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Activity One



Food Label Review

Meal planning starts with recipes. Once you find the meals you want to make, you have to buy the ingredients. A trip to the grocery store can be scary. There's so many different options. To know what brand of ingredient to go with, check the food label.

A food label tells you the ingredients and nutritional value. The nutritional value tells you how good it is for you. It will tell you how many calories are in it. It will also tell you things like the salt, fat and sugars.



Go to the grocery store and pick out 5 different things. Look at the food labels. Do some research into what each thing means. Write up a report on each item. Look at what's good about each ingredient and what's bad.

Once you have a good idea of what food labels mean, go back to the grocery store. Pick out different brands of the same 5 things you picked out before. Compare each brand's version of the food item. Write another report.

Using this report, write up a review to post online. Explain your comparisons. Say which brand's item is better than the rest. Make sure to back up your opinion with examples.

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Activity Two



Cardio Workout

Start your own weekly cardio training. A good starting point would be 3 times a week, with optional weekends. The goal of a cardio routine is weight loss. Cardio training raises your heart rate. A raised heart rate helps burn calories. Burning calories helps you lose weight. To lose weight, you have to burn more calories than what you eat.

To lose weight, the key is to get your heart rate in a specific zone. Once you're in that zone, stay there to keep burning calories.

Your resting heart rate is between 60 to 100 beats per minute (bpm). For cardio weight loss, you'll want to get that heart rate up higher. Your cardio heart rate zone will be between 150 to 195 bpm. This changes based on age and gender. A simple way to find out what your heart rate zone is, is with the equation $180 - (\text{your age}) = \text{max bpm}$ and $\text{max bpm} - 20 = \text{min bpm}$.

For example, a 20-year-old's heart zone would be between 140 and 160 bpm.

$$180 - 20 = 160$$

$$160 - 20 = 140$$

Find your own heart rate zone:

$$180 - (\text{your age}) = \text{max bpm}$$

$$180 - (\quad) = (\quad) \text{ bpm}$$

$$\text{max bpm} - 20 = \text{min bpm}$$

$$(\quad) \text{ bpm} - 20 = (\quad) \text{ bpm}$$

Now that you know what your heart rate zone is, you need a way to keep track of it. You can do this with a heart rate monitor. Use a monitor to keep track of your heart rate while you work out. Try to keep your heart rate in this zone, but don't go past your maximum beats per minute.

The next thing to do is find the right exercises. Try out lots of different ones. See which ones get you into your zone. Do a mix of different exercises to set up a routine. Don't forget to take breaks and drink lots of water. Some cardio exercises are:

- aerobics
- walking

- jogging
- running

- swimming
- biking

- cycling
- dancing

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Activity Three



Acne Removal Home Remedies

For most people, acne is a big problem. Acne is the small red and white bumps that show up on your face. It can also show up on other parts of your body. These bumps are called pimples. Acne happens when the tiny holes on your skin called pores get filled with dirt.

There are lots of medicine you can try to get rid of acne. There are also lots of things you can do at home. Try these different home remedies for getting rid of acne. Rate them in how well they work. Would you keep using any of these instead of store-bought medicine? Would you tell a friend about any of these?



Ice: Wrap a piece of ice in a facecloth and hold it on the pimple. Leave it here for a few seconds. Then, wait a few minutes and do it again.



Lemon: Dip a cotton swab (Q-Tip) in lemon juice. Touch it to the pimple before going to bed. This will dry out the pimple.



Toothpaste: use the white part of the toothpaste only. Cover the pimple with a small bit of toothpaste. Leave on for 2 hours or overnight. Wash off the toothpaste. This dries out the skin.



Steam: Bring a pot of water to a boil. Pour the boiling water into a big bowl. Let it cool for a few minutes. Lean your face over the bowl. Cover your head with a towel. After 10-15 minutes, take off the towel and pat your face dry. This opens up the pores and clears out the dirt.



Potato: Grate 1 raw potato and rub it onto your face in a circular pattern. Do this for a few minutes. Let it dry for 15-30 minutes. Rinse with warm water. This will reduce the redness and encourage new skin growth.

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Activity Four



Laundry Temperature Experiment

Doing the laundry can be a scary task. There are lots of different options. The first option you'll have is what temperature to use. This is an important step. It affects how clean your clothes get.

If you wash 100% cotton in hot water, the clothing may shrink. Instead, wash it in cold water. If clothes are really dirty, cold water won't be enough to clean them. Use hot water to really get your clothes clean.

Do an experiment with the 3 different temperatures. Test them on different types of fabric. Go to a fabric store or use old clothes you don't care about anymore. Pick out at least 5 different fabrics. Make sure you have 3 kinds of each fabric.

Get all fabrics dirty and 'worn'. Take a picture of each next to a ruler. Use this as your before test. Then, wash each piece of fabric in the different temperatures. Take a picture of each next to a ruler. Use this as your after test. Compare the results. Make a tip chart similar to below using your findings. Look at this chart whenever you do laundry.

HOT	WARM	COLD
+130°F (+54°C)	90°F (32°C)	80°F (27°C)
white clothes	light colors	dark or bright colors
very dirty or greasy	cleans dirty clothes	not for very dirty clothes
diapers	towels, jeans, cottons	good for delicate fabrics
bed sheets and pillowcases	sheets, uniforms, manmade fibers	use for stain removal with a pre-treatment
can shrink or fade	doesn't fade or wrinkle	doesn't fade or shrink

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Activity Five



Drug Abuse Brochure

Drug abuse is a problem for many people. It starts with contact to the drug. It goes on with addiction. Look into drug abuse. Answer the following questions:

What are the signs?

How do you prevent it?

What do you do when someone is showing the symptoms?

Write a report answering these questions. Then, pick one of these drugs. Pretend someone you know is addicted to this drug. Write a story describing how your friend got into this drug. Describe how this drug affected them.

Finally, make a brochure on drug abuse. Start with a description of drug abuse. Use the information from your research. Then, narrow down to the drug you picked. Use the story you made up as an example.

At the end of your brochure, add ways to help someone who is addicted to drugs. Have tips and a list of places that could help.

Show your brochure or post it online.



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Activity Six



Prescription Drugs Research Paper

Write a 500-1000-word paper on the different kinds of prescribed drugs. Your paper should have an introduction, a body and a conclusion. Use this format:

- **Paragraph 1 - Introduction. 3-5 sentences.**
- **Paragraph 2 - Body. 5-10 sentences.**
- **Paragraph 3 - Body. 5-10 sentences.**
- **Paragraph 4 - Body. 5-10 sentences.**
- **Paragraph 5 - Body. 5-10 sentences.**
- **Paragraph 6 - Conclusion. 3-5 sentences.**

Be sure to explain what prescription drugs are in your paper. Give examples of the different kinds of drugs.

Next, explain what these drugs are used for. Why would someone be prescribed these drugs? How do they affect the person taking them? What is good about using these drugs? What is bad?

Then, explain how to use these drugs. Each drug comes with directions on how to use them. Explain why following these is important. What happens when you don't follow the directions? What are the side effects of using these drugs?

Finally, describe the right way of throwing out these drugs. Why is it important to throw out these drugs the right way? What could happen if they are not thrown out right?

Post your paper online.

