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## STUDENT HANDOUTS

### READING COMPREHENSION

• <i>Healthy Nutrition and Meal Planning</i> .....	
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• <i>Personal Hygiene, Grooming and Dental Care</i> .....	
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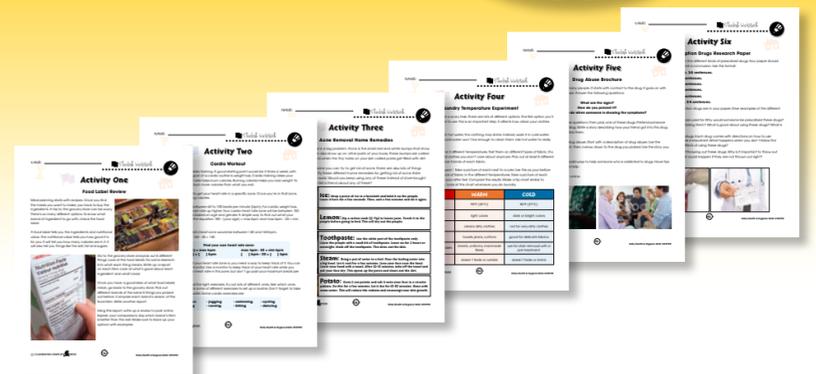
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## Prescription and Non-Prescription Drug Use

1. Finn has a prescription for antibiotics. The directions on the label says:  
**TAKE ONE CAPSULE BY MOUTH THREE TIMES DAILY FOR 10 DAYS UNTIL ALL TAKEN**  
Describe how Finn should use this medication.

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2. Alexa is giving her 2-year-old child cough medicine. The directions on the label says:  
**adults and children 12 years and over - 2 teaspoons every 4 hours**  
**children under 12 years - do not use**  
How should she use this medication?

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3. Finish each sentence with a word(s) from the list.

drugs addicted	prescription moderation	directions symptoms
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- a) Phoebe eats chocolate in \_\_\_\_\_ so she doesn't have too much.  
 b) The nurse gave the \_\_\_\_\_ to the patient.  
 c) Lorenzo was showing \_\_\_\_\_ of having the flu.  
 d) The doctor wrote a \_\_\_\_\_ for antibiotics.  
 e) Oscar read the \_\_\_\_\_ on the bottle very carefully.  
 f) The dog quickly became \_\_\_\_\_ to peanut butter.



## Prescription and Non-Prescription Drug Use

Drugs are medicine that has a change on the body. This can be a pill you take to get rid of a headache. It can also be something you take to treat a cough. Prescription drugs are the kind that you can only get with a doctor's prescription. That means you need a doctor's okay to get that drug.

Common Prescription Drugs
antibiotics
pain killers
cholesterol-lowering
blood-pressure
diabetic insulin

You can only get these drugs with a note because of how they react with your body. There are dangers that come with using them. It is important that you follow the directions. The label will tell you when and how to use these drugs.

### Health Tip

It's easy to get addicted to prescribed drugs. This means you use them when you shouldn't. Be careful and always get rid of leftover drugs in a safe way.



Martina wants to throw out her leftover drugs. She wants to make sure her little brother doesn't take them by accident. The bottle tells her to flush them down the toilet. Her mother tells her not to. She says it can get into the water system.

Martina's mother tells her of a safer way. She can throw them out in the trash. What steps does Martina's mother give her?

- Mix the medicine with dirt, kitty litter, or used coffee grounds.
- Place this mixture in a sealed plastic bag.
- Throw the bag in the trash.



## Prescription and Non-Prescription Drug Use

1. Put a check mark (✓) next to the answer that is most correct.

- a) Which is an example of a prescription drug?

- A joint pain  
 B insulin  
 C headache  
 D cough

- b) Which is an example of a non-prescription drug?

- A antibiotics  
 B blood pressure  
 C allergies  
 D cholesterol



2. Circle the word TRUE if the statement is TRUE or Circle the word FALSE if it is FALSE.

- a) Drugs have no effect on the body.

TRUE FALSE

- b) It's easy to become addicted to drugs.

TRUE FALSE

- c) You need a prescription to get over-the-counter drugs.

TRUE FALSE

- d) It's safe to take unlabeled drugs from someone.

TRUE FALSE



## Prescription and Non-Prescription Drug Use

3. Petra has a family member who is abusing drugs. She wants to help but doesn't know where to start. Do some research into drug abuse. Come up with a plan for Petra to follow.

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### Graphic Organizer

4. Use the graphic organizer on page 12 to find out about common household drugs. In the first column is a list of drugs. In the second column is a list of the benefits for using each drug. In the third column are the risks. At the bottom is an empty space. In this space, list some of the drugs you have in your household. Do some research into each drug. Choose one and make a list of the benefits and the risks. Knowing the risks is the first step to staying healthy. It's important to know why drugs are used and how to stop yourself from abusing them.



# Create a Fitness Plan

Make a weekly fitness plan that promotes a healthy lifestyle. First, pick your goal for your fitness plan:

- lose weight
- stay healthy
- gain muscle

Then, find out how many calories you need. This will be how much you can eat to reach your goal. Use the calculators on page 15 to help you.

From there, make a diet plan. Keep track of what you're eating, when, and how many calories it is.

Finally, make an exercise plan. Keep track of what exercise you're doing. Mark down when you do it and how many calories you lose.

Follow your plan for a couple weeks. See if your goals are slowly being met. Make small changes to better your plan. After about 2 months, look over your plan. Was it a good plan? Did you achieve or are well on your way to achieving your goal?

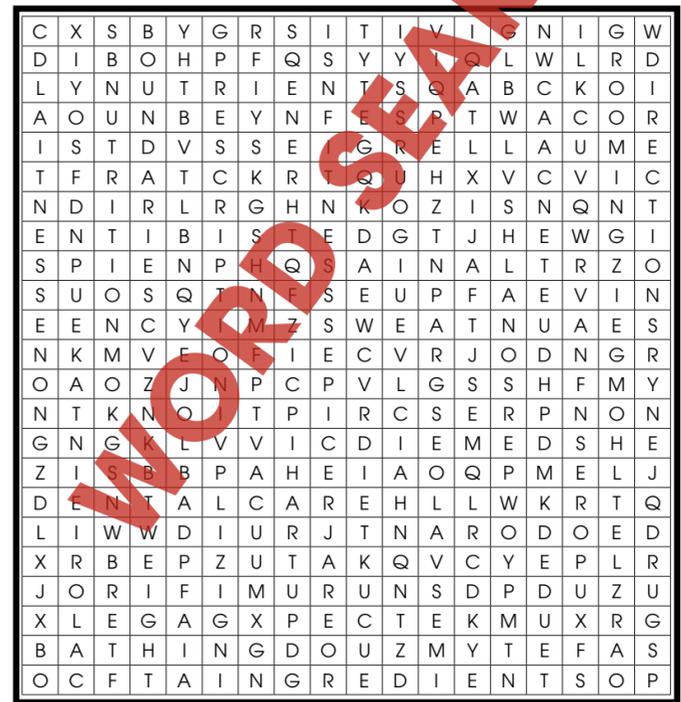
Write a blog of your experiences. Would you recommend this fitness plan for others? Ask others to participate. Make a month-long challenge that follows your plan.



# Word Search

Find all of the words in the Word Search. Words are written horizontally, vertically, diagonally, and some are even written backwards.

- |                |             |                  |              |        |
|----------------|-------------|------------------|--------------|--------|
| acne           | dental care | gingivitis       | nutrition    | safety |
| allergies      | deodorant   | grooming         | personal     | sweat  |
| bathing        | diet        | ingredients      | plaque       | vacuum |
| boundaries     | directions  | non-essential    | pores        | weight |
| calorie intake | drugs       | non-prescription | prescription |        |
| cavities       | fitness     | nutrients        | recipes      |        |



# Comprehension Quiz

## Part C

Answer each question in complete sentences.

- Why is it a good idea to plan meals that use many of the same ingredients? 2  
\_\_\_\_\_
- Felix is 17, weighs 180 lbs and is 5 feet, 9 inches tall. Is he underweight, overweight or normal? Use the BMI calculator to find out. 4  
\_\_\_\_\_
- Min-Suh wants to lose weight. She weighs 145 pounds. She wants to lose 1 pound per week. How many calories does she need to eat? Use the Mifflin-St Jeor equation to find out. 3  
\_\_\_\_\_
- What are the 5 steps to doing laundry? 5  
\_\_\_\_\_

SUBTOTAL: /14

# Checking Your Appearance Chart

Is your hair brushed?

Are your clothes cleaned and ironed?

Is your face clean?

Are you smiling?

Does your breath smell fresh?

Are you standing straight?

Are your teeth brushed?





# Prescription and Non-Prescription Drug Use

1. Put a check mark (✓) next to the answer that is most correct.

a) Which is an example of a prescription drug?

- A joint pain
- B insulin
- C headache
- D cough

b) Which is an example of a non-prescription drug?

- A antibiotics
- B blood pressure
- C allergies
- D cholesterol



2. Circle the word **TRUE** if the statement is TRUE or **Circle** the word **FALSE** if it is FALSE.

a) Drugs have no effect on the body.

**TRUE**      **FALSE**

b) It's easy to become addicted to drugs.

**TRUE**      **FALSE**

c) You need a prescription to get over-the-counter drugs.

**TRUE**      **FALSE**

d) It's safe to take unlabeled drugs from someone.

**TRUE**      **FALSE**

1.

a)  B

b)  C

2.

a) FALSE

b) TRUE

c) FALSE

d) FALSE

10

# EASY MARKING ANSWER KEY

