolt down gas appliances and use flexible hose and connections for both gas and water lines.
- Firmly anchor overhead light fixtures to the ceiling to keep them from falling.

During an Earthquake

- If you are outdoors, stay there. Move away from buildings and electric wires.
- If you are indoors, stay under heavy furniture or in a doorway. Stay away from glass doors and windows and heavy objects that might fall.
- If you are in a car, go to an open area away from buildings and overpasses.

After an Earthquake

- Continue to watch for falling objects as aftershocks shake the area.
- Have the building checked for hidden structural problems.
- Check for broken gas, electric, and water lines. If you smell gas, shut off the gas main and leave the area. Report the leak.

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Blizzard Safety

A blizzard is a dangerous snowstorm with strong winds and heavy snowfall. It may last for 12 to 36 hours, with snowfall greater than 6 inches in 24 hours and winds gusting higher than 35 miles per hour. Visibility may be less than $\frac{1}{4}$ mile. The following tips can help you and your family stay safe during a blizzard.

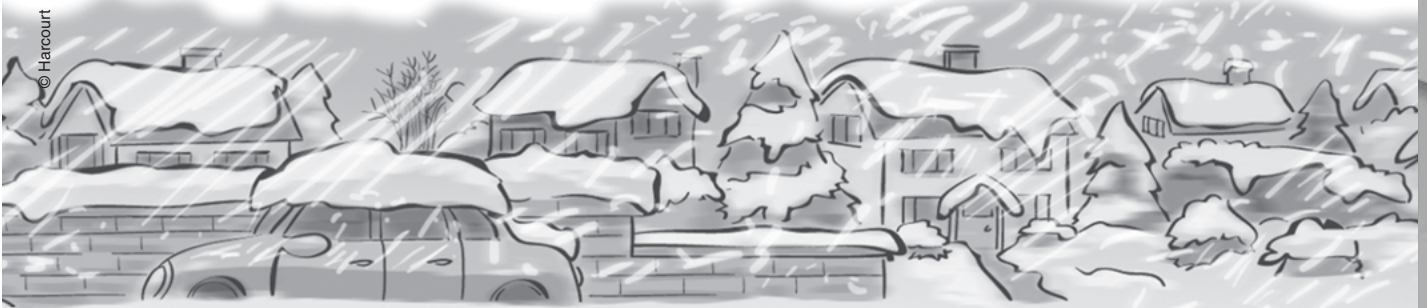
Your home should have

- a working flashlight with extra batteries.
- a battery-powered NOAA weather radio, radio, or TV.
- extra food and water, plus medicines and baby items if needed.
- first-aid supplies.
- heating fuel such as propane, kerosene, or fuel oil.
- an emergency heating source.
- a smoke detector and a fire extinguisher.



If traveling by car or truck, your family should

- keep the gas tank nearly full. The vehicle should be fully checked and properly prepared for winter use.
- always let a friend or relative know the family's travel plans.
- keep a blizzard survival kit in the vehicle. It should contain blankets; a flashlight with extra batteries; a can and waterproof matches to melt snow for drinking; and high-calorie, nonperishable food.
- remain in the vehicle in a blizzard, and tie something bright to the antenna. Run the motor for short times for heat. Use the inside light only while running the motor.



Health and Safety

Evaluating Health Websites

Many people find health facts on the Web. The Web is a valuable information resource. However, it's important to remember that almost anyone can put information on the Web. You need to learn how to tell good, reliable websites from bad, unreliable ones. Here are some questions to think about when you are looking at health websites.

Who controls the website?

A site can be biased, or slanted, toward one viewpoint. Look for sources that you know. Sites run by a university (.edu) or by the government (.gov) are usually more reliable. A site run by one person whom you've never heard of is probably less reliable.



Who is saying it?

Information from doctors, nurses, and health professionals is usually reliable. Look for the initials of a college degree after the writer's name—*M.D.*, *R.N.*, *Ph.D.*, *Pharm.D.*, and so on. Reputable newspaper and magazine sites usually check their facts with a health professional, so, they're usually reliable as well.



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Does the site look good?

Frequent spelling or grammar mistakes and poor design are warning signs. If the site didn't take time to fix simple mistakes, perhaps it didn't take the time to check the facts, either.



Are they selling something?

Sites that are trying to sell a product may not be reliable. Often, they tell you only what makes their products or services look good. Nonprofit sites are usually more reliable.

What is the evidence?

Personal stories sound convincing. However, they are not as reliable as scientifically tested information. Look for sites with evidence from science research.



Does everyone agree?

Always try to check more than one source. If several sites agree on the facts, they are probably reliable.

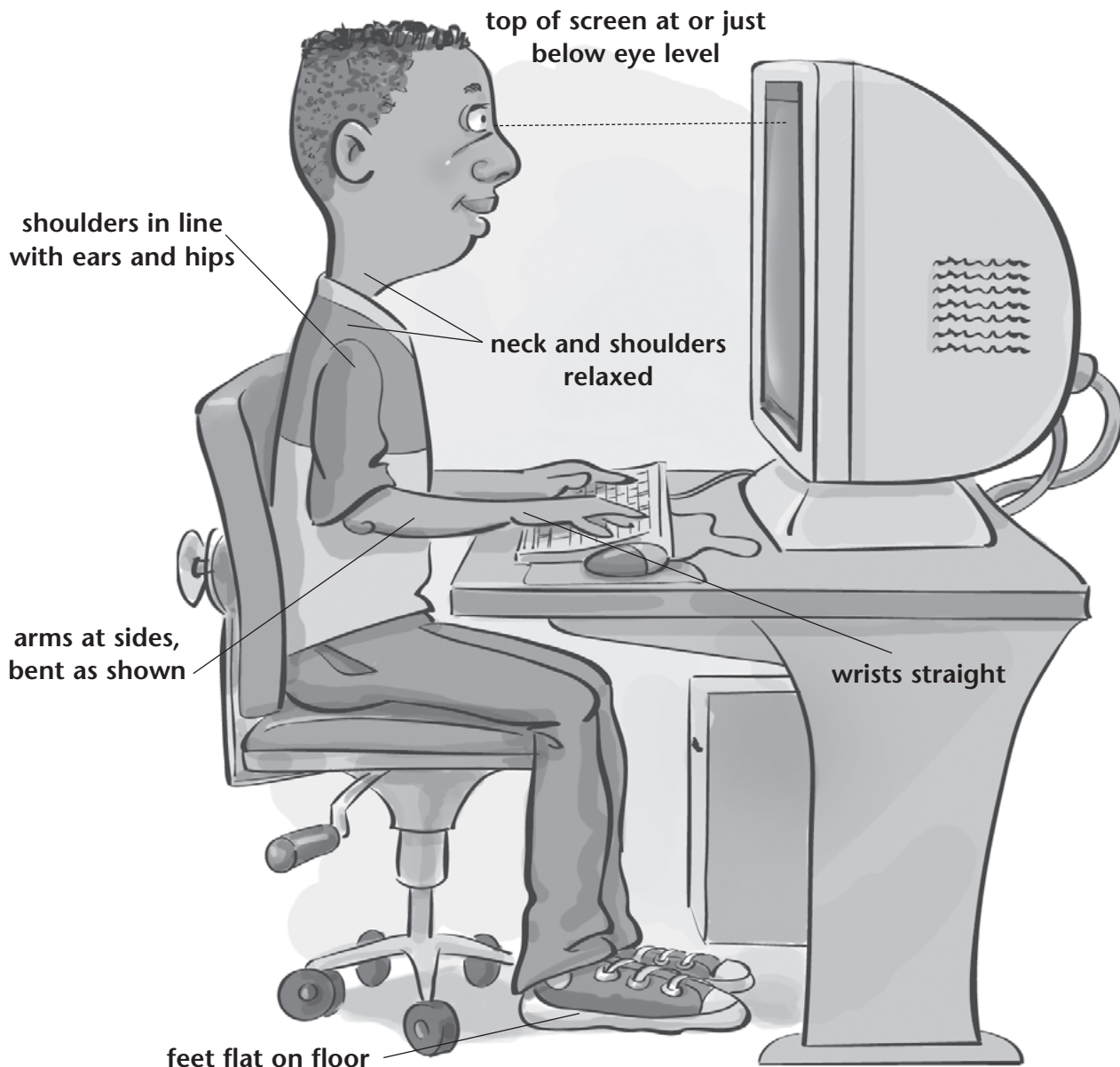


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Health and Safety

Good Posture at the Computer

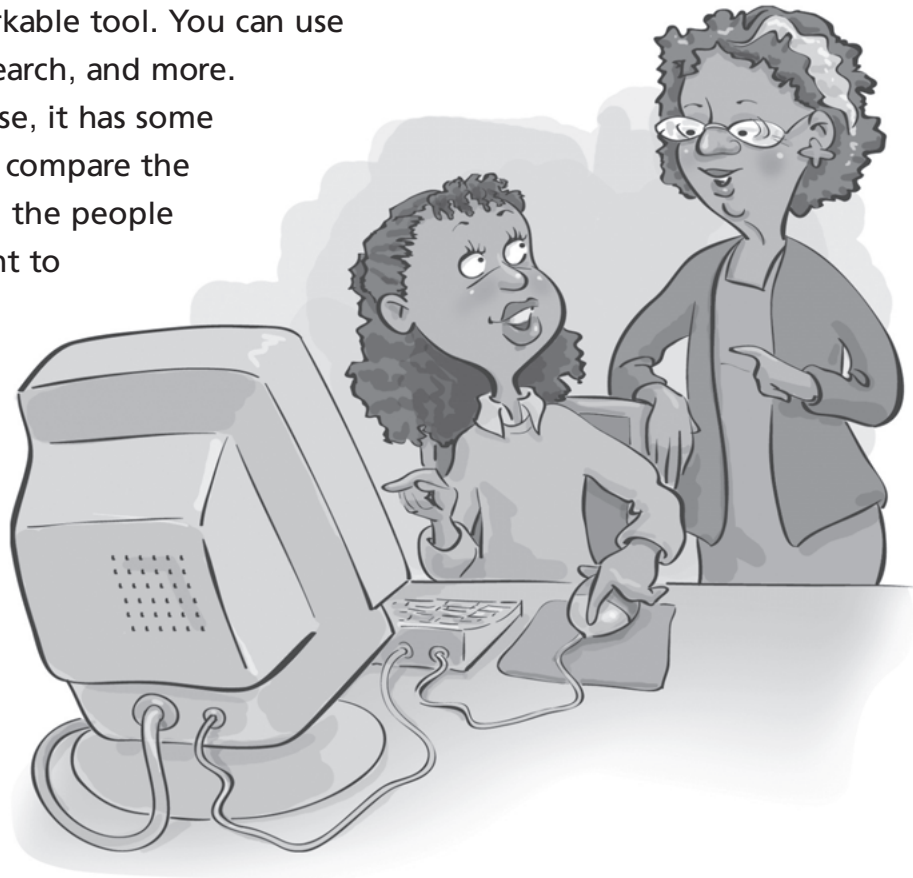
Good posture is very important when using the computer. To help prevent eyestrain, muscle fatigue, and injuries, follow the posture tips shown below. Remember to grasp your mouse lightly, keep your back straight, avoid facing your monitor toward a window, and take frequent breaks for stretching.



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Safety on the Internet

The Internet is a remarkable tool. You can use it for fun, education, research, and more. However, like anything else, it has some downsides. Some people compare the Internet to a 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. On the Internet, as in a real city, you have to use common sense and follow safety guidelines to protect yourself. Below are some easy rules you can follow to stay safe online.



Rules for Online Safety

- Talk with an adult family member to set up rules for going online. Decide when you can go online, how long you can be online, and what kinds of places you can visit. Do not break the rules you agree to follow.
- Don't give out personal information such as your name, address, and telephone number or information about your family. Don't give the name or location of your school.
- If you find anything online that makes you uncomfortable, tell an adult family member right away.
- Never agree to meet with anyone in person. If you want to get together with someone you have met online, check with an adult family member first. If a meeting is approved, arrange to meet in a public place, and bring an adult with you.
- Don't send your picture or anything else to a person you meet online without first checking with an adult.
- Don't respond to any messages that are mean or make you uncomfortable. If you receive a message like that, tell an adult right away.

Health and Safety

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 that might happen in your area. Fires and storms can happen almost anywhere. You may also be at risk for earthquakes or floods. List the possible emergencies.

Have Two Meeting Places

Pick two places to meet, one near your home and one farther away. The first place should be only far enough away to be safe in case of a fire. For example, you could meet at the corner of your block. The second place could be the main door to your school, a relative's house, or where a family member works.

Know Your Family Contact

Choose someone who lives far away to be a contact person. This person will help your family stay in touch. If a family member becomes lost during an emergency, he or she can call the contact person. Each family member should memorize the full name, address, and telephone number of the contact.



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Practice Evacuating

During a fire, you need to evacuate, or get out of, your home right away. Look at your list of possible emergencies. Use it to help you plan how to evacuate each room of your home. 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*. An emergency may damage utility pipes or wires and make them dangerous. This can damage or even destroy a home. With an adult's help, learn when and how to turn off utilities. If tools are needed to turn off a utility, those tools should be stored close by. **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 food, blankets, clean water to drink, and first-aid supplies. The American Red Cross or other emergency organizations can give your family a checklist for making an emergency supply kit.

Fire Safety

1. STOP



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.

- Install smoke detectors outside sleeping areas and on any additional floors of your home. Be sure to test the smoke detectors once a month and change the batteries in each detector twice a year.
- Keep a fire extinguisher on each floor of your home. Check monthly to make sure each is properly charged.
- Make a family emergency plan. See page 118 for help. 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; elevators can be dangerous in a fire.
- Designate one person to call the fire department or 911 from a neighbor's home.
- Practice crawling low to avoid smoke. If your clothes catch fire, follow the three steps shown.

2. DROP



3. ROLL



Health and Safety

Caring for Your Skin

- Your skin is a complicated organ that protects you from diseases and helps keep your body from drying out.
- A daily bath or shower helps remove dirt, germs, dead skin cells, and excess oil from your skin.
- Because of all the changes that occur during puberty, it is very important to practice good hygiene to control body odor.



▲ Using products such as these will keep your skin clean and healthy.



▲ Using sunscreen even on cloudy days will protect your skin from the sun's harmful rays.

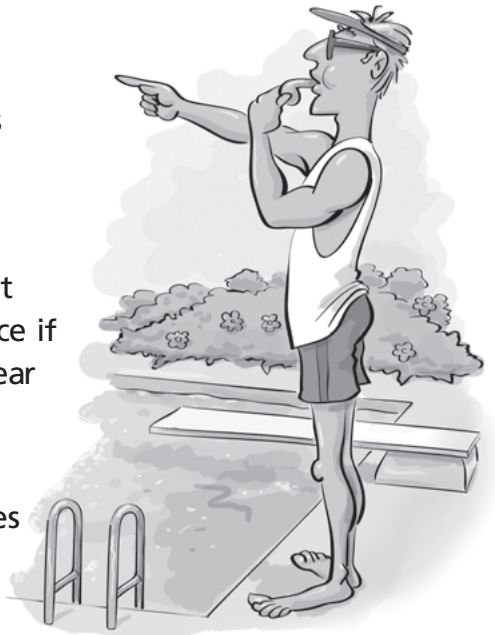
- The sun can be more damaging for your skin than dirt and germs. Too much sun can make your skin become wrinkled, tough, and leathery. It can also cause skin cancer, which can lead to death.
- Covering up with clothing and wearing a hat give you good protection from the sun. Protect uncovered skin with sunscreen, even on cloudy days.

Health and Safety

Safety near Water

Water can be very dangerous—a person can drown in five minutes or less. The best way to be safer near water is to learn how to swim. You should also follow these rules:

- Never swim without a lifeguard or a responsible adult present.
- If you can't swim, stay in shallow water. Don't rely on an inflatable raft.
- Know the rules for the beach or pool, and obey them. Don't run or play roughly near water.
- Do not dive in head-first until you know the water is deep enough. Jump in feet-first the first time.
- Watch the weather. Get out of the water at once if you see lightning or hear thunder.
- Protect your skin with sunscreen and your eyes with sunglasses.
- Wear a Coast Guard-approved life jacket anytime you are in a boat.
- Know what to do in an emergency.



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Health and Safety

Safety near

Motor Vehicles

Cars and trucks are large, dangerous machines. Always be careful when you are in and around them.

As a Pedestrian

Anytime you are walking near traffic or moving vehicles, you should follow these safety rules:

- If you have to walk on roads where there is no sidewalk, walk facing oncoming traffic. Stay out of the

middle of the road. Avoid walking on roads after sunset.

- Be alert for vehicles that are backing up or turning.
- Be sure that drivers can see you clearly at all times.

As a Passenger

What you do as a passenger affects your safety. It can also affect the safety of everyone in the car. You should follow these safety rules:

- Always wear a safety belt. If there isn't a safety belt for everyone, don't ride in that car.
- Never ride in the cargo area of a station wagon, pickup truck, hatchback, or van.
- Keep sharp or heavy objects in the trunk.
- Stay seated and face forward.
- Don't distract the driver. Don't throw objects or make sudden, loud noises. Don't tease or behave disruptively. Keep your hands, feet, body, and objects to yourself.

- Follow the driver's instructions at all times.
- Ride only with good drivers who have well-maintained vehicles. Never ride with strangers.
- Never ride with a driver who has been drinking alcohol or using drugs.

► **Always wear a safety belt.**



Health and Safety

Safety Tips for Babysitters

Being a babysitter is a very important job. As a sitter you are responsible for the safety of the children in your care. Adults depend on you to make good decisions. Here are some tips to help you be a successful and safe babysitter.



When you accept a job as a babysitter, ask

- what time you should arrive.
- how long the adults will be away.
- what your responsibilities will be.
- the amount of pay you will receive.
- what arrangements will be made for your transportation to and from the home.

When you arrive to start a job, you should

- arrive several minutes early so that the adults have time to give you information about caring for the child.
- write down the name and phone number of the place the adults are going and what time they will be home.
- find out where emergency phone numbers are listed. The list should have numbers for the police, the fire department, and the children's doctor.
- find out where first-aid supplies are kept. You should be prepared to give first aid in an emergency.
- ask what and when the children should eat.
- ask what activities the children may do.
- ask when the children should go to bed and what their bedtime routine is.



While you are caring for children, you should

- never leave a baby alone on a changing table, sofa, or bed.
- never leave a child alone, even for a short time.
- check children often when they are sleeping.
- never leave a child alone near a pool or in the bathtub.
- never let a child play with a plastic bag.
- keep dangerous items out of a child's reach.
- know where all the doors are, and keep them locked. Do not let anyone in without permission from the adults.
- take a message if the phone rings. Do not tell the caller that you are the babysitter or that the adults are out.
- call the adults if there is an injury or illness. If you can't reach them, call the emergency numbers on the list.



▲ Never leave children playing alone.



▲ Never leave a child to eat alone.



◀ Never leave children alone near a pool or in the bathtub.

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, say nothing and 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 to anyone you don't know or to 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 an adult family member has given you permission to do so.



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- ▶ A caller ID display can help you decide whether to answer the phone.