

Health Blizzard Bags

2016-2017

Day 1 Assignment:

Identify the dangers of tobacco products and ways to avoid tobacco use.

Tobacco use is one of the leading causes of death in the United States. Cigarette smoking will kill 480,000 people this year alone. We need to educate one another on the importance of being tobacco free. What I would like you to do is write a paragraph explaining in your opinion why smoking is bad. Find some informational facts, statistics, health issues, costs of smoking, etc. This paragraph needs to be educational and will be shared with each other. Feel free to write more than a paragraph.

Here are some great resources to use:

Center for disease control and prevention

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/

American Cancer Society

<http://www.cancer.org/cancer/cancercauses/tobaccocancer/cigarettesmoking/cigarette-smoking-who-and-how-affects-health>

Teen Health

http://kidshealth.org/teen/drug_alcohol/tobacco/smoking.html

Day 2 Assignment:

Visit the centers for disease control and prevention at <http://www.cdc.gov/> .

Here you can find thousands of diseases or disorders to choose from. The center for disease control and prevention is a government agency that is designed to help educate and protect citizens lives by providing them with knowledge, statistics, prevention steps, and curing methods.

Find one disease or disorder from the cdc website and provide info to share to the class.

Your directions: Find one disease or disorder. The easiest way to navigate through the website is to go to the index which is located on the top left side of the webpage. Write down important details on this topic. For example, how do you contract your disease? Provide statistics on your topic. Describe any methods of treatments.

Here are some suggested questions you may want to think about.

How many people have it?
Any nicknames?
Can I get rid of it?
How does it affect my body?
What are some symptoms?
What causes your disease?
How is it diagnosed?
Treatment methods?
Has it affected my life?

Day 3 Assignment:

The Refrigerator and Your Health: Keeping Your Food Safe

You can get sick if you eat or drink foods contaminated with bacteria, fungi, parasites, or viruses. Bacteria, fungi, parasites, and viruses are very small living things. They live in the air, water, soil, food we eat, and on many things we touch every day. Some live inside our bodies. Others live in plants or animals. Some can be good for our health, while others can be bad.

Think about this: Can a steak that looks, smells, or tastes good make you sick? Yes.

It can happen when bad bacteria grow in it. You may not be sick right after you eat contaminated food. It may take hours or even days for any signs or symptoms to appear. You might have diarrhea, nausea, vomiting, and stomach cramps.

How can you prevent this from happening? There are many ways. You should wash your hands and keep your kitchen clean. You should refrigerate your food to prevent bacteria from growing in it.

Follow these steps to keep your food safe: **FIRST**

- Check your refrigerator. Make sure its temperature is at 40 degrees Fahrenheit or below. If the temperature is higher than 40 degrees Fahrenheit, bacteria can grow in your food very quickly. Make sure the temperature is 40 degrees Fahrenheit or below all the time.
- If the power goes off, keep the door closed. That will keep the food colder for a longer time. If the power is off for less than 2 hours, your food should be safe. If the power is off for more than 2 hours, the food might be spoiled. Check the food's temperature just before you cook or eat it. If its temperature is above 40 degrees Fahrenheit, don't eat it. Throw it away.
- If something spills in your refrigerator, clean it up right away. Use hot, soapy water and then rinse it with water.
- If you need to turn off your refrigerator to clean it, keep your food cold. Make sure your frozen foods do not defrost. Put your food in a cooler with ice. Or, you may put your food in a box and cover it with blankets. This will keep the food cold for a while.
- Do not use any type of heat to defrost your refrigerator. Do not use anything sharp to remove the ice and frost. It could harm your refrigerator.

Define the following vocabulary words:

- Contaminated-
- Thermometer -
- Defrost -
- Spoiled-
- Perishable-

Clean your Fridge Assignment:

Step 1: Check expiration dates and throw away any items that are out-dated.

Step 2: Use hot, soapy water to clean and wipe down your refrigerator.

Step 3: Have a parent sign off and score your work

Parent signature: _____

Score: Circle One

10- Students washed hands before starting, thoroughly checked expiration dates and threw away expired items. Washed down sticky bottles and containers. Clean and wiped down all parts of the refrigerator.

8- Student washed hands before starting. Mostly checked through expiration dates and mostly wiped down containers. Moderately cleaned the refrigerator.

5- Student did not wash hands. Student did not check expiration dates or wipe down bottles and containers. Although student worked at cleaning the refrigerator, it still needs work.