

Week 1

Get Fit

Physically Fit
Sports Medicine
Obesity Epidemic
Fitness Month Scavenger Hunt
Health Club Explosion
Couch Potatoes

The newspaper is a valuable source of information for students. Reading a newspaper each day keeps people informed about major issues in their lives. Helping students to use a newspaper teaches them an important skill for lifelong learning. The topics in any day's newspaper will excite young people and motivate them to read and to learn more about the world.

This teacher's guide is designed to help you use the newspaper to help students learn more about issues of health, fitness, and nutrition. It contains suggested activities as well as several activity sheets that you may photocopy and distribute for students to complete.

Week 2

The Human Body

Body Types
Heal Me
Money Matters
Medical E-mail
Health Care
Medical Press Release

TEACHER'S GUIDE FANTASTIC... FITNESS

Week 3

Nutrition

Nutrition Month
Less is More
Fabulous Foods
Fast Food
Shopping List
Functional Food

Week 4

Healthy Living

Healthy Rules to Live By
Occupations
Patients Bill of Rights
Health Costs
Healthy Resources
Confused about Health?



The Daily Post-Athenian
NEWSPAPERS IN EDUCATION
nie.dailypostathenian.com

Get Fit

Students should understand that being fit requires healthy eating and exercise. Begin this unit by explaining that being physically active can include normal everyday activities such as walking and doing chores as well as planned exercise.



Physically Fit

Learning Standard: designing an exercise plan

The students can look through the newspaper to find someone who is performing an activity that is beneficial to his/her health. Have them describe the activity and explain why it is a healthy one. What types of exercises do your students perform regularly? Have them design a daily exercise program to use in class.

Sports Medicine

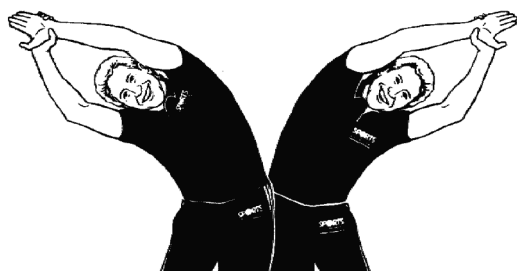
Learning Standard: understanding the interrelationships of body systems

Injuries are an unfortunate part of sports and can have serious complications for athletes. Have students check the Sports section for reports about injuries. They should list five important facts found in the article.

Obesity Epidemic

Learning Standard: understanding the importance of physical exercise

Americans are gaining more and more weight, according to recent studies. The class should use the newspaper to find activities that provide good exercise. Which activities in the newspaper would not be good exercise? The students should explain each of their choices.



Fitness Month Scavenger Hunt *

Learning Standard: locating information

May is National Fitness Month. Send students on this Fitness Scavenger Hunt to find:

- ◆ a physically-fit athlete
- ◆ a product that promotes healthy living
- ◆ a healthy snack
- ◆ a health organization
- ◆ a medical doctor
- ◆ a television show about doctors
- ◆ exercise equipment

Health Club Explosion

Learning Standard: explaining how systems and processes work together

The number of health clubs has dramatically increased, as people are concerned with maintaining a healthy life style. Have students find five health-related items in the newspaper and write a brief statement about each, explaining why these items promote healthy minds and bodies.

Couch Potatoes *

Learning Standard: organizing data

A new invention, TV-cycles, can get kids to exercise while they are watching television. Researchers think that the TV-cycle may solve the obesity problem as kids have to pedal to keep the TV working. The students can check the television listings and plan an evening of television watching for kids that would motivate them to pedal. Then they should make a chart with the program, channel time and a brief description of the show.

* Activity sheet

F i t n e s s M o n t h S c a v e n g e r H u n t

May is National Fitness Month. Go on this Fitness Scavenger Hunt and skim the newspaper to find each item. Write a description of each one you find.



a physically-fit athlete

a product that promotes healthy living

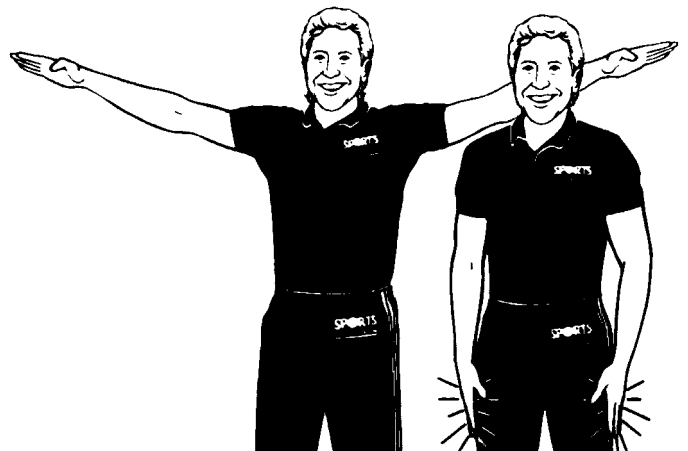
a healthy snack

a health organization

a medical doctor

a television show about doctors

exercise equipment





C o u c h P o t a t o e s

A new invention, TV-cycles, can get kids to exercise while they are watching television. Researchers think that the TV-cycle may solve the obesity problem as kids have to pedal to keep the TV working. Check the television listings and plan an evening of television watching for kids that would motivate them to pedal.

Then you can make a chart with the program, channel time and a brief description of the show.

Program/Description

Channel/Time

Program/Description

Channel/Time

Program/Description

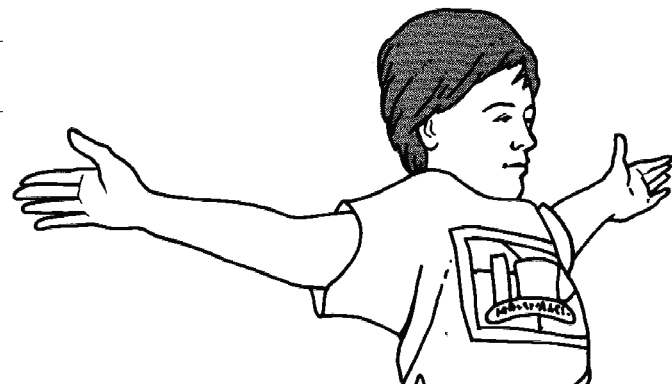
Channel/Time

Program/Description

Channel/Time

Program/Description

Channel/Time



Body Types

Learning Standard: describing characteristics of living things

There are three body types. Those are: endomorphs, which are solid, round and powerful, mesomorphs, which are muscular yet agile, and ectomorphs which are lean and long. Most people are a mixture of all three. Have the students find some of the people pictured in the newspaper and identify the different body types. Which one is most like them?

Heal Me

Learning Standard: reflecting on scientific knowledge

An online medical textbook is a terrific resource for learning about health. Millions of people are already using one such site—Emedicine.com. Have the students find a medical problem in the news that needs to be solved. They can identify the 5 W's— who, what, where, when, and why— in an outline of the story.

Money Matters

Learning Standard: writing persuasive essays

Bill and Melinda Gates have donated millions of dollars to sponsor a vaccination program for children. The money helps poor nations find creative ways to finance programs. The class should use the newspaper to find a health issue that needs a great deal of money to further the effort. Then each student can write a letter to a potential benefactor telling about the cause they chose.

Medical E-mail *

Learning Standard: generating questions

Lots of patients now e-mail their doctors instead of calling. That's a fairly new phenomenon. What other medical news can students find in today's newspaper? Based on what they find, have them make a list of 5 questions they would like to ask a doctor.

The Human Body.....

This unit focuses on issues pertaining to how the body works to stay healthy. Health is an issue of great interest and the newspaper usually has a significant number of articles that relate to healthy living.



Health Care

Learning Standard: identifying health issues

Back pain and headaches are just a few of the common problems people have with their health. The newspaper is a resource for available health care information. Students can skim through the newspaper advertisements and make a list of all the health care services they find. Have them place a star next to any services they think they could use.

Medical Press Release

Learning Standard: writing press releases

Have the class do a newspaper search for any article about a medical breakthrough. Then they should write a press release about the event.

M e d i c a l E - m a i l

Lots of patients now e-mail their doctors instead of calling. That's a fairly new phenomenon. What other medical news can you find in today's newspaper? Based on what you find make a list of 5 questions you would like to ask a doctor.

Write your questions on these lines.

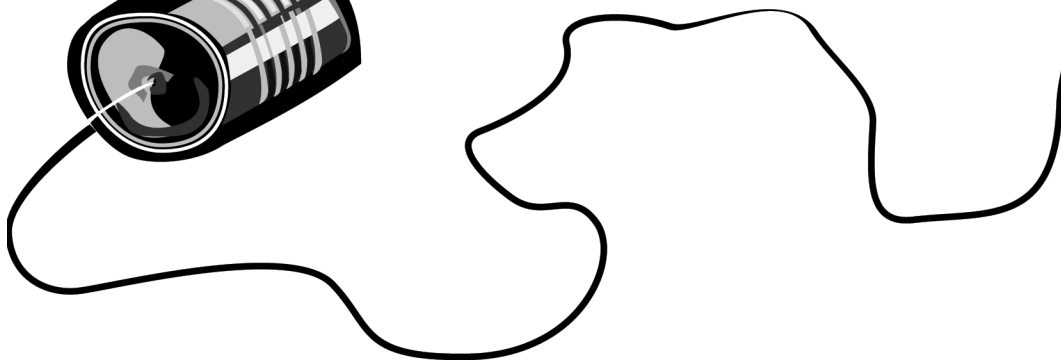
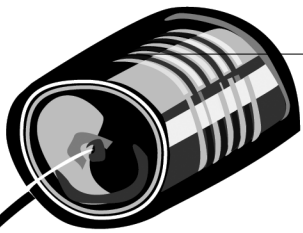
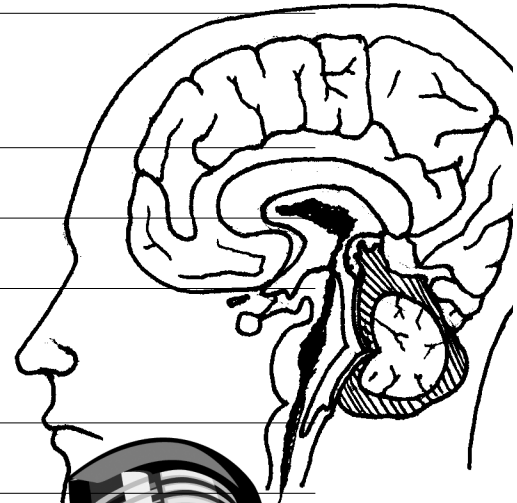
Question 1

Question 2

Question 3

Question 4

Question 5



Nutrition Month *

Learning Standard: identifying specific food needs

March is National Nutrition Month. Direct the class to look through the newspaper in search of foods for a healthy diet. The class should think about the various classifications of food in the food pyramid: whole-grains, plant oils, fruits, vegetables, nuts and legumes, fish, poultry and eggs, meat and butter, dairy, white rice, white bread potatoes, pasta and sweets. They can look through the newspaper to find examples of each group.



Nutrition

Less is More

Learning Standard: understanding the impact of food selections

In the past 20 years, the number of overweight children has doubled. The Department of Agriculture wants to find ways to help children live healthier lives. The students can use the newspaper to find healthy foods, products, and activities in the paper. They should make a chart to categorize their findings.

Being healthy requires more than just being physically active. Students should understand that what they put into their bodies determines much of their health level. This unit focuses on the importance of nutrition so that students can learn how to take responsibility for what they eat.



Fabulous Foods

Learning Standard: explaining how selected systems work

As we all know, we are what we eat. The students can skim the newspaper to find the five best foods for good nutrition. Then they can rank them in order of their healthiness. Each student can design a newspaper ad to sell the food that is most beneficial to good health.

Shopping List *

Learning Standard: planning nutritional meals

The students can plan a healthy meal by going through the Food section to create a shopping list. Have them select the foods they need to buy and the price of each item. Have them total the cost of their food purchase.

Fast Food

Learning Standard: recognizing the influence of media and culture on eating habits

Have the students look through the newspaper for restaurant advertisements. Are there ads for fast food that should be avoided? Which restaurants would be the best for good nutrition? The students can select the healthiest restaurant and explain how they arrived at that choice.

Functional Food

Learning Standard: understanding the role of advertising on food selection

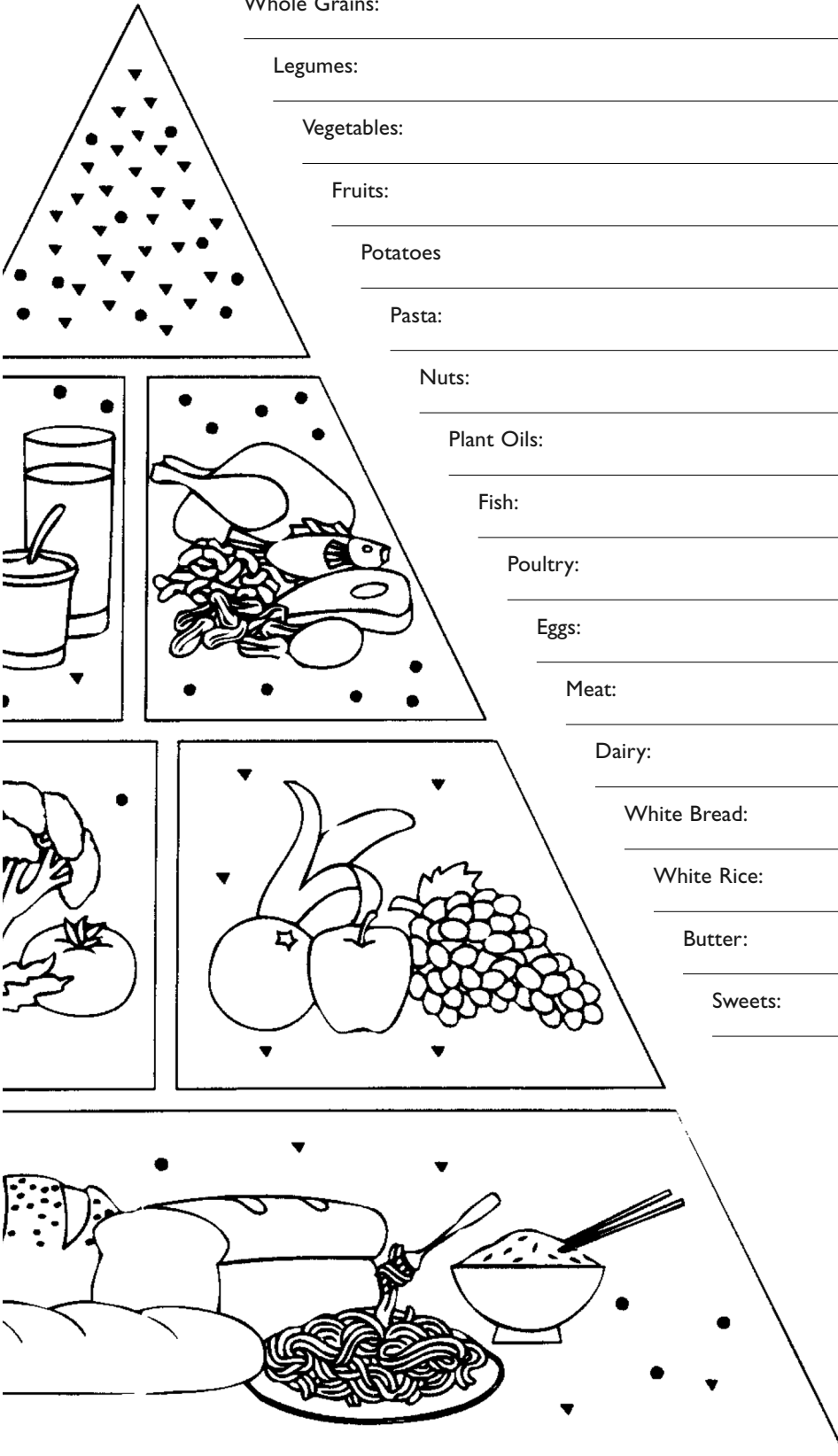
The food of the future will be designed to increase life spans, promote health and fight disease. They will be high in fiber, nutrients and vitamins. The students can look through the Food section of the newspaper for foods and products that promote healthy living. Have them make a list of the words and phrases that are used to persuade the consumer that these are healthy products.



* Activity sheet

Nutrition Month

March is National Nutrition Month. Look through the newspaper in search of foods for a healthy diet. Think about the various classifications of food in the food pyramid: whole-grains, plant oils, fruits, vegetables, nuts and legumes, fish, poultry and eggs, meat and butter, dairy, white rice, white bread, potatoes, pasta and sweets. Then look through the newspaper to find examples of each group. Circle each type of food you find.



Whole Grains:

Legumes:

Vegetables:

Fruits:

Potatoes

Pasta:

Nuts:

Plant Oils:

Fish:

Poultry:

Eggs:

Meat:

Dairy:

White Bread:

White Rice:

Butter:

Sweets:



S h o p p i n g L i s t

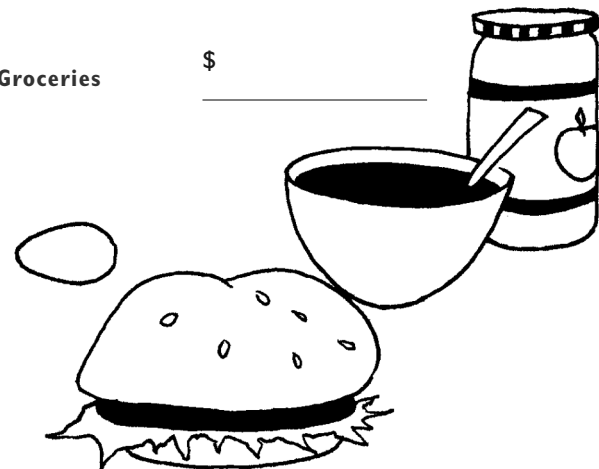
Plan a healthy meal by going through the Food section to create a shopping list. Select the foods you need to buy and the price of each item. Then total the cost of your food purchase.

Item 1	\$
_____	_____
Item 2	\$
_____	_____
Item 3	\$
_____	_____
Item 4	\$
_____	_____
Item 5	\$
_____	_____
Item 6	\$
_____	_____
Item 7	\$
_____	_____
Item 8	\$
_____	_____
Item 9	\$
_____	_____
Item 10	\$
_____	_____
Item 11	\$
_____	_____
Item 12	\$
_____	_____

Nutrition Facts	
Serving Size 1 cup (228g)	
Serving Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%

Total Cost of Groceries

\$ _____



Healthy Rules to Live By

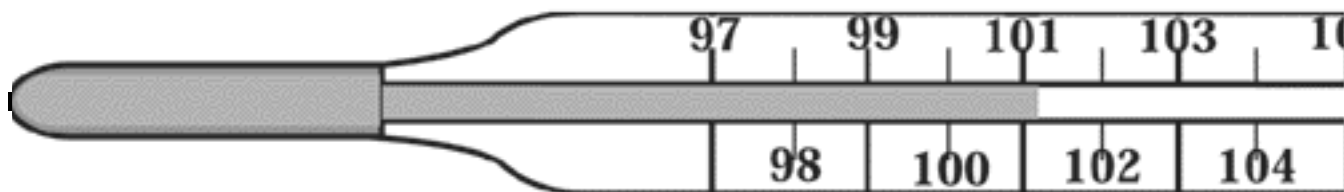
Learning Standard: understanding basic requirements of living things

Have students find articles, ads or pictures that encourage people to follow these rules for good health: exercise regularly, get plenty of sleep, eat balanced meals, eat moderately, avoid too much junk food, do not smoke and don't do drugs. Then they can give individual or group reports about their research.

Health Costs

Learning Standard: discussing a topic of social concern

Health care is big business and the costs are predicted to rise by more than 50% over the next ten years. Have the students determine which health care companies are advertising in the newspaper and what their products are. They can write an essay telling why they think health is such big business.



Occupations *

Learning Standard: evaluating career opportunities

There is a growing demand for workers in the field of health care. Have the class look through the Help Wanted ads in the Classified section of the newspaper and select occupations that are in the health field. They can describe the duties that are involved in each position by writing an hourly schedule for a typical day on the job. Which jobs are of a particular interest to the students?

Patients Bill of Rights

Learning Standard: synthesizing information

The Patients Bill of Rights gives protections for all patients who have health care plans. The rights include: granting patients the ability to appeal decisions, sue, allowing appeals outside of the health plan, and improving access to specialists, emergency care and prescription drugs. The students can find a situation in the newspaper that could be affected by these rights. Then they can explain how the rights impact on the situation.

Healthy Living

Once students have learned about nutrition and exercise choices, it's time for them to put it all together and create a plan for a healthy life. These activities will help them design their personal plan.

Healthy Resources

Learning Standard: identifying health resources

Is the newspaper a good place to find resources for healthy living? Have the students compile a list of the services that are available. Then they can indicate which services they would use.

Confused about Health?

Learning Standard: evaluating advertising

There are many different health remedies on the market and Americans are confused about what really works to improve health. The class can check out the ads for a health product that clearly makes its point. Then they can answer the 5 W's— who, what, when, where and why about the product.

* Activity sheet

O c c u p a t i o n s

There is a demand for workers in the field of health care. Look through the Help Wanted ads in the Classified section of the newspaper and select occupations that are in the health field. Describe the duties that are involved in that position by writing an hourly schedule for a typical day on the job. Which jobs are of a particular interest to you?

Occupation 1:

Duties of the Position:

What Time Does Shift Begin? End?

Hourly Schedule:

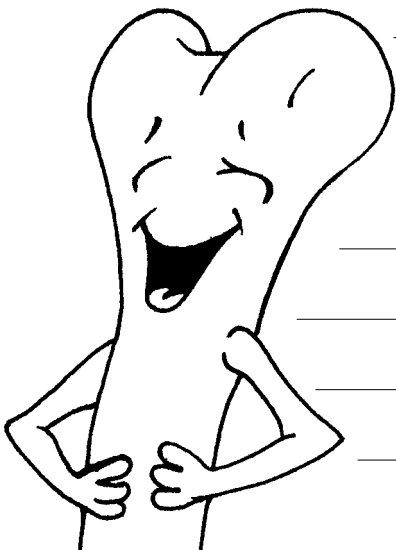


Occupation 2:

Duties of the Position:

What Time Does Shift Begin? End?

Hourly Schedule:



Extensions

Here are some suggestions for extending the lessons for Fantastic Fitness.

Have the students bring in a variety of nutrition labels from food packages. They should make comparisons between the contents of the products. They can consider the grams of fat, fiber, protein, and sugar in each product to determine which foods are healthiest.

Have the students search the Web to have some of their medical questions answered. They can do a Google search or find other medical Web sites like www.webmd.com.

The students can plan an anti-drug or anti-smoking campaign to encourage healthy living. The class can write letters inviting speakers to talk about these important issues.

Have the students keep a weekly journal recording the food they eat and their physical activity. They can write an evaluation of their diet and exercise program at the end of the week.

Have the class take a survey of the food in the school cafeteria. The students can create questionnaires about food quality and compile the results for the school.

Plan a school-wide Physical Fitness Day. The students can plan activities to involve the entire school and create posters to advertise the event.

Have the students conduct interviews with their parents about health care. Are their families covered by a health care plan? How does the plan work and what are some of the benefits? What medical services are not covered?

