

8th Grade Health Program



Healthy Minds
Healthy Lifestyles



Bienestar/NEEMA Health Program 8th Grade Health Program: Healthy Minds Healthy Lifestyles (4th Edition). Teacher Book

921 Matagorda Street
San Antonio, Texas 78210
(210) 533-8886
(866) 676-7472

Find us on the World Wide Web at www.sahrc.org

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Authors

Tammy Jordan Wyatt, Ph.D., CHES
Associate Professor
Department of Kinesiology, Health & Nutrition
The University of Texas at San Antonio

Roberto P. Treviño, M.D. Director
Social and Health Research Center, INC

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Pre Test: 8th Grade Health Test



- 1. Which is not a benefit of physical activity?**
 - a) Stronger bones
 - b) Improved sleep
 - c) Increased self-confidence
 - d) Increased stress
- 2. Which should you do to try to avoid injury when being physically active?**
 - a) Never engage in any activity alone
 - b) Be sure to warm-up before and cool-down after activity
 - c) Make sure your diet consists of enough fat to give you energy
 - d) All of the above
- 3. One who eats eggs, dairy products, and plant-based foods, but does not eat meat, poultry, or fish is considered a _____.**
 - a) Vegan
 - b) Lacto-vegetarian
 - c) Semi-vegetarian
 - d) Lacto-ovo-vegetarian
- 4. Which is an example of a short-term goal?**
 - a) Studying for an exam after school each day for a week
 - b) Striving to make all A's for the year
 - c) Making the varsity squad of a basketball team
 - d) Planning to attend college
- 5. Which can help to alleviate stress?**
 - a) Managing your time effectively
 - b) Using relaxation techniques
 - c) Getting plenty of sleep
 - d) All of the above
- 6. A condition especially affecting older women that is characterized by weak bones that are easily broken is called _____.**
 - a) Osteoarthritis
 - b) Osteoporosis
 - c) Anemia
 - d) Ketoacidosis
- 7. Which is NOT a complication of diabetes?**
 - a) Osteoporosis
 - b) Heart disease
 - c) Blindness
 - d) Kidney disease



1. ¿Cuál no es un beneficio de la actividad física?

- a) Huesos más fuertes
- b) Mejorar el sueño
- c) Mejora el autoestima
- d) El aumento del estrés

2. ¿Cuál de las siguientes medidas debería tomar para tratar de evitar lesiones al realizar actividad física?

- a) Nunca realice ninguna actividad sin compañía
- b) Asegúrese de calentar antes y enfriar después de la actividad física
- c) Asegúrate en consumir las grasas necesarias para darte la energía adecuada.
- d) Todas las anteriores

3. Una persona que come huevos, productos lácteos y alimentos de origen vegetal, pero no come carne, aves o pescado se considera un _____.

- a) Vegetariano
- b) Acto-vegetariano
- c) Semi-vegetariano
- d) Lacto-ovo-vegetariano

4. ¿Cuál de lo siguiente es un ejemplo de una meta de corto plazo?

- a) Estudiar para un examen después de la escuela, cada día por una semana
- b) Esforzándose por sacar puras "A" durante el año
- c) Ser aceptado como un miembro del equipo de baloncesto
- d) Planeando en asistir a la universidad

5. ¿Cuál de las siguientes opciones puede ayudar a aliviar el estrés?

- a) Usando su tiempo efectivamente
- b) Utilizando técnicas de relajación
- c) Obteniendo bastante descanso
- d) Todo las anteriores

6. Una condición que afecta especialmente a las mujeres mayores y que se caracteriza por la debilidad de los huesos que se quiebran fácilmente se llama _____.

- a) Osteoartritis
- b) Osteoporosis
- c) Anemia
- d) Cetoacidosis

7. ¿Cuál de las siguientes NO es una complicación de la diabetes?

- a) Osteoporosis
- b) Enfermedad del corazón
- c) Ceguera
- d) Enfermedad de los riñones

Lesson 1

Vocabulary Charades

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.^b The student is expected to identify community and digital resources that can assist in developing healthy eating and physical activity behaviors.^c



Objectives:

Upon completion of this lesson, each student will:

- 1 Locate information pertaining to a set of health-related words.
- 2 Use their body to act out the definitions of a set of health-related words.
- 3 Access and utilize age-appropriate resources for online health information.

Reading TEKS:



2.A Developing and sustaining foundational language skills: listening, speaking, reading, writing, and thinking--vocabulary. The student uses newly acquired vocabulary expressively. The student is expected to use print or digital resources to determine the meaning, syllabication, pronunciation, word origin, and parts of speech.

National Health Education Standards:



- 1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Lesson 1: Vocabulary Charades

Lesson Summary:

Students will use online resources (if available) to locate information pertaining to various chronic and non-communicable diseases. They will also look up information about different types of vegetarianism. Upon locating the definition to each word, students will form teams and act out the definitions of the health-related terms.

Materials:

The class will need:

- Computer/Tablet/Phone
- Cards with names of the health terms



Teaching Time Required:

- 45 minutes

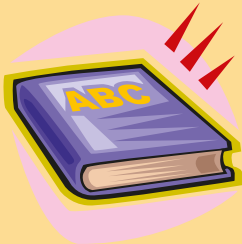


Procedures:

To start this lesson, say:

"Today we will use online resources to locate information pertaining to vocabulary words related to various chronic and non-communicable diseases. They will also look up information about different types of vegetarianism. After searching the internet for information about each vocabulary word, you will form teams and act out the definitions to each term, much like charades."

- 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.americanheart.org, www.diabetes.org, www.wordcentral.com, www.kidshealth.org, www.factmonster.com, www.m-w.com, www.britannica.com, www.nationaleatingdisorders.org, www.bam.gov, <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/vegetarian-diet/art-20046446>, www.kidney.org, and www.nlm.nih.gov/medlineplus/encyclopedia.html
- Once students have defined all of the terms, teams will be formed and students will act out the definitions to each term.



Teaching Concept:

It is important to know the meanings and major ideas associated with health-related words. This set of 16 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: chronic diseases related to nutrition/physical activity/diabetes and vegetarian dietary

behaviors. 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 to gather the information.]



Lesson 1: Vocabulary Charades

Teaching Concept: (cont'd)

- **Osteoarthritis** — a condition affecting the joints of older people that is characterized by inflammation and degeneration of the bone. Osteoarthritis is the most common joint disorder. The chronic disease causes the cushioning (cartilage) between the bone joints to wear away, leading to pain and stiffness. It can also cause new pieces of bone, called bone spurs, to grow around the joints.
- **Lacto-vegetarian** — those who eat dairy products but no eggs or meat products.
- **Lacto-ovo-vegetarian** — those who eat dairy products and eggs but no meat products.
- **Vegan** — Vegans don't eat any products of animal origin. This includes not only meat, but also dairy products (milk, butter, cheese), eggs, and sometimes even honey. The strictest vegans don't wear leather, wool or silk and also avoid health and beauty products made with ingredients derived from animals.



- **Partial vegetarian** — Many people choose to reduce their meat intake instead of eliminating meat from their diet altogether. They may choose to give up just red meat, or they may only eat meat when they know it comes from small-scale producers who treat their livestock humanely.
- **Foodborne illness** — sicknesses that are caused by eating food that has been contaminated with disease-causing microorganisms or toxins.
- **Hyperlipidemia** — having high levels of lipids (fats) in the blood. These can form plaques in the arteries, which can lead to heart disease, heart attack, and stroke.
- **Oral hygiene** — keeping one's mouth clean, lessening the risk of developing diseases of the mouth. This is achieved by brushing one's teeth regularly, flossing, and regularly visiting a dentist.

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.
- Play Charades.

Vocabulary Charades: Divide the class into two teams. One player from a team will choose a card with a health term written on it, making sure that others cannot see the card. Without speaking, the student will have 2 minutes to act out the definition/clues to the term for their teammates. Teams may have three attempts at guessing the term. If the term is guessed correctly, the definition or description of the term must be provided for a point to be earned. If time expires, the team has 3 incorrect attempts, or the team does not provide the correct definition of the term, the alternate team may try to earn a point by providing the correct term and definition in one attempt. If the alternate team guesses incorrectly, no one earns a point. If the alternate team guesses correctly, that team earns one point. Teams will alternate the giving of clues to their teammates. The team with the most points at the end of the game will win.



Review Sheet: See Student Workbook

You will surf a variety of Internet websites to gather information on the health terms listed below. Briefly describe each term and provide any interesting information related to each term below:

1. Osteoporosis _____

2. Cancer _____

3. Anemia _____

4. Eustress _____

5. Distress _____

6. Body image _____

7. Kidney disease _____

8. Hypertension _____

9. Ketoacidosis _____

10. Cardiovascular Disease _____



Hoja de Repaso: Vea el Cuaderno del Estudiante

Usted buscara en varios sitios del Internet información sobre los términos de salud notados abajo. Anote una breve descripción de cada termino y provee cualquier información interesante relacionado en su búsqueda:

1. Osteoporosis _____

2. Cancer _____

3. Anemia _____

4. Eustrés _____

5. Agotamiento Mental _____

6. Imagen corporal _____

7. Enfermedad Renal _____

8. Hipertensión _____

9. Cetoacidosis _____

10. Enfermedad cardiovascular _____

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