

# 7th Grade Health Program

Road To Health



Healthy Minds  
Healthy Lifestyles



# **Bienestar/NEEMA Health Program 7th Grade Health Program: Healthy Minds Healthy Lifestyles (4th Edition). Teacher Book**

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## Pre Test: 7th Grade Health Test



- 1. The proportion of the fat to non-fat tissue in the body is called \_\_\_\_\_.**
  - a) body composition
  - b) flexibility
  - c) muscular endurance
  - d) cardiovascular endurance
- 2. Which activity best enhances body composition?**
  - a) Stretching
  - b) Weight lifting
  - c) Yoga
  - d) Watching TV
- 3. Which is a food rich in calcium?**
  - a) Yogurt
  - b) Chicken
  - c) Beans
  - d) Nuts
- 4. Which is a benefit of maintaining a healthy weight?**
  - a) Prevention against heart disease, stroke, and type 2 diabetes
  - b) Reduces muscle strains and joint pain
  - c) Maintains energy levels and enhances mood
  - d) All of the above
- 5. Insulin is produced in the \_\_\_\_\_.**
  - a) liver
  - b) pancreas
  - c) heart
  - d) stomach
- 6. Which is an example of a long-term goal that improves cardiovascular health?**
  - a) Practicing an instrument each day
  - b) Studying for an exam
  - c) Participating in a sports activity
  - d) Making your bed each morning
- 7. Advertisers try to sell products by using which strategies?**
  - a) Convincing you that it is cool to use their product
  - b) Using celebrities to sell a product
  - c) Using music or jingles to make you think of the product
  - d) All of the above



- 1. La proporción de tejido celular grasoso comparado al no-grasoso se le llama \_\_\_\_\_.**
  - a) composición corporal
  - b) flexibilidad
  - c) resistencia muscular
  - d) resistencia cardiovascular
- 2. ¿Cuál actividad es mejor para acentuar la composición corporal?**
  - a) Estirar los músculos
  - b) Levantar pesas
  - c) Yoga
  - d) Ver televisión
- 3. ¿Cuál es un alimento rico en calcio?**
  - a) Yogurt
  - b) Pollo
  - c) Frijoles
  - d) Nueces
- 4. ¿Cuál es un beneficio para mantener un peso saludable?**
  - a) Prevención contra enfermedades de corazón, derrame cerebral, y diabetes tipo 2
  - b) Reducción de torceduras musculares y dolor en las coyunturas
  - c) Mantener los niveles de energía y mejorar el estado de ánimo
  - d) Todas las anteriores
- 5. La insulina se produce en \_\_\_\_\_.**
  - a) hígado
  - b) páncreas
  - c) corazón
  - d) estomago
- 6. ¿Cuál es una meta a largo plazo que ayuda a mejorar la salud cardiovascular?**
  - a) Practicar un instrumento cada día
  - b) Estudiandar para un examen
  - c) Formar parte de un equipo deportivo
  - d) Arreglar tu cama cada mañana
- 7. ¿Los comerciantes venden sus productos utilizando cuál estrategia?**
  - a) Convencer que está de moda usa su producto
  - b) Utilizar personas famosas para promocional y vender el producto
  - c) Utilizar música o refranes para que recuerden el producto
  - d) Toda las anteriores

# Lesson 1

## The Hunt for Health

### Health TEKS:

#### 10.B/C Healthy eating and physical activity--risk and protective factors:

The student analyzes and applies risk and protective factors related to healthy eating and physical activity. The student is expected to analyze risk factors that may lead to the development of chronic conditions and formulate strategies to reduce the likelihood of developing chronic conditions.<sup>b</sup> The student is expected to identify community and digital resources that can assist in developing healthy eating and physical activity behaviors.<sup>c</sup>



### Objectives:

Upon completion of this lesson, each student will:

- 1 Locate information pertaining to a set of health-related words.
- 2 Create an original sentence for a set of health-related words.
- 3 Use effective communication skills to verbally introduce a student to classmates.
- 4 Access and utilize age-appropriate resources for online health information.

### Reading TEKS:

**2.B Reading/Vocabulary Development:** The student uses newly acquired vocabulary expressively. The student is expected to use context such as contrast or cause and effect to clarify the meaning of words.

### National Health Education Standards:

**1.8.7** Students will comprehend concepts related to health promotion and disease prevention to enhance health. — Describe the benefits of and barriers to practicing healthy behaviors.



## Lesson 1: The Hunt for Health

### Lesson Summary:

Students will use online resources (if available) to locate information pertaining to vocabulary terms related to heart disease, physical activity, eating disorders, and diabetes. Upon locating the definition to each word, students will complete a crossword puzzle. Additionally, students will create an original sentence using each vocabulary word.

#### Materials:

The class will need:

- Computer/Tablet/Phone
- Internet Access



#### Teaching Time Required:

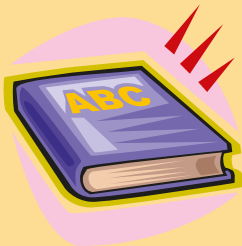
45 minutes



### Procedures:

To start this lesson, say:

*"Today we will use online resources to locate information pertaining to vocabulary words related to heart disease, physical activity, eating disorders, and diabetes. After searching the Internet (and other sources) for information about each vocabulary word, you will determine which definitions provided in the student workbook best match with each vocabulary term by completing a crossword puzzle. Lastly, you will write an original sentence using each vocabulary term."*



- Access needed materials through the Bienestar/NEEMA (SAHRC) website.
- Teach Teaching Concepts provided below
- Assist students with gaining Internet access to dictionary, encyclopedia, and health-related reference websites such as: [www.heart.org](http://www.heart.org), [www.diabetes.org](http://www.diabetes.org), [www.wordcentral.com](http://www.wordcentral.com), [www.kidshealth.org](http://www.kidshealth.org), [www.factmonster.com](http://www.factmonster.com), [www.m-w.com](http://www.m-w.com), [www.britannica.com](http://www.britannica.com), [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

\* If internet is unavailable, use other classroom or library resources.

- Have student complete the crossword puzzle and create an original sentence using each vocabulary term.

### Teaching Concept:

It is important to know the meanings and major ideas associated with health-related words. This set of 21 vocabulary words will be referred to throughout the remainder of the health lessons. These words are related to some of the major concepts that we will discuss throughout future lessons: heart disease, physical activity, eating disorders, and diabetes. Rather than simply using

a classroom dictionary, the class will access different kid-friendly online resources such as an online dictionary, online encyclopedia, and health-related websites to gather information on each vocabulary term [option: you may choose to have the students work in pairs or small groups to gather the information].





### Teaching Concept:

(cont'd)

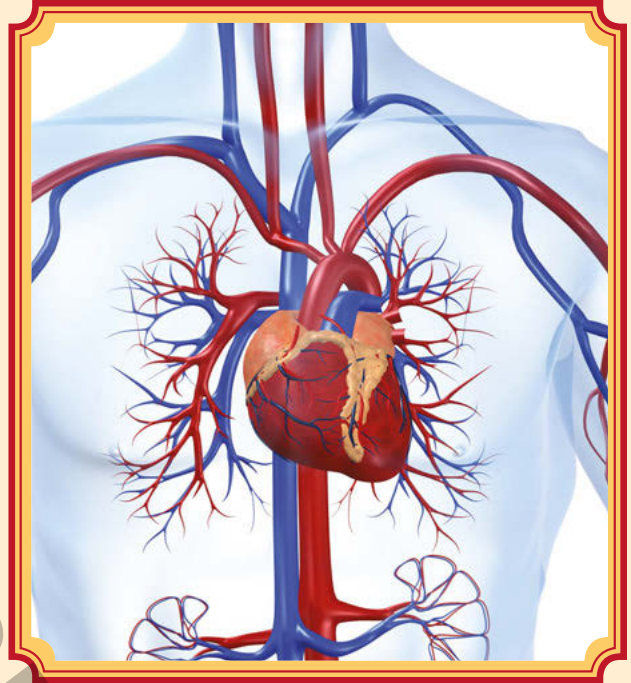
**Heart attack** — a condition that occurs when the blood supply to the heart slows or is blocked, causing damage to the heart muscle. (8 Down)

**Insulin** — Insulin, which is made in the pancreas, lowers the level of glucose in the blood. It does this by helping glucose enter the body's cells. Your body gets glucose from the food you eat and it travels through the bloodstream. But, without insulin, glucose can't get into the cells. In diabetes, the pancreas doesn't make enough insulin or the body can't respond normally to the insulin that is made. This causes the glucose level in the blood to rise. (13 Across)

**Strength** — the ability of your muscles to exert a force. (16 Across)

**Target heart rate** — the number of heartbeats per minute desired during exercise for maximum benefit. (20 Across)

**Resting heart rate** — the number of heartbeats per minute while at rest. (1 Down)



### Teaching Concept:

Now that you have completed your research, think back to what you remember about heart disease and diabetes. Discuss the following questions first about heart disease, then diabetes.

1. Which words go with heart disease/diabetes?
2. Which words are risk factors for heart disease/diabetes?
3. What can you do to prevent the development of heart disease/diabetes?
  - a. Answer: increase physical activity, maintain a healthy weight, eat according to the MyPlate/a healthy diet, etc.



### Assessment/Check for Understanding:

- Read the instructions aloud.
- Provide the students with a set of website addresses.
- Ask if they have any questions.
- Allow students time to complete the activity as you walk around and help them.
- Review the crossword puzzle activity.
- Review the extension activity.



**Review Sheet:** See Student Workbook



## Crossword Definitions

### ACROSS

2. The ability of a joint to move freely and easily through a full range of motion
5. How hard the heart is pumping to move blood through the body
6. Gland that produces insulin to help control glucose levels in the blood
7. Yellow, waxy substance used by the body to build cells and make other substances
10. Disorder in which a person repeatedly eats large amounts of food and purges
13. Hormone that regulates glucose levels in the bloodstream
14. When fatty substances in the heart cause the small arteries to thicken and harden
15. A way to calculate your body size by using your height and weight
16. The ability of muscles to exert a force
17. Disorder in which a person starves themselves due to intense fear of gaining weight
18. A simple sugar and the body's primary source for fuel
19. System composed of glands that manufacture and secrete hormones into the bloodstream
20. The number of heartbeats per minute desired during exercise for maximum benefit

### DOWN

1. The number of heartbeats per minute while at rest
3. Proportion of fat and non-fat tissue in the body
4. When fatty substances build up in the large arteries of the heart
8. Condition that occurs when the blood supply to the heart slows or is blocked, causing damage
9. Heart's ability to perform physical activity without getting easily tired
10. Disorder in which a person repeatedly eats large amounts of food in one sitting
11. The muscles' ability to perform physical activity without getting easily tired
12. Condition in which the body cannot respond normally to insulin

## Extension Activity:

On a separate sheet of paper, create an original sentence using each word from the list above.

Review Sheet: See Student Workbook

Crossword Puzzle



1 RESTING HEART RATE

2 FLEXIBILITY

3 BLOOD PRESSURE

4 ATHEROSCLEROSIS

5 PANCREAS

6 CHOLESTEROL

7 BULIMIA

8 ARTERIOSCLEROSIS

9 CAROTID ARTERY

10 INSULIN

11 MUSCULAR ENDURANCE

12 TYPE 2 DIABETES

13 BODY MASS INDEX

14 STRENGTH

15 ANOREXIA

16 GLUCOSE

17 ENDOCRINE

18 TARGET HEART RATE

19

20

Terms:

arteriosclerosis

binge eating

body mass index

Type 2 diabetes

cardiovascular endurance

heart attack

atherosclerosis

blood pressure

cholesterol

endocrine

muscular endurance

target heart rate

anorexia

body composition

pancreas

flexibility

strength

resting heart rate

bulimia

glucose

insulin



**Hoja de Repaso:** Vea el Cuaderno del Estudiante



## Definición de Crucigrama

### Al Cruzar

2. Un desorden en el cual una persona repetidamente consume grandes cantidades de comida y después se purga
4. Una azúcar sencilla y el recurso primario que el cuerpo usa para tener energía
7. Desorden alimenticio en el que la persona reprime el hambre debido al miedo intenso al aumento de peso
11. Qué tan fuerte está bombeando el corazón para mover la sangre a través del cuerpo
20. El número de latidos de corazón en reposo
21. Un sistema de glándulas que fabrican y distribuyen hormonas hasta el sistema de circulación de sangre

### Al Vertical

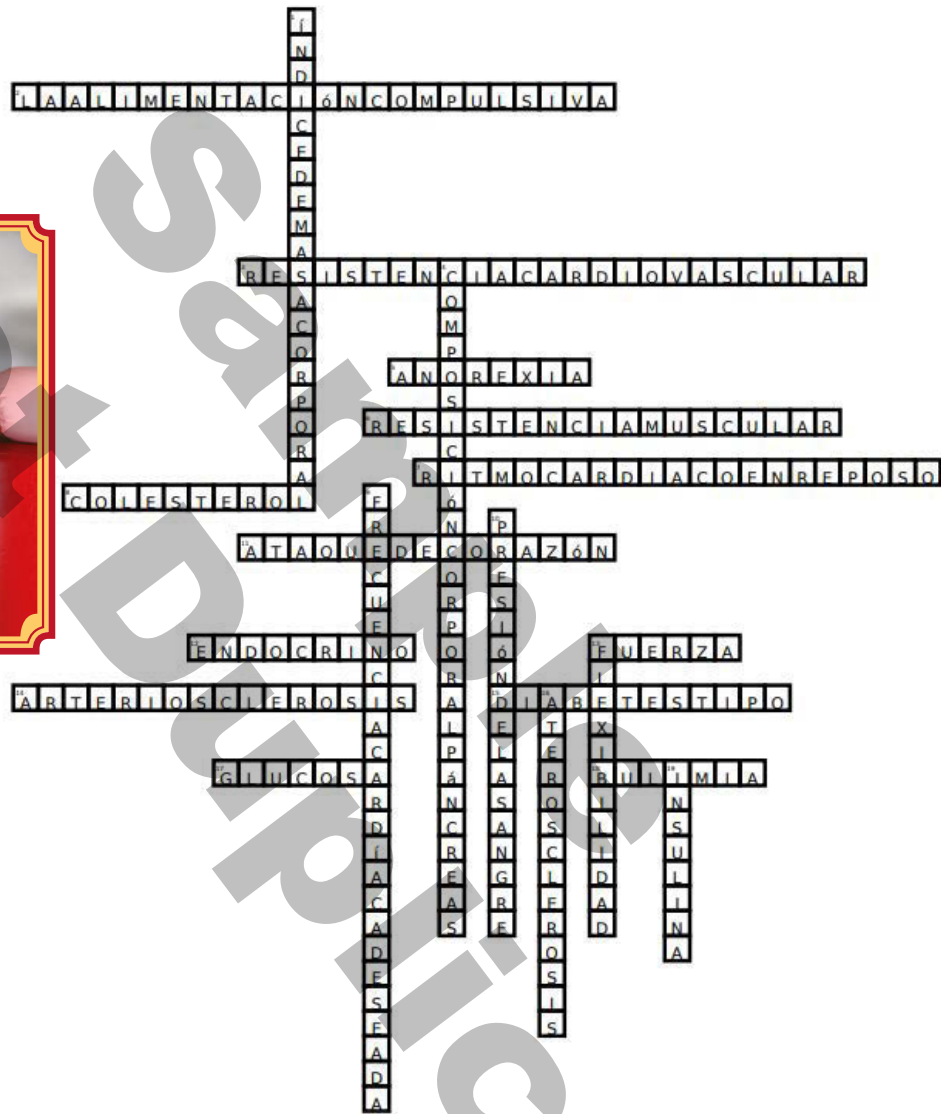
1. La habilidad de los músculos para hacer fuerza
3. Una hormona que regula los niveles de glucosa en la sangre
5. Una condición donde el cuerpo no responde normalmente a la insulina
6. El número de latidos por minuto deseado durante el ejercicio para obtener el máximo beneficio
8. Cuando sustancias grasosas se acumulan en las arteriales del corazón
9. La glándula que produce la insulina que ayuda controlar el nivel de glucosa en la sangre
10. La habilidad del corazón de sostener actividades físicas sin cansarse fácilmente
12. Una condición que ocurre cuando el flujo de sangre al corazón se reduce o bloquea, causando daño
13. Un método para calcular el volumen del cuerpo con los datos de estatura y peso
14. La habilidad de los músculos de sostener actividades físicas sin cansarse fácilmente
15. La proporción de células grasosas y no-grasosas en el cuerpo
16. Cuando sustancias grasosas se acumulan en las arterias, causándolas que se engruesen y endurezcan
17. Un desorden donde una persona repetidamente come grandes cantidades de alimentos en una instancia
18. La habilidad de una coyuntura moverse libremente y fácilmente por todas las extensiones de movimiento
19. Una sustancia amarilla, cerosa que el cuerpo utiliza para hacer células y otras sustancias

## Actividad Extendida:

En una hoja de papel aparte, prepare una declaración original usando cada palabra en la lista arriba.

Hoja de Repaso: Vea el Cuaderno del Estudiante

Crucigrama



Terminos:

arteriosclerosis  
la alimentación compulsiva  
índice De Masa Corporal  
diabetes tipo 2  
resistencia cardiovascular  
ataque de corazón

aterosclerosis  
presión de la sangre  
colesterol  
endocrino  
resistencia muscular  
frecuencia cardíaca deseada

anorexia  
composición corporal  
páncreas  
flexibilidad  
fuerza  
ritmo cardíaco en reposo

bulimia  
glucosa  
insulina

# 7th Grade

# Health Education



= ZVai ] n ° B ^c Yh  
 ° = ZVai ] n ° A ^ [ Zhi naZh

