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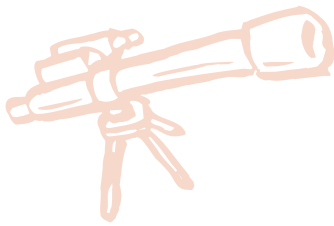
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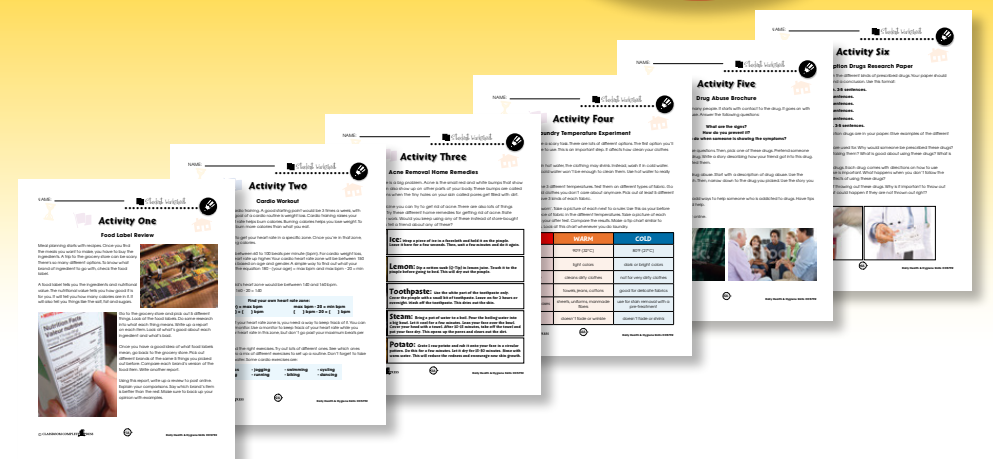
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Exercise and Fitness

1. Ye-Jun eats as much as he wants. He doesn't always eat healthy. He walks 1 mile to school every day. Other than that, he sits around the house watching TV. Is Ye-Jun's lifestyle a healthy one? Why or why not?



2. Katie goes to the gym every day. She sits a lot at work, but makes sure to take many breaks where she walks around. She watches what she eats and makes sure she doesn't eat too much. Is Katie's lifestyle a healthy one? Why or why not?



3. Write each word beside its meaning.

fitness exercise weight calories diet

- _____ a) Activities that make you sweat and raise your heart rate.
 _____ b) Found in food, it can be burned off with exercise.
 _____ c) The action of working out and being healthy.
 _____ d) Stopping yourself from eating too much of certain foods.
 _____ e) How heavy or light something is.



Exercise and Fitness

Nutrition is one part to a healthy lifestyle. The other is exercise and fitness. Fitness is what you do to look good and be healthy. Exercise is what you do to stay fit. Your weight is a way to track how fit and healthy you are.

A healthy diet + exercise = a healthy lifestyle

The Body Mass Index (BMI) calculator helps you find what your weight should be. Use this calculator to set a weight that you want to be. From there, you can find out how many calories you need to reach this weight.

Daily Calorie Intake
 Men = $9.99 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 4.92 \times \text{age} + 5$
 Women = $9.99 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 4.92 \times \text{age} - 161$
 For a more correct estimate of your Daily Calorie Intake, use the Mifflin-St Jeor equation online (<http://www.calculator.net/calorie-calculator.html>).

Calories are found in food. When you eat food, you gain calories. Physical activity burns calories. If you eat more calories than you can burn, you will gain weight. If you burn more calories than you eat, you will lose weight.

BMI = (weight (kg) ÷ height² (m))

CURRENT HEIGHT: 1.525 m CURRENT WEIGHT: 59 kg

BMI = 59 kg ÷ 1.525²
BMI = 59 kg ÷ 2.326

CALCULATE MY BMI

RESULTS: **BMI = 25.365 kg/m²**

Zoe is 15, weighs 59 kg and is 152.5 cm tall. She feels overweight and out of shape. She uses the BMI calculator to find what her healthy weight range is.

Category	BMI Range - kg/m ²
Underweight	<18.5
Normal	18.5 - 25
Overweight	>25



Try it online: <http://www.calculator.net/bmi-calculator.html>



Exercise and Fitness

1. Find each person's BMI below. Then, **Circle** the word **UNDERWEIGHT**, **NORMAL** or **OVERWEIGHT** to describe them.

- a) Mariam weighs 50 kg and is 1.57 m tall.
 UNDERWEIGHT NORMAL OVERWEIGHT
- b) Omar weighs 59 kg and is 1.83 m tall.
 UNDERWEIGHT NORMAL OVERWEIGHT
- c) Nikola weighs 61.5 kg and is 1.6 m tall.
 UNDERWEIGHT NORMAL OVERWEIGHT
- d) Christina weighs 78 kg and is 1.73 m tall.
 UNDERWEIGHT NORMAL OVERWEIGHT

2. Fill in each blank with the correct word(s) from the reading.

One way to manage your _____ is by going on a _____. The _____ of this is to lose weight. Another way to lose weight is by _____. This lets you _____ calories. This will help you _____ weight. Know your _____ and don't push yourself too hard.



Exercise and Fitness

3. Lucas is 17, weighs 50 kg, and is 167.6 cm tall. What is his BMI?

Write your calculations here:



Based on his BMI, should Lucas keep his current weight, gain weight, or lose weight?

- Keep Weight Gain Weight Lose Weight

What should Lucas' daily calorie intake be?

Write your calculations here:

Graphic Organizer

4. Use the graphic organizer on page 12 to make a fitness routine.

First, look at the Cause and Effect chart to find out what type of fitness routine you want.

Then, look at the eat and exercise columns. See what foods you should eat. Find out what exercises you should do.

Finally, make your own exercise and fitness routine.



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 8 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
- allergies
- bathing
- boundaries
- calorie intake
- cavities
- dental care
- deodorant
- diet
- directions
- drugs
- fitness
- gingivitis
- grooming
- ingredients
- non-essential
- non-prescription
- nutrients
- nutrition
- personal
- plaque
- pores
- prescription
- recipes
- safety
- sweat
- vacuum
- weight



Comprehension Quiz

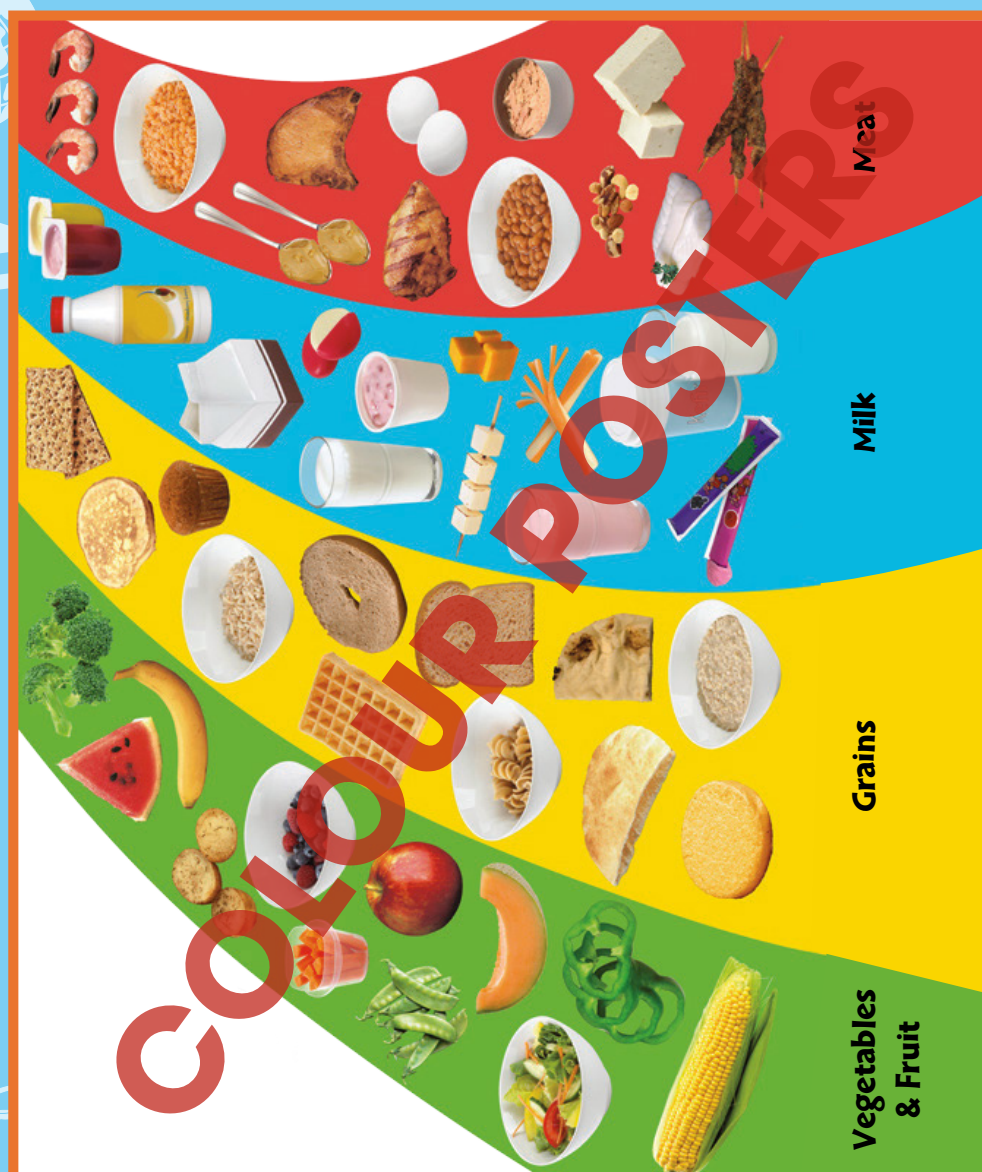
Part C

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 81.6 kg and is 175.26 cm tall. Is he underweight, overweight or normal? Use the BMI calculator to find out. 4
- Min-Suh is 18 and wants to lose weight. She weighs 65 kg and is 160 cm tall. She wants to lose 0.5 kg 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

Food Guide





Exercise and Fitness



1. Find each person's BMI below. Then, **Circle** the word **UNDERWEIGHT**, **NORMAL** or **OVERWEIGHT** to describe them.

a) Mariam weighs 50 kg and is 1.57 m tall.

UNDERWEIGHT

NORMAL

OVERWEIGHT

b) Omar weighs 59 kg and is 1.83 m tall.

UNDERWEIGHT

NORMAL

OVERWEIGHT

c) Nikola weighs 61.5 kg and is 1.6 m tall.

UNDERWEIGHT

NORMAL

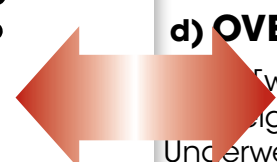
OVERWEIGHT

d) Christina weighs 78 kg and is 1.73 m tall.

UNDERWEIGHT

NORMAL

OVERWEIGHT



1.

a) **NORMAL**

b) **UNDERWEIGHT**

c) **NORMAL**

d) **OVERWEIGHT**

$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 \text{ (m)}}$
Underweight = <18.5
Normal = 18.5 – 25
Overweight = >25



2. Fill in each blank with the correct word(s) from the reading.

One way to manage your _____ a _____ is by going on a _____ b _____. The

_____ c _____ of this is to lose weight. Another way to lose weight is by _____ d _____.

This lets you _____ e _____ calories. This will help you _____ f _____ weight. Know your

_____ g _____ and don't push yourself too hard.



2.

- a) calories
- b) diet

- c) goal
- d) exercising

- e) burn off
- f) lose
- g) limits



EASY MARKING ANSWER KEY