

2002

Nutrition relay; In To Your Health: Teaching Tips

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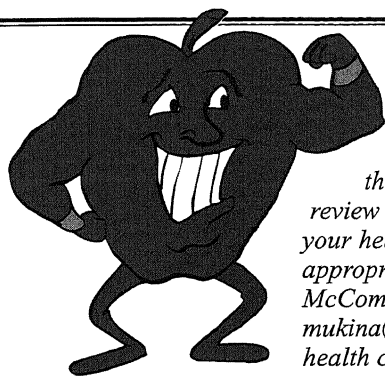
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Recommended Citation

Mahoney, Beverly S., "Nutrition relay; In To Your Health: Teaching Tips" (2002). *Faculty Publications and Presentations*. Paper 6.
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Linda Makina Felker, Vice President For Health



To Your Health Teaching Tips you can use for your health classroom!

The PSAHPERD health division is pleased to announce this ...**To Your Health!!** column that will spotlight different teaching strategies our members use to introduce, reinforce, or review health content in their classes. This column will showcase teaching ideas that you can use in your health classroom tomorrow. Send your ideas, including a brief description of the activity, appropriate grade level, supplies needed, and a photo of the activity to Linda Makina Felker, 36 McComb Fieldhouse, Edinboro University of PA, Edinboro, PA 16444, or email mukina@edinboro.edu. Remember to include your name and address to receive a PSAHPERD health commemorative!

✓ SURFING FOR SAFETY

Content Area: First Aid and Safety

Appropriate Grade Level: Middle School

Materials Needed: Internet access

Description of Activity: This project allows students to work independently and select topics of personal interest, as they obtain credible health information from a designated website. (See rubric below). This activity can introduce or conclude a unit on first aid and safety.

Rubric for First Aid and Safety Unit Computer Project:

- A** 1. Turn on the computer, log in student number, go to <http://kidshealth.org/teen/safety/index.html>
2. Pick from one of the twelve **Prevention Basics** or one of the four **Know What To Do** articles.
3. Read the article you have chosen.
4. Write a one page synopsis of the article you have read.
5. Give a two minute presentation to the class on your article
- B** 1. Complete steps 1-4 above.
- C** 1. Complete steps 1-3 above. The teacher will ask you questions on the article.
- D** 1. Complete steps 1-2 above.
- F** 1. Do nothing.

Prevention Basics

(12 Articles)

<http://kidshealth.org/teen/safety/index.html>

Alcohol Information for Teens
Are Steroids Worth the Risk?
Cool Camping Basics
Internet Safety
Keeping Your Cool in the Cold and Snow
Making the Shift to Bike Safety
Making Water Safety a Splash
Should You Worry About School Violence?
Smokeless Tobacco and Teens
Smoking
Staying in Shape for Travel
The Tanning Taboo

Know What To Do

(4 Articles)

<http://kidshealth.org/teen/safety/index.html>

Knowing About Nosebleeds
Self Defense 101 for Teens
The Buzz on Insect Bites and Stings
The Dangers of Dehydration

Submitted by Michelle Raber, Northern Lehigh Middle School

✓ NUTRITION RELAY

Content Area: Nutrition

Appropriate Grade Level: Grades 3-6

Materials Needed: Pictures from magazines, clipart, or drawings depicting a variety of foods, (cutting out food photos may be a homework assignment prior to the lesson), floor tape, shoe boxes or other large cardboard boxes.

Description of Activity: Upon review of the food guide pyramid, students can participate in a nutrition relay by placing food pictures in the appropriate category of a food guide "pyramid" taped to the floor, or boxes piled atop one another. At the signal, one student from each team runs to the pile of food pictures, selects one, and places it in the proper location in the "pyramid." While runners are moving, the rest of the team members can be discussing what picture should be picked up next. Teams that finish first, with foods in the correct location, win.

Goals for teams may vary:

- 1) students can attempt to fill the pyramid with one food selection per category,
- 2) teams can be instructed to create one well-balanced meal in the pyramid,
- 3) older students can be instructed to fill the pyramid with enough appropriate servings to make a nutritious, 24 hour meal plan,
- 4) older students may incorporate math skills and compute total caloric value, grams of fat, sugar, protein, etc., if that information has been written on the backs of pictures prior to the game.

Submitted by Beverly S. Mahoney, Edinboro University of Pennsylvania