

Harcourt
**Health
and
Fitness**

Planning Resources

Grade 6

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, and how they work together as systems.
- the physical and emotional changes that accompany adolescence and the importance of lifelong health habits.
- communicating to family members regarding changing wants and needs.
- respecting everyone regardless of how he or she differs from others.



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 changes you went through during puberty and adolescence.
- encouraging your child to talk about any concerns he or she may have about getting older.
- discussing the similarities and differences of people in your own neighborhood.

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 interdependencia, estructura y función de los órganos del cuerpo y cómo trabajan como sistemas.
- Los cambios físicos y emocionales que acompañan a la adolescencia y la importancia de tener hábitos saludables de por vida.
- Cómo comunicarse con los miembros de la familia acerca de deseos y necesidades cambiantes.
- El respeto que se le debe tener a todas las personas aunque sean diferentes.



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

Cómo puede usted ayudar

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

- Hablen acerca de los cambios que usted sufrió durante la pubertad y la adolescencia.
- Anime a su hijo(a) a que hable de cualquier preocupación que tenga sobre su crecimiento.
- Hablen acerca de las semejanzas y las diferencias de las personas que viven en su barrio.

Actividad familiar

Las personas, al crecer, pasan por diferentes etapas. Hable con su hijo(a) acerca de los sucesos más importantes que han afectado su desarrollo durante dos etapas: la primera y la segunda infancia. Trabajen juntos para documentar estos sucesos en la tabla siguiente. Para las secciones tituladas “Adolescencia” y “Edad adulta”, ayude a su hijo(a) a anticipar algunos de los sucesos más importantes que es posible que experimente durante estas etapas, tales como la graduación del bachillerato o el obtener un empleo de tiempo completo.

Etapas del crecimiento

	Sucesos importantes en su vida
Primera infancia	
Segunda infancia	
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 good hygiene, including taking care of skin, hair, and nails.
- using technology wisely and safely.
- making responsible decisions when choosing health-care products.
- demonstrating fairness by not taking advantage of others, by looking out for their interests, and by being honest.



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 personal hygiene habits.
- examining how you can both use technology better.
- praising your child's fairness and honesty when dealing with others.

A Family Activity

Good hygiene is an important part of being healthy. What can children do to make sure they have good hygiene? Ask your child to fill in the table below. When the table is finished, discuss how your family can support good personal hygiene.

Good Hygiene Habits

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

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

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

- La importancia de una higiene adecuada, incluyendo el cuidado de la piel, el cabello y las uñas.
- Cómo usar la tecnología con sabiduría y seguridad.
- Cómo tomar decisiones responsables al elegir productos para el cuidado de la salud.
- Cómo demostrar justicia, al no aprovecharse de otros, cuidar de sus intereses y ser honestos.



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

Cómo puede usted ayudar

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

- Hablen acerca de los hábitos de higiene personal que usted tiene.
- Examinen cómo pueden usar la tecnología de una manera mejor.
- Elogie su sentido de justicia y su honestidad en su trato con los demás.

Actividad familiar

El tener una higiene adecuada es muy importante para estar sanos. ¿Qué pueden hacer los niños para asegurarse de tener buenos hábitos de higiene personal? Pida a su hijo(a) que llene la siguiente tabla. Cuando la complete, hablen acerca de cómo su familia puede ayudar a propiciar buenos hábitos de higiene personal.

Buenos hábitos de higiene personal

Parte del cuerpo	Qué cuidado le doy
Piel	
Dientes	
Ojos	
Oídos	
Encías	

School-Home Connection

**A Note to
Family Members**

What We Are Learning About Health

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

- the six basic nutrients and how they work together to help keep the body healthy.
- foods from around the world and their nutritional benefits.
- reading food labels when shopping, and asking the correct questions about food when eating out.
- practicing self-control when choosing a snack.



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

- examining different foods from around the world.
- practicing how to read food product labels in your home.
- praising your child for choosing a healthful snack over one that is not.

A Family Activity

This chapter offers some opportunities for adding spice and variety to your family's weekly menu while ensuring that your family eats a well-balanced diet. With your child, prepare and serve one of the recipes presented in the chapter—Chicken Soft Tacos (page 90), Stir-Fried Tofu and Vegetables (page 92), or Kebabs (page 95). Your child can then ask one or two family members to rate the dish.

Recipe: _____

Family Member	Comments

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 seis nutrientes básicos y cómo trabajan juntos para ayudar a mantener sanos nuestros cuerpos.
- Los alimentos de diferentes partes del mundo y sus beneficios nutricionales.
- Cómo leer las etiquetas de los alimentos cuando van de compras y cómo hacer preguntas adecuadas acerca de la comida cuando comen fuera.
- Cómo practicar el autocontrol al elegir refrigerios.

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:

- Examinen alimentos de diferentes partes del mundo.
- Practiquen cómo leer las etiquetas de productos alimenticios que tengan en casa.
- Elogie a su hijo(a) por elegir un refrigerio saludable en lugar de uno que no lo es.



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

Actividad familiar

Este capítulo le ayuda a añadir novedad y variedad al menú semanal de la familia, al mismo tiempo que se asegura de que su familia tenga una dieta bien balanceada. Con su hijo(a), prepare y sirva una de las recetas que se presentan en este capítulo: Chicken Soft Tacos (Tacos suaves de pollo, página 90), Stir-Fried Tofu and Vegetables (Tofu y vegetales salteados, página 92) o Kebabs (Brocheta, página 95). Luego, su hijo(a) puede pedir a uno o dos familiares que den su opinión del platillo.

Receta: _____

Familiar	Comentarios

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

- becoming physically fit and maintaining a healthy weight through exercise.
- exercising with safety in mind by using self-discipline and safety equipment.
- setting up schedules for reaching fitness goals and improving fitness levels.
- being a good sport by following rules and playing fair.



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

- stressing the importance of exercising throughout life.
- encouraging your child to use the proper safety equipment and procedures when exercising.
- studying the rules of your child's favorite game or sport.

A Family Activity

Many community organizations, such as hospitals, schools, YMCAs, and senior centers, offer low-cost physical fitness programs. Ask your child to find out about the programs available in your community. Help your child check a variety of advertising sources, such as local newspapers, supermarket bulletin boards, and phone books. Students can enter their findings in the following table and share the table with family members or neighborhood friends.

Fitness Programs in Your Community

Description of Activity	Where	When	Phone Number

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 lograr una buena condición física y mantener un peso adecuado por medio del ejercicio.
- Cómo hacer ejercicio de manera segura, con autodisciplina y un equipo de seguridad.
- Cómo establecer un horario adecuado para lograr metas de acondicionamiento físico y para mejorar los niveles de acondicionamiento.
- Cómo ser un buen participante en los deportes, al obedecer las reglas y jugar limpiamente.

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:

- Enfatique la importancia del ejercicio físico durante las diferentes etapas de la vida.
- Anímelo a usar equipo y procedimientos de seguridad adecuados al hacer ejercicios.
- Apréndase las reglas del juego o deporte favorito de su hijo(a).



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

Actividad familiar

Muchas organizaciones de la comunidad, tales como los hospitales, las escuelas, los centros YMCA y los centros para personas de la tercera edad, a menudo ofrecen programas de acondicionamiento físico a bajo precio. Pida a su hijo(a) que investigue acerca de los programas que están disponibles en su comunidad. Ayúdelo a chequear varias fuentes de publicidad, tales como periódicos locales, tableros de supermercados y guías telefónicas. Cuando termine, puede registrar lo que encuentre en la siguiente tabla y mostrársela a sus familiares o amigos del barrio.

Programas de acondicionamiento físico en tu comunidad

Descripción de la actividad	Dónde	Cuándo	Número telefónico

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

- staying safe in the home from electricity, fire, poison, and hazards in the kitchen.
- safety outside the home, including bicycle and automobile safety, water safety, and staying safe from weapons.
- listening, negotiating, and compromising to resolve conflicts that could lead to violence.
- how rules keep games and sports fair and safe.

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 ways to make your home a safer place.
- encouraging your child to come up with ways to stay safe outside.
- praising your child for resolving conflicts peacefully.



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

A Family Activity

It is important that your child be able to notify the proper authorities in case of emergency. Help your child to fill out the following emergency telephone list. Use your local telephone directory to obtain the correct phone numbers. Have your child make one or more copies to place near home phones. Tell family members where the lists are located.

Emergency Telephone Numbers

Police	
Fire	
Poison Control	
Ambulance	
Emergency	911 or 0 (zero)

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

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

- Cómo evitar accidentes en el hogar con electricidad, fuego, sustancias tóxicas y peligros en la cocina.
- Seguridad fuera del hogar, incluyendo seguridad en bicicletas, en automóviles, y en el agua, y cómo mantenerse alejado de todo tipo de armas.
- Escuchar, negociar y llegar a un acuerdo como una manera de resolver conflictos que puedan generar violencia.
- Cómo las reglas ayudan a que los juegos y deportes se realicen de una manera segura y justa.

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 lo que pueden hacer para que su hogar sea un lugar más seguro.
- Anímelo a pensar en medidas que puede tomar para mantenerse seguro(a) cuando está fuera de casa.
- Elógielo cuándo resuelva conflictos pacíficamente.



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

Actividad familiar

Es importante que su hijo(a) sea capaz de notificar a las autoridades correspondientes en casos de emergencia. Ayúdelo a completar la tabla con los números telefónicos de emergencia. Usen su guía telefónica local para obtener los números correctos. Pídale que haga una o más copias de la tabla para colocarlas cerca de los teléfonos en casa. Digan a sus familiares dónde han colocado esas listas.

Números telefónicos de emergencia

Policía	
Bomberos	
Centro de control de envenenamientos	
Ambulancia	
Emergencias	911 o 0 (cero)

School-Home Connection

A Note to Family Members

What We Are Learning About Health

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

- preparing for and responding to emergency situations.
- first aid for common injuries and life-threatening situations.
- effective communication when dealing with an emergency.
- showing responsibility by following safety rules that protect both rescuers and victims.



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

- putting together emergency supply and first aid kits.
- discussing times when you have had to use first aid.
- praising your child's effective communication efforts.

A Family Activity

There are many different situations that call for first aid inside and outside the home. After your child has reviewed this chapter, test his or her knowledge about first aid. Have your child fill out the table, and then discuss what kinds of situations might lead to the need for these techniques.

First Aid

Injury or Situation	What to Do
Broken bone or fracture	
Sprain	
Burn	
Seizure	
Hyperthermia	
Hypothermia	

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 prepararse y actuar en situaciones de emergencia.
- Primeros auxilios para heridas comunes y situaciones de vida o muerte.
- Cómo lograr una comunicación efectiva cuando hay una emergencia.
- Cómo mostrar responsabilidad al seguir reglas de seguridad que protegen tanto a los socorristas como a las víctimas.



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

Cómo puede usted ayudar

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- Reúnan artículos para formar un botiquín de primeros auxilios y de provisiones de emergencia.
- Hablen acerca de las ocasiones en las que hayan usado primeros auxilios.
- Elógielo cuando se esfuerza por mantener una comunicación efectiva.

Actividad familiar

Hay muchas situaciones, tanto dentro como fuera del hogar, que requieren de primeros auxilios. Después de que su hijo(a) haya repasado este capítulo, compruebe sus conocimientos acerca de los primeros auxilios. Pídale que complete la siguiente tabla y hablen acerca de las situaciones en las que pueda llegar a necesitar estas técnicas.

Primeros auxilios

Lesión o situación	Qué hacer
Fractura o rotura de hueso	
Torcedura	
Quemadura	
Convulsión	
Hipertermia	
Hipotermia	

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

- communicable and noncommunicable diseases and how they are transmitted.
- living well to promote a healthy life through exercise, a balanced diet, and getting enough sleep.
- recognizing and managing unhealthful stress.
- showing concern and caring for someone who is ill.

 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 someone in your family who has dealt with having a disease.
- encouraging your child to come up with exercise that he or she enjoys.
- praising your child's efforts to comfort and help an ill family member.

A Family Activity

Organisms that cause communicable diseases are called pathogens. People frequently practice habits that spread pathogens. For example, people may share a glass of water or milk, or they may reuse silverware without washing it. Ask your child to make a list in the space provided of habits that family members can practice to avoid the spread of infectious diseases. Discuss ways in which family members can help each other implement these practices.

Healthful Habits to Prevent the Spread of Illness

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

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

- Las enfermedades contagiosas y no contagiosas y cómo se transmiten.
- Cómo fomentar una vida sana por medio de buenos hábitos como el ejercicio físico, una dieta balanceada y el descanso adecuado.
- Cómo reconocer y controlar la tensión que puede llegar a ser nociva.
- Cómo mostrar nuestra preocupación y cuidar de un enfermo.

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 alguien en su familia que haya sufrido alguna enfermedad.
- Anímelo a pensar en algún ejercicio físico que disfrute.
- Elógielo cuando vea que trata de confortar y ayudar a un familiar enfermo.



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

Actividad familiar

Los organismos que causan enfermedades contagiosas se llaman patógenos. Las personas frecuentemente tienen hábitos que propagan patógenos. Por ejemplo, algunas personas toman del mismo vaso de agua o leche, o usan los mismos utensilios de mesa sin antes lavarlos. Pida a su hijo(a) que haga una lista de los hábitos que la familia puede practicar para evitar la propagación de enfermedades infecciosas. Hablen acerca de las maneras en que los familiares pueden ayudarse unos a otros a implementar estas prácticas.

Hábitos para prevenir la propagación de enfermedades

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

- the safe use of medicines and how they can relieve pain and cure illnesses.
- the harmful effects of abusing medicines and of using illegal drugs.
- saying *no* to using illegal drugs.
- showing citizenship by following laws and listening to authorities.



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 medicines have helped you in the past.
- discussing the use of illegal drugs in your community.
- role-playing with your child refusing negative peer pressure.

A Family Activity

Prescription medicines are very strong drugs. Physicians order medicine for one person only. It is very important that only that person use the medicine and that the medicine be used only as directed. Show your child a container of prescription medicine, and point out the following information on the label: name of the person it was prescribed for, name and address of the pharmacy, name of the doctor who prescribed the medicine, expiration date of the medicine, dosage, directions for use, warnings and cautions, and refill information. Explain what this information means, and emphasize that your child should take a medicine only with adult supervision.

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:

- El uso adecuado de los medicamentos y cómo pueden ayudar a aliviar el dolor y a curar las enfermedades.
- El efecto nocivo del uso inadecuado de medicamentos y del uso de drogas ilegales.
- Cómo negarse a usar drogas ilegales.
- Cómo demostrar que se es un buen ciudadano al obedecer las leyes y a las autoridades.



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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:

- Explíquelo cómo los medicamentos lo han ayudado en el pasado.
- Hablen acerca del uso de drogas ilegales en su comunidad.
- Improvisen situaciones en las que su hijo(a) no se deje llevar por las influencias negativas de sus compañeros.

Actividad familiar

Los medicamentos alópatas son drogas muy poderosas. Los doctores recetan medicamentos para una persona determinada. Es muy importante que solo esa persona use esos medicamentos y que los tome de la forma indicada. Muestre a su hijo(a) un recipiente de algún medicamento alópata y dirija su atención a la siguiente información en la etiqueta: nombre de la persona a quien se le recetó y dirección de la farmacia, nombre del doctor que lo recetó, fecha de caducidad, dosis, instrucciones de uso, advertencias e información para el reabastecimiento. Explique qué significa esta información y enfatice que su hijo(a) solamente debe tomar medicamentos bajo la supervisión de un adulto.

School-Home Connection

A Note to Family Members

What We Are Learning About Health

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

- the harmful effects of alcohol and tobacco on the body.
- situations that might lead people to use alcohol and tobacco.
- ways to refuse alcohol and tobacco.
- showing trustworthiness by being honest, telling the truth, and keeping promises.

 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

- praising your child's understanding of why not to use alcohol or tobacco.
- discussing the use of alcohol and tobacco in your community.
- practicing with your child ways to refuse alcohol and tobacco from peers.

A Family Activity

Ask your child to find out about local programs that provide young people with alternatives to drinking. Recreation centers, parks, and youth organizations frequently sponsor these programs. Ask your child to record his or her findings in the following table. Then discuss the table with your child. Work together to brainstorm other activities that could be made available.

Local Programs

Name of Program	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:

- Los efectos nocivos del alcohol y del tabaco en el cuerpo.
- Situaciones que pueden inducir a las personas al uso del alcohol y del tabaco.
- Maneras de rehusarse a usar alcohol y tabaco.
- Cómo mostrar que se es digno de confianza al actuar honestamente, decir la verdad y cumplir las promesas.



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:

- Elógielo cuando comprenda por qué no debe usar alcohol o tabaco.
- Hablando acerca del uso del alcohol y tabaco en su comunidad.
- Practiquen maneras de rechazar el alcohol o tabaco que le ofrezcan sus compañeros.

Actividad familiar

Pida a su hijo(a) que investigue acerca de los programas locales que ofrecen a los jóvenes alternativas al uso del alcohol. Los centros de recreación, parques y organizaciones juveniles frecuentemente patrocinan estos programas. Pídale que anote lo que encuentre en la siguiente tabla. Luego hablen acerca de lo que escribió. Piensen en otras actividades que se podrían ofrecer.

Programas locales

Nombre del programa	Dónde	Cuándo	Número de 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

- the relationship between self-concept, setting goals, and self-respect.
- strategies that effectively help deal with anger, stress, grief, and other unpleasant feelings.
- managing stress at school, such as when having to give a speech in front of the class.
- being a dependable friend through trust and support.



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

- encouraging your child to set goals that uphold his or her good self-concept.
- discussing different ways to deal with stress.
- talking about your own friendships over the years.

A Family Activity

As a family, discuss the challenges that newcomers often face in becoming part of a community. Have family members share memories of times in their lives when they had to adjust to new surroundings. Have each person talk about the people who helped him or her adjust and how they helped. Using the table below, work together to list the names of recent newcomers to your neighborhood, school, or community. Have each family member suggest a way he or she could help make a newcomer feel welcome.

Welcome to the Community!

Name of Newcomer	Ways to Make the Newcomer Feel Welcome

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:

- La relación entre la autoimagen, las metas que se proponen y el respeto a sí mismos.
- Estrategias efectivas para resolver problemas que tengan que ver con la ira, el estrés, la tristeza y otros sentimientos desagradables.
- Cómo controlar el estrés en la escuela, por ejemplo: cuando se tiene que dar un discurso frente a la clase.
- Cómo ser un amigo confiable que brinda apoyo a los demás.

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:

- Anímelo a establecer metas que reflejen su buena autoimagen.
- Hablen sobre las diferentes formas de controlar el estrés.
- Hablen acerca de las amistades que usted ha cultivado durante su vida.



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

Actividad familiar

En familia, hablen de los retos que los recién llegados a menudo enfrentan en una comunidad. Pidan a algunos familiares que hablen acerca de los momentos en su vida en que tuvieron que adaptarse a nuevos lugares y de las personas que los ayudaron a adaptarse. En la siguiente tabla, hagan una lista de las personas recién llegadas a su barrio, escuela o comunidad. Pidan a cada familiar que sugiera algo que puede hacer para que esa persona se sienta bienvenida.

¡Bienvenido a la comunidad!

Nombre del recién llegado	Qué hacer para que se sienta bienvenido

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 responsibility and self-discipline are important parts of growing up and maintaining family structures.
- the essentials of cooperation and communication in a successful family.
- resolving conflicting needs and wants between family members.
- the importance of caring in a strong and healthy family.



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 became more disciplined as you matured.
- encouraging your child to talk about any new wants and needs he or she has.
- praising your child for caring about and taking an interest in family matters.

A Family Activity

Have your child use the following questions to interview a middle-aged or elderly adult family member about that person's experiences during his or her teenage years. Discuss the responses with your child. How have families changed? How have families remained the same?

Family Interview Sheet

1. Describe your family when you were a teenager.
2. What were your responsibilities?
3. How did your responsibilities change as you got older?
4. What was your favorite family activity?
5. Did you have a different favorite family activity as you got older?

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:

- Cómo el ser responsables y autodisciplinados es una parte importante del crecimiento y la estructura familiar.
- Cómo coopera y se comunica una familia que vive en armonía.
- Cómo satisfacer necesidades y deseos que causan conflictos entre miembros de la familia.
- La importancia de la bondad dentro de una familia unida y sana.



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

Cómo puede usted ayudar

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

- Hablen acerca de cómo usted se volvió más disciplinado(a) cuando maduró.
- Anímelo a hablar de algún nuevo deseo o necesidad que tenga.
- Elógielo por su bondad y por su interés en los asuntos de la familia.

Actividad familiar

Pida a su hijo(a) que use las siguientes preguntas para entrevistar a un adulto o anciano de su familia acerca de sus experiencias durante la adolescencia. Hablen acerca de las respuestas. ¿En qué han cambiado las familias? ¿En qué han permanecido iguales?

Hoja de entrevistas a familiares

1. Describa a su familia cuando usted era un adolescente.
2. ¿Cuáles eran sus responsabilidades?
3. ¿Cómo cambiaron sus responsabilidades cuando creció?
4. ¿Cuál era su actividad familiar favorita?
5. ¿Tuvo usted otra actividad familiar favorita cuando creció?

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

- identifying, preparing for, and protecting against potential natural disasters.
- using resources wisely to protect the health of the community and of the planet.
- setting goals in making plans and organizing actions that help the environment.
- making the school environment a pleasant place to spend time.



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

- investigating some of the natural disasters that your community has been through.
- encouraging your child to come up with ways your family can help conserve resources.
- praising your child's efforts to make his or her school environment a better place.

A Family Activity

With your child, look through newspapers and news magazines to find articles about individuals and groups who have helped communities recover from natural disasters. Ask your child to choose his or her favorite article and summarize it in the spaces provided. Discuss why your child chose this article and what the article tells him or her about the importance of people helping people in times of trouble.

People Helping People

Who	
What	
When	
Where	
Why	

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:

- Cómo identificar posibles desastres naturales y cómo prepararse para ellos.
- Cómo usar los recursos naturales adecuadamente para proteger la salud de la comunidad y del planeta.
- Cómo establecer metas al hacer planes y organizar campañas que ayuden a conservar el medio ambiente.
- Qué hacer para que el ambiente escolar sea agradable.



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:

- Investiguen acerca de los desastres naturales que ha sufrido su comunidad.
- Anímelo a pensar en maneras en las que su familia puede ayudar a conservar los recursos naturales.
- Elógielo cuando se esfuerce por tratar de hacer que su ambiente escolar sea agradable.

Actividad familiar

Junto con su hijo(a), busque en periódicos y revistas artículos que hablen de personas y grupos que hayan ayudado a sus comunidades a recuperarse de desastres naturales. Pídale que elija su artículo favorito y que lo resuma en la tabla. Pídale que le diga por qué eligió ese artículo y qué dice acerca de la importancia de ayudarnos unos a otros en tiempos de crisis.

Personas ayudando a otras personas

Quién	
Qué	
Cuándo	
Dónde	
Por qué	



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

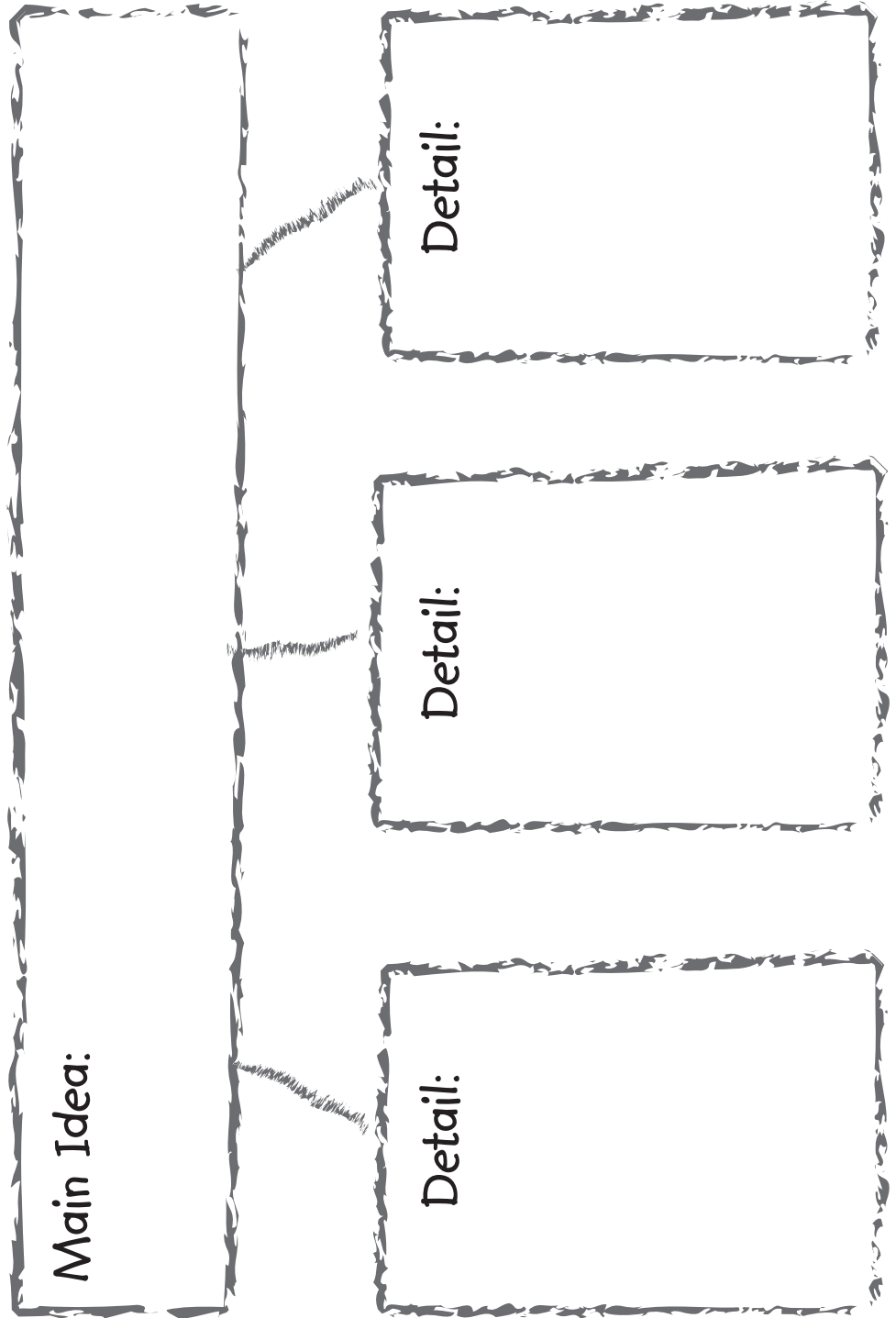
=

Conclusion:



Reading Skill Graphic Organizer

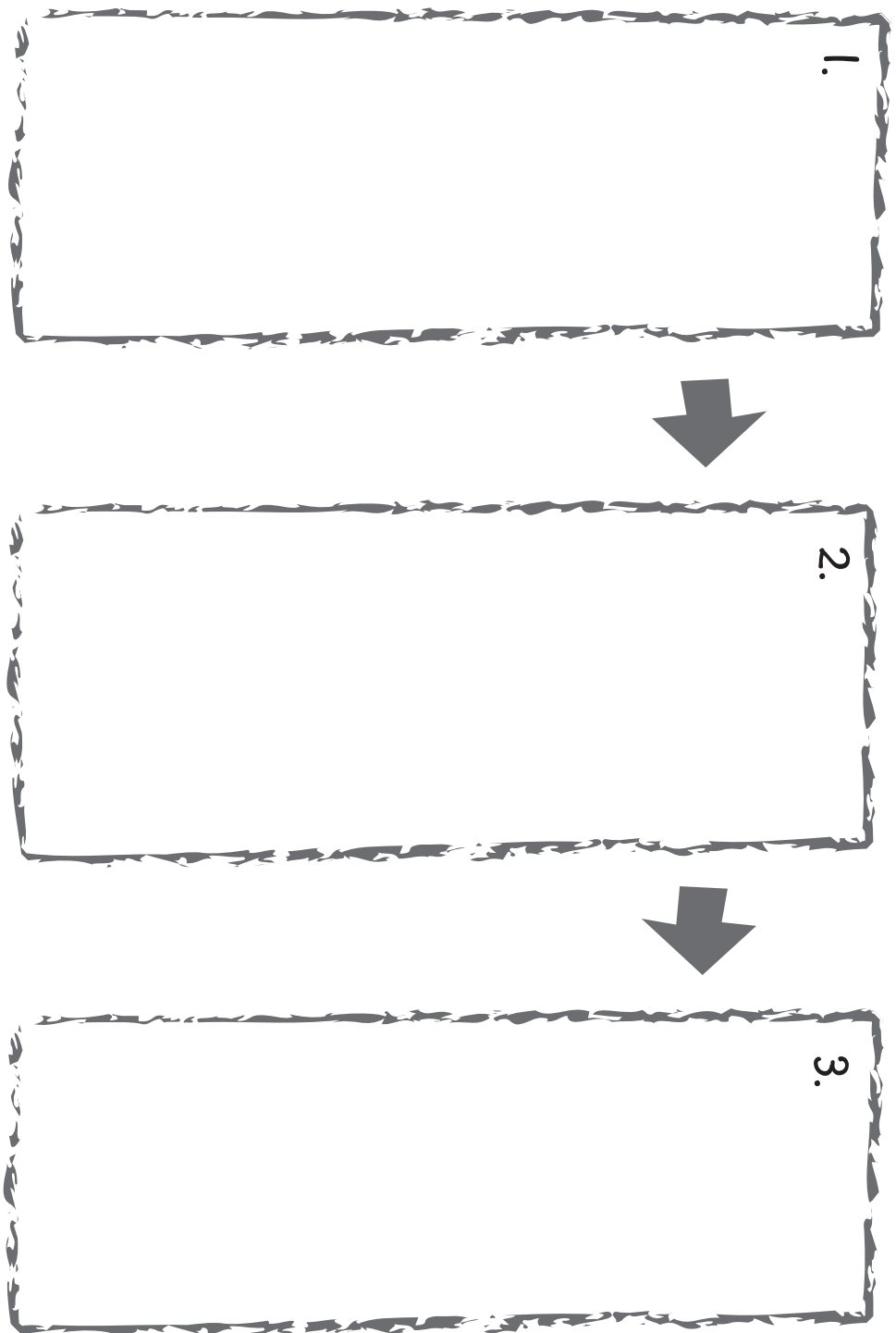
Identify Main Idea and Details





Reading Skill Graphic Organizer

Sequence





Reading Skill Graphic Organizer

Summarize

Main Idea:

+

Details:

=

Summary:

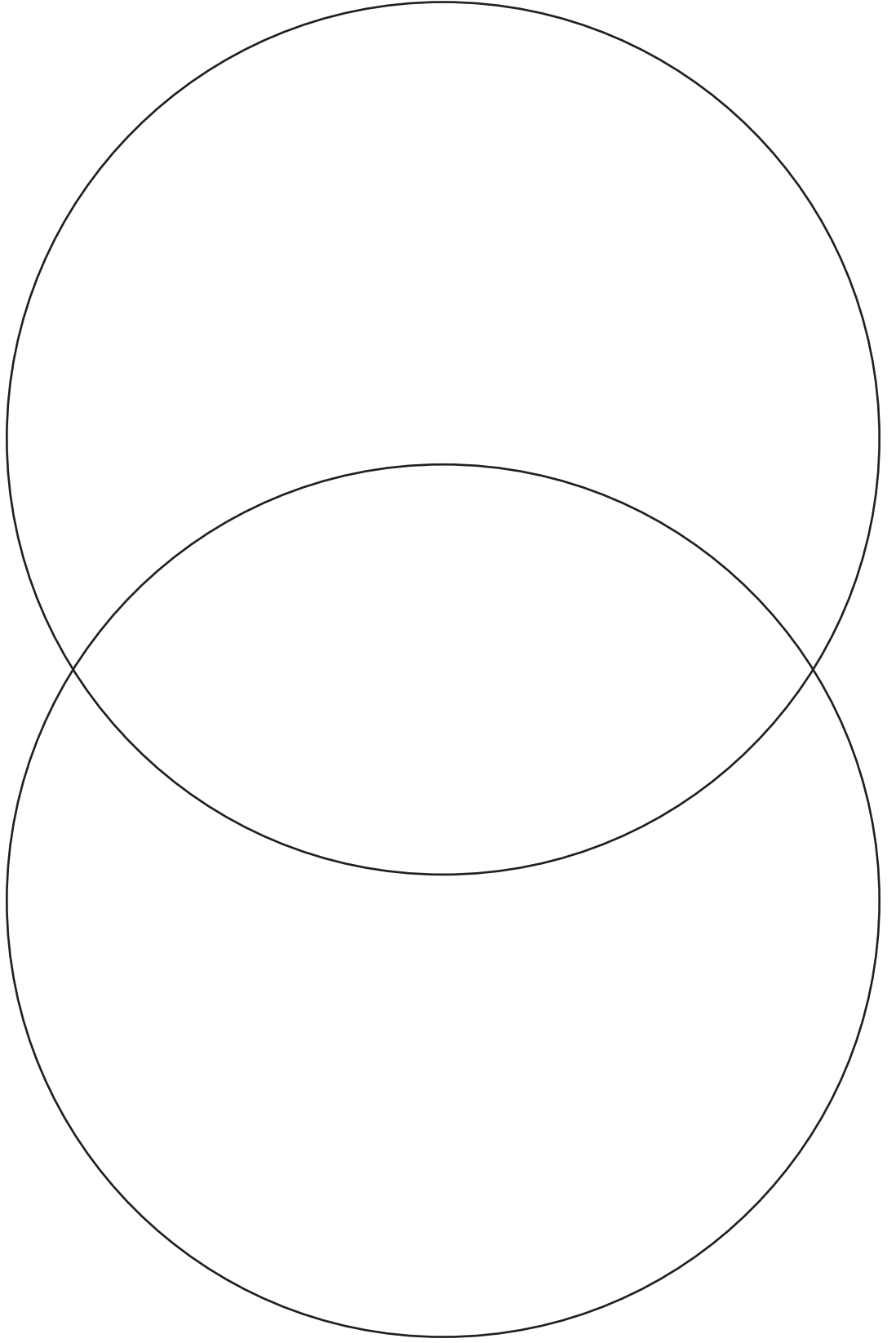
Preview Vocabulary

Words
I Know

Words I've
Seen or Heard

New
Words

Venn Diagram

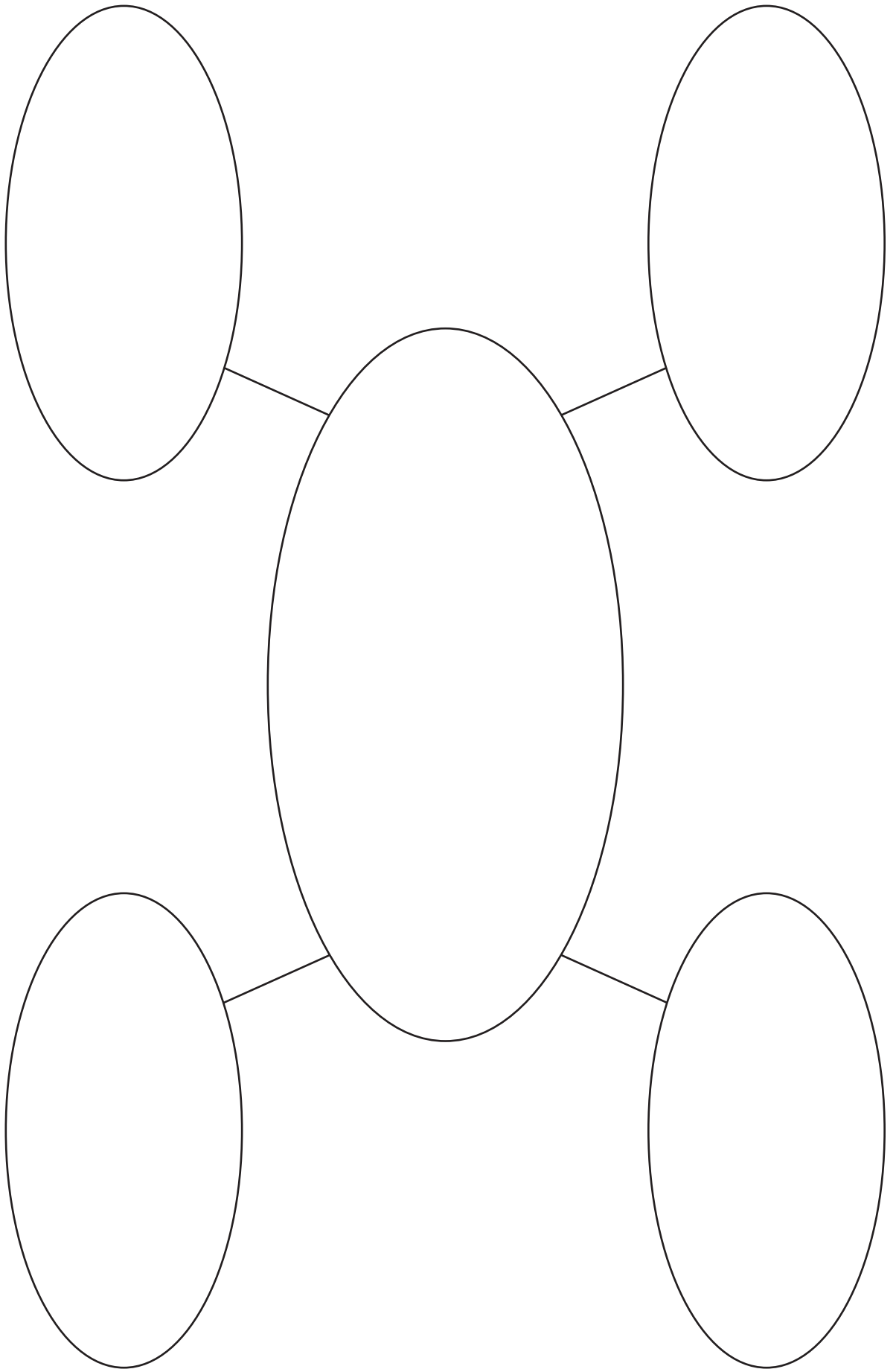


K-W-L Chart

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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.

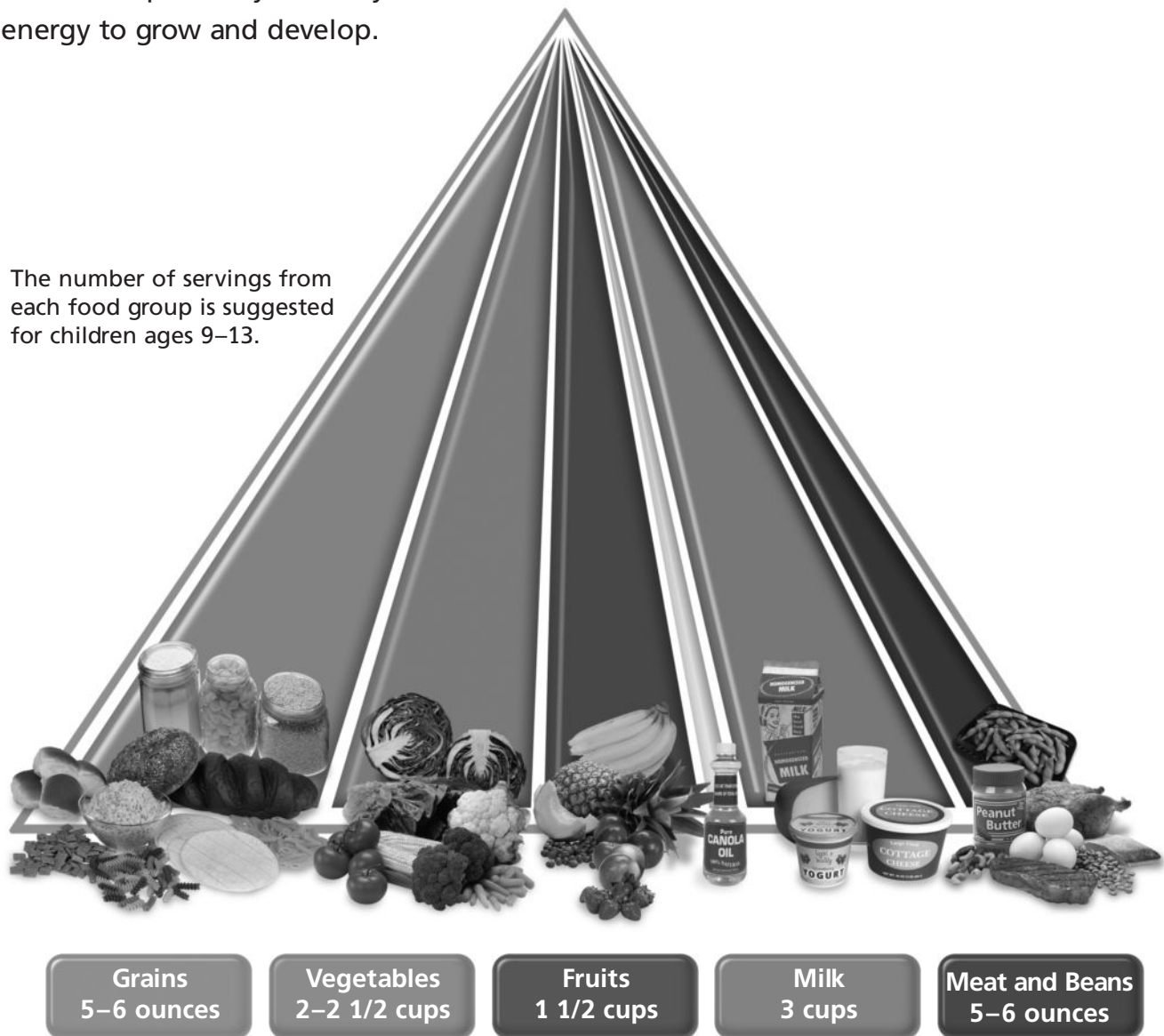
How do YOU show TRUSTWORTHINESS?

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

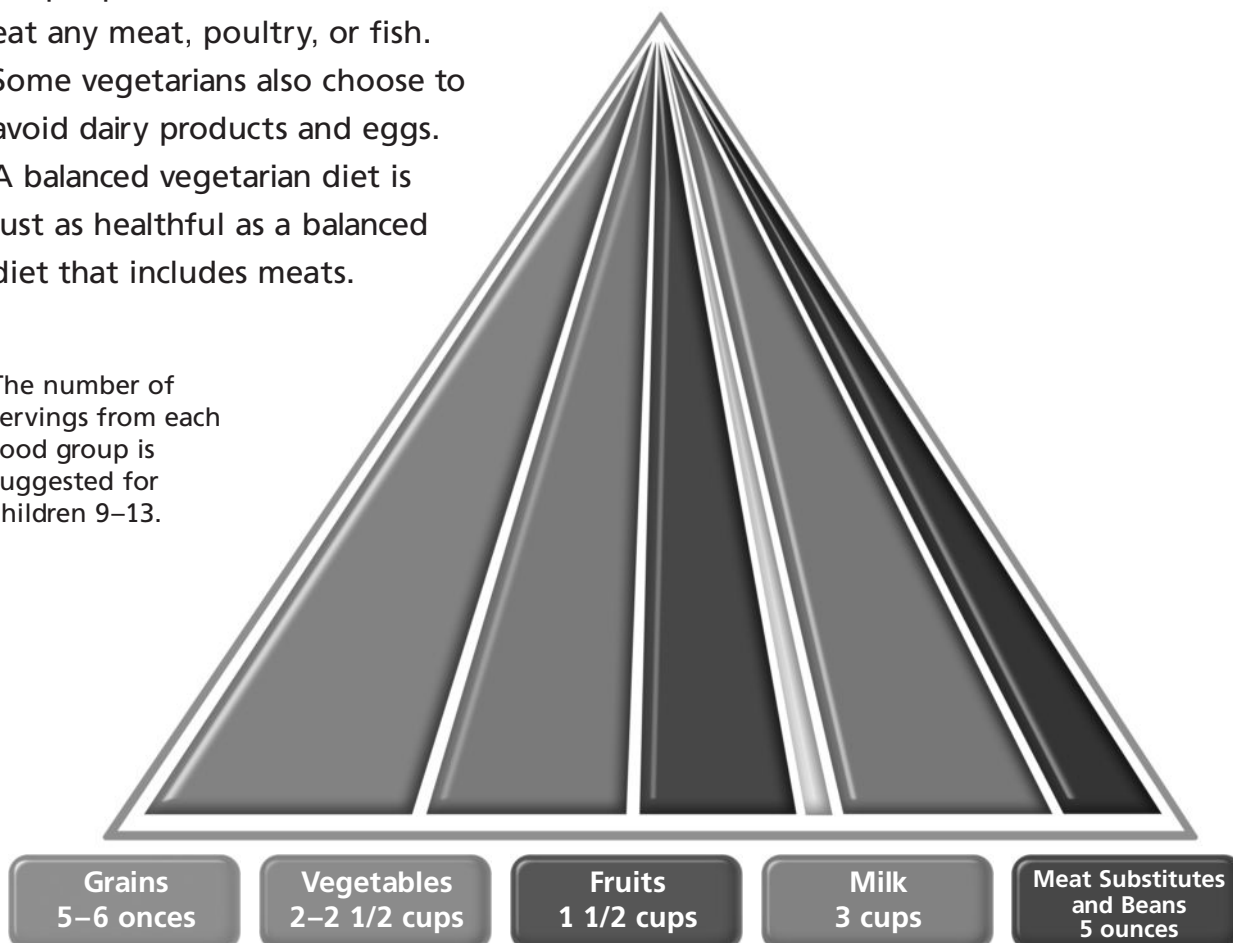
More Food Guide Pyramids

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.

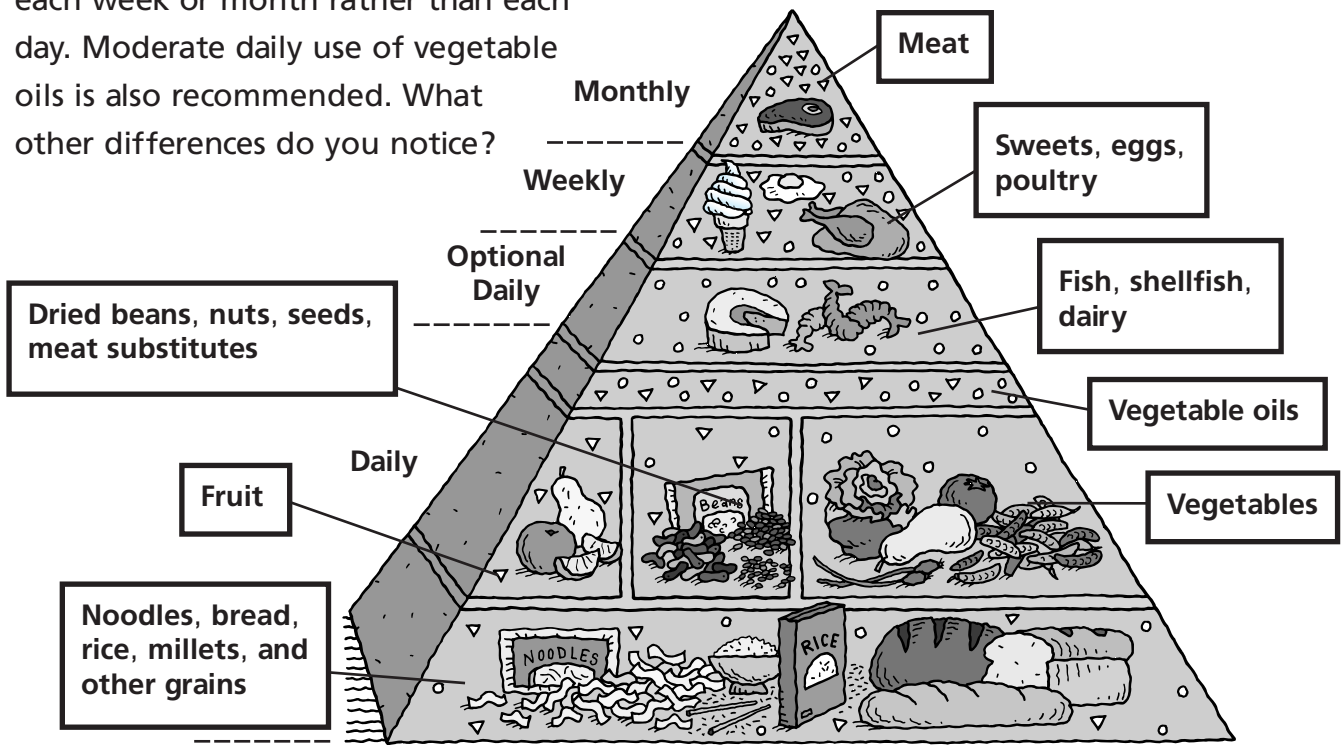
Vegetarian



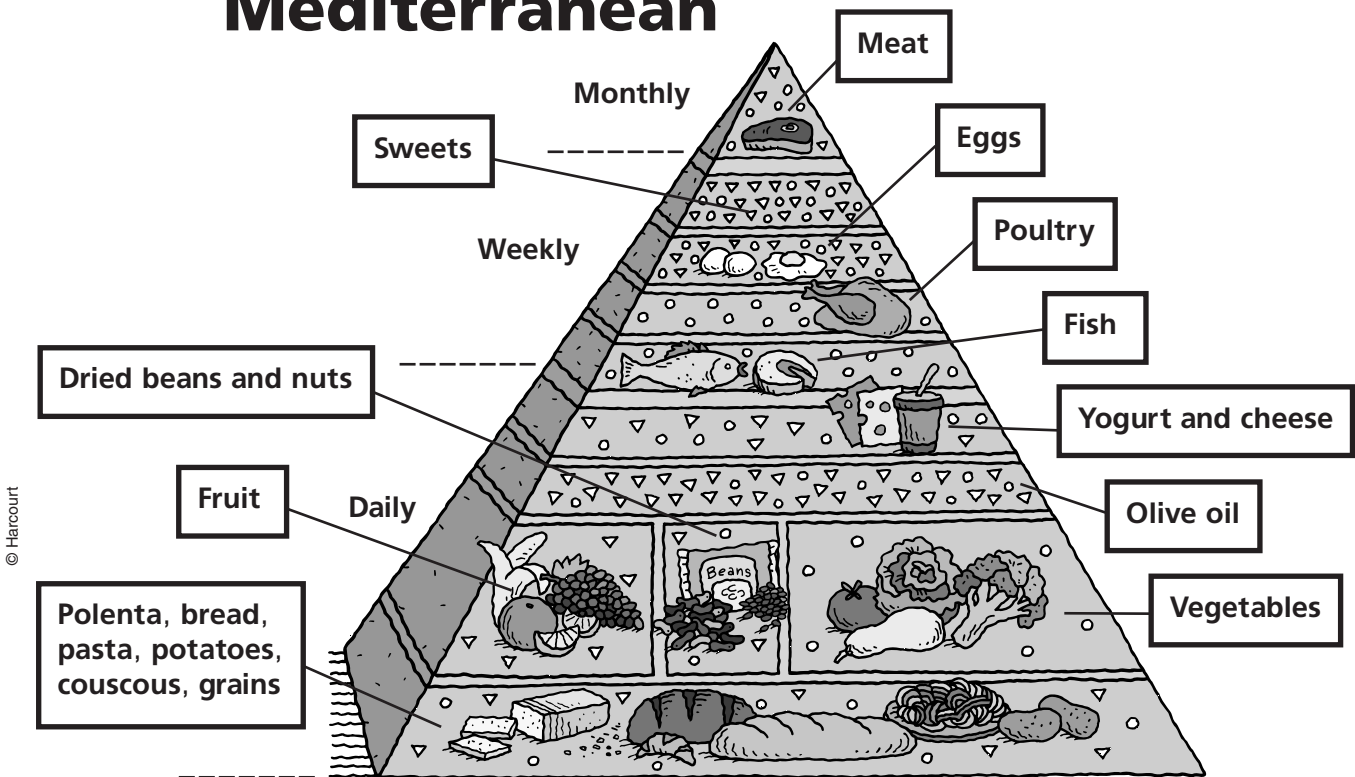
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The tops of these two pyramids differ from the one on page 83. They suggest eating seafood, poultry, eggs, and meat each week or month rather than each day. Moderate daily use of vegetable oils is also recommended. What other differences do you notice?

Asian



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!



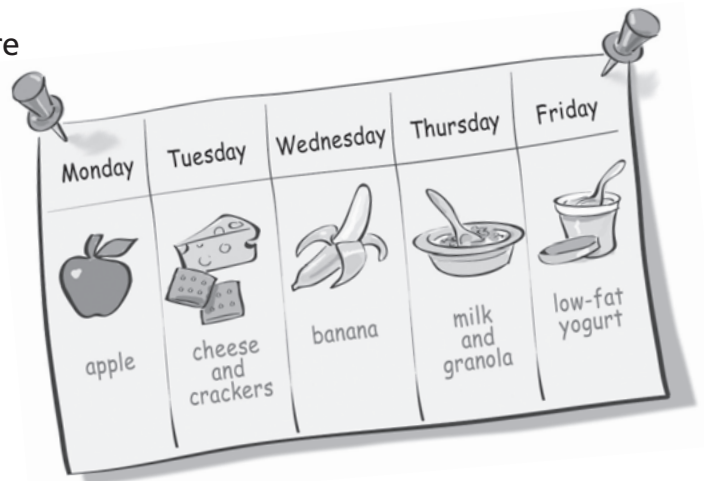
Preparing Foods Safely

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

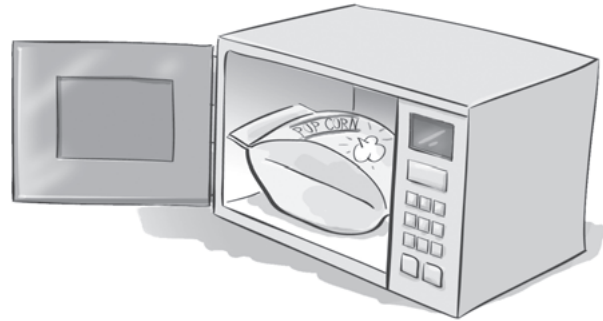
- Get an adult's permission to use the stove or oven. If possible, use a microwave instead.
- Keep clothing away from burners. Avoid clothes with sleeves or laces that hang down; they could catch fire.
- Keep pot handles turned in toward the center of the stove.
- Use an oven mitt to handle hot trays 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

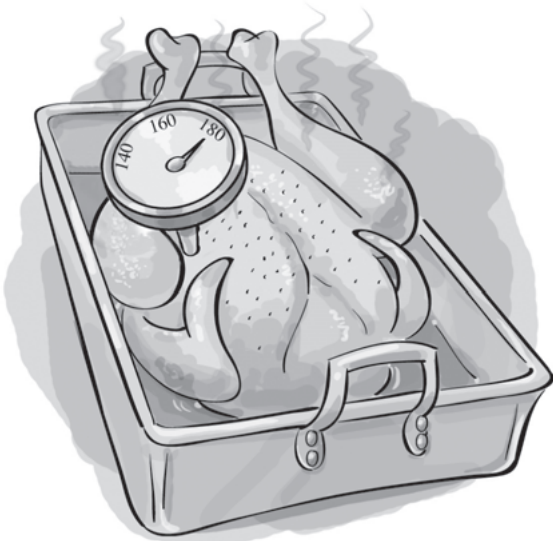
- Check with an adult to find out which appliances you are allowed to use.
- Never turn an appliance off or on while your hands are wet.
- Kitchen knives are sharp and very dangerous. You should use knives and other sharp kitchen tools only with an adult's permission.



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

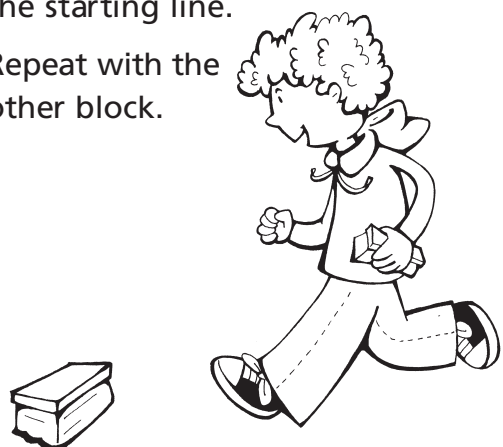
1. Curl-Ups or Sit-Ups measure abdominal muscle strength.

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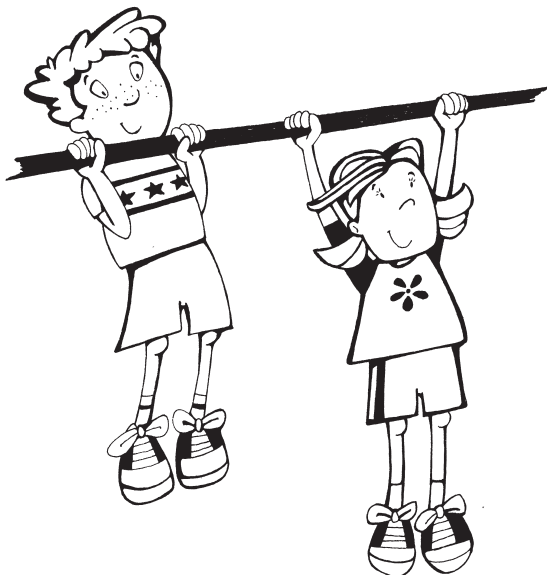
3. One-Mile Run or Walk measures leg muscle strength and heart and lung endurance.

- 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.

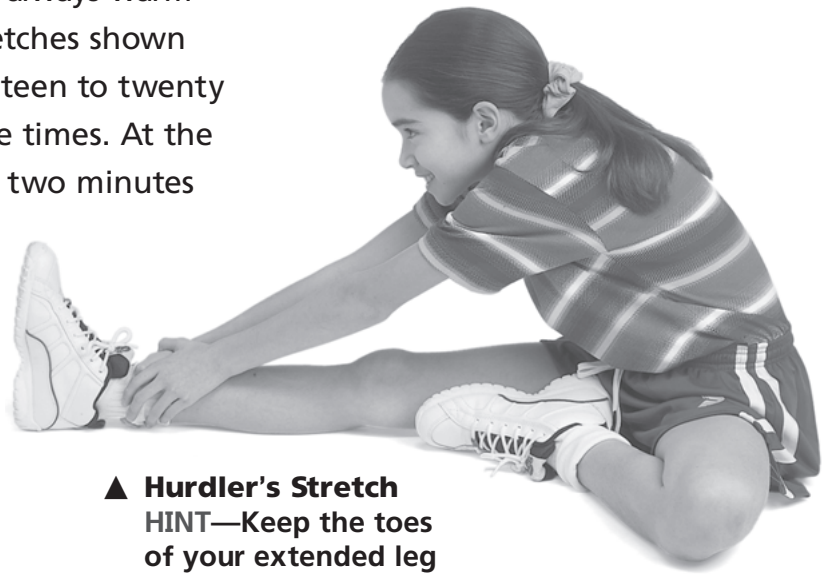
- Sit on the floor with your feet behind the line.
- Reach forward as far as you can.



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.

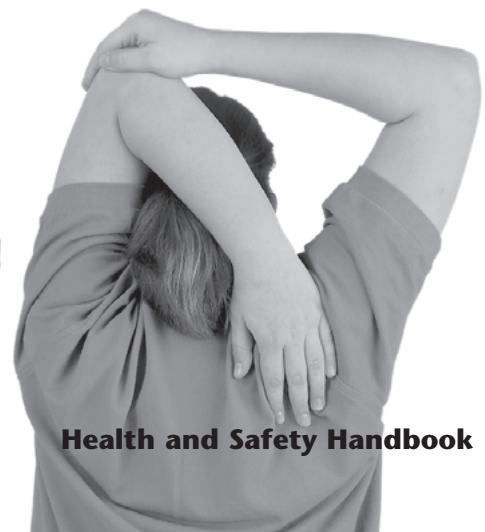


▲ **Hurdler's Stretch**
HINT—Keep the toes of your extended leg pointed up.

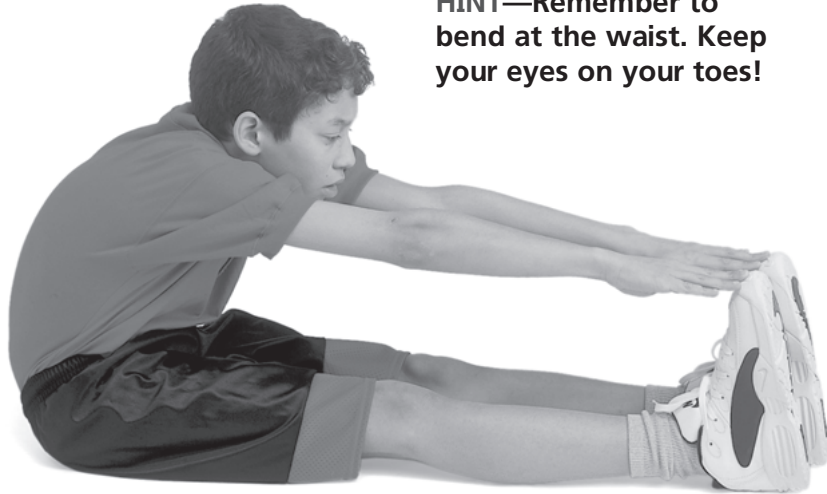


◀ **Thigh Stretch** HINT—Keep both hands flat on the floor. Try to lean as far forward as you can.

▶ **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



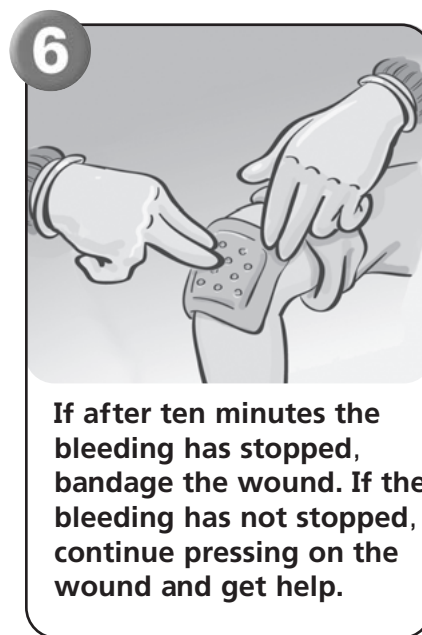
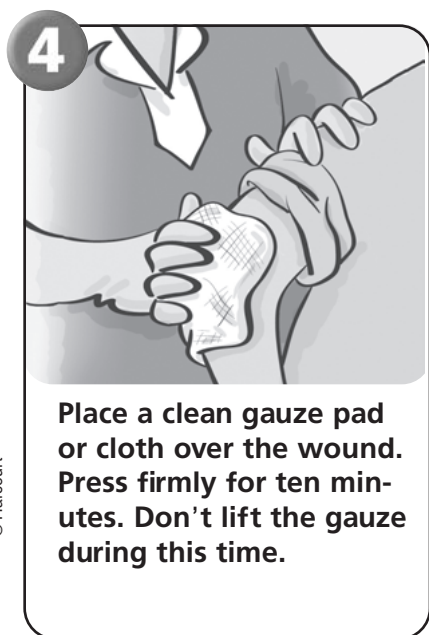
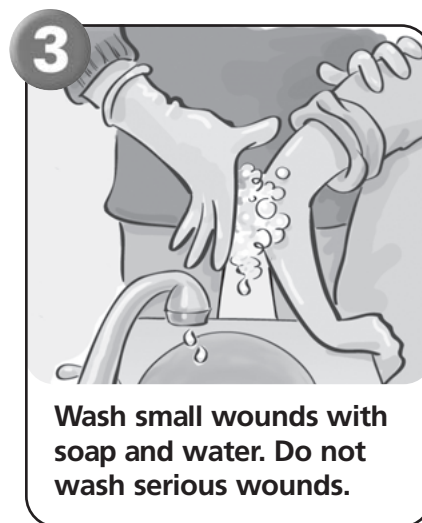
Routine Activities

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

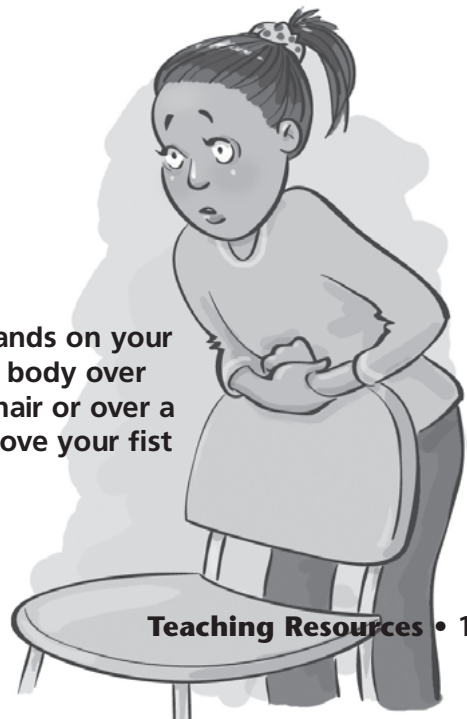
1



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

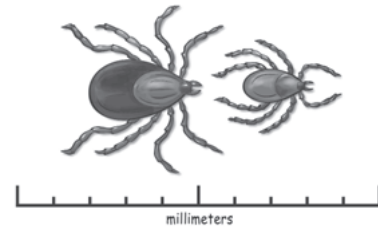
- Use dental floss to gently take out the food or object. Never use anything sharp to remove what is stuck between your teeth. If it cannot be removed, call your dentist.



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

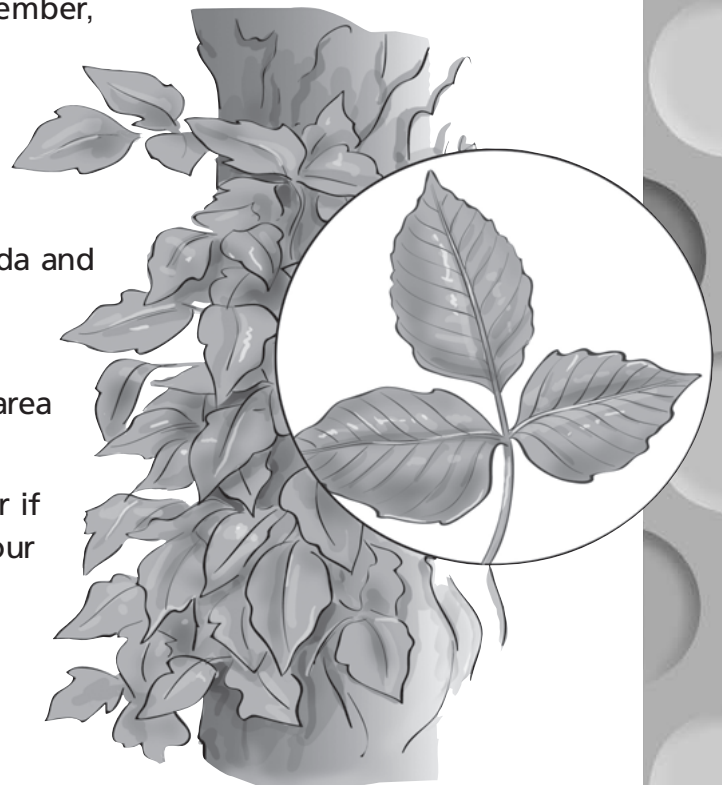


- Always tell an adult about bites and stings.
- Scrape out the stinger with your fingernail.
- Wash the area with soap and water.
- A wrapped ice cube or cold pack will usually take away the pain from insect bites. A paste made from baking soda and water also helps.
- If the bite or sting is more serious 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.

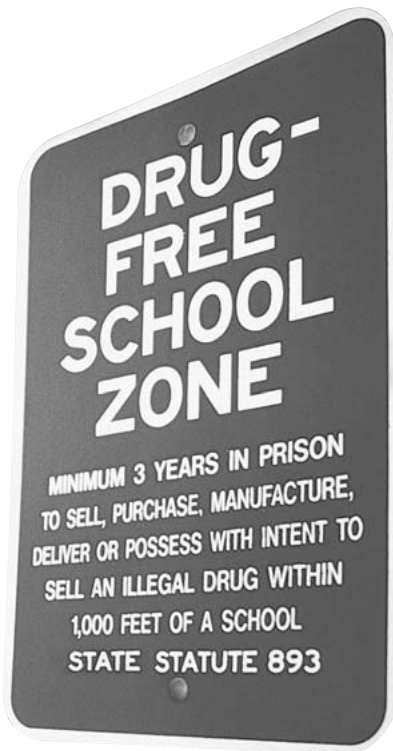
- Apply calamine lotion or a paste of baking soda and water. Try not to scratch. Tell an adult.
- If you get blisters, do not pop them. If they burst, keep the area clean and dry. Cover the area with a bandage.
- If your rash does not go away in two weeks or if the rash is on your face or in your eyes,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

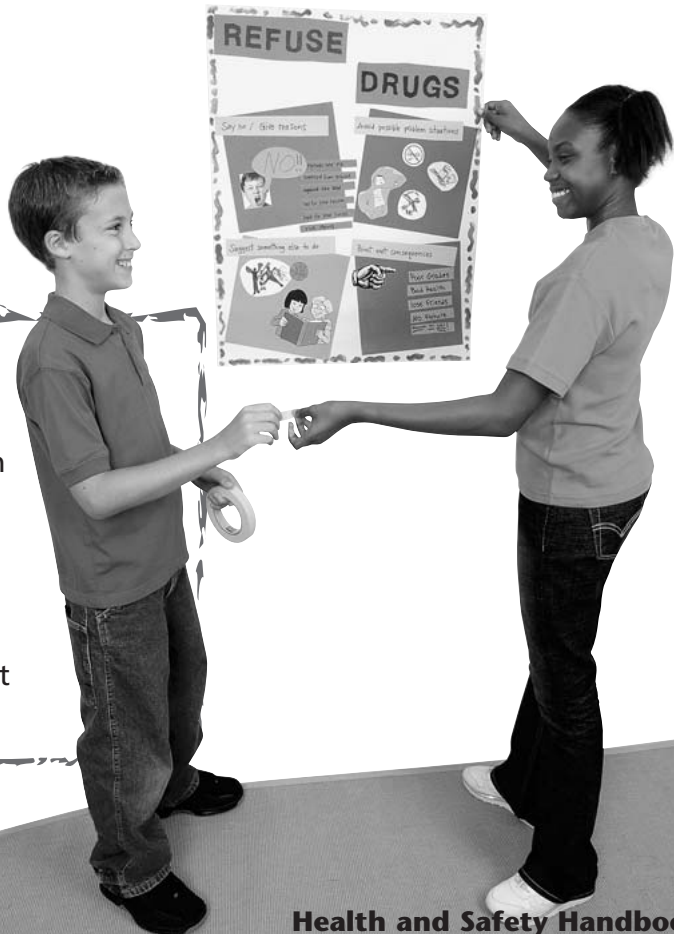


School Rules

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.



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.

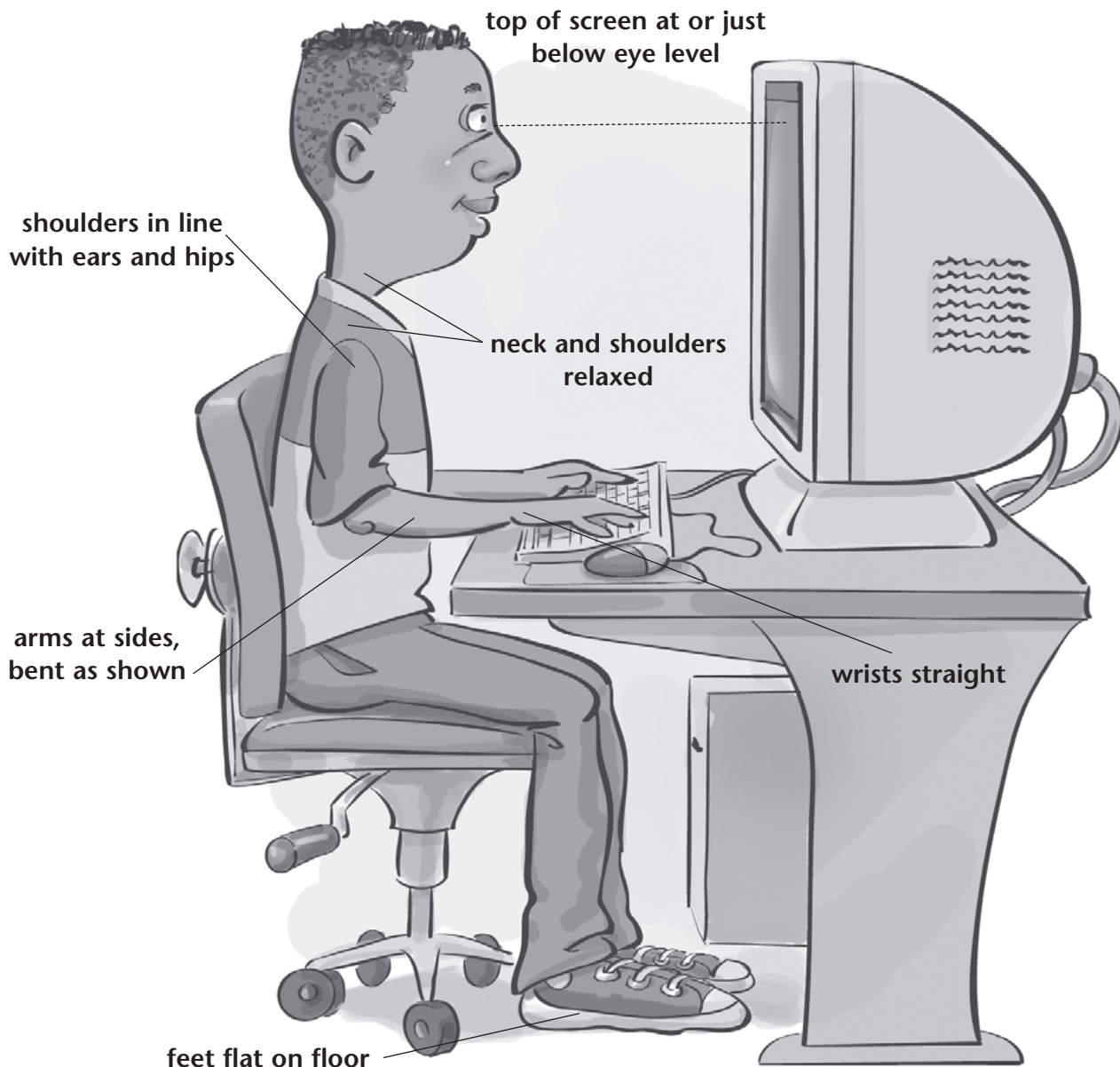


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Health and Safety

Good Posture at the Computer

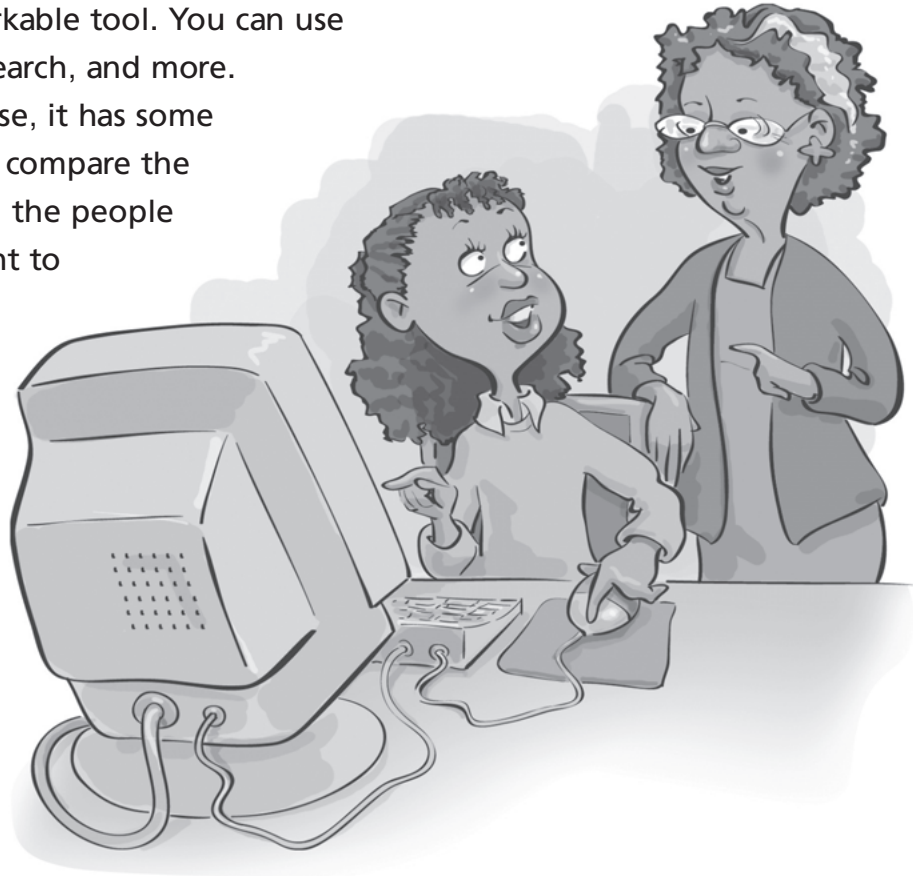
Good posture is very important when using the computer. To help prevent eyestrain, muscle fatigue, and injuries, follow the posture tips shown below. Remember to grasp your mouse lightly, keep your back straight, avoid facing your monitor toward a window, and take frequent breaks for stretching.



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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



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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.

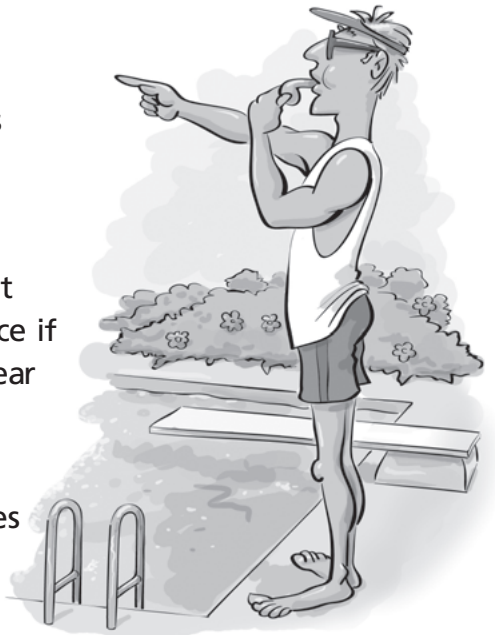
- The sun can be more damaging for your skin than dirt and germs. Too much sun can make your skin become wrinkled, tough, and leathery. It can also cause skin cancer, which can lead to death.
- Covering up with clothing and wearing a hat give you good protection from the sun. Protect uncovered skin with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

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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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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.