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STUDENT HANDOUTS

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✓ 6 BONUS Activity Pages! Additional worksheets for your students

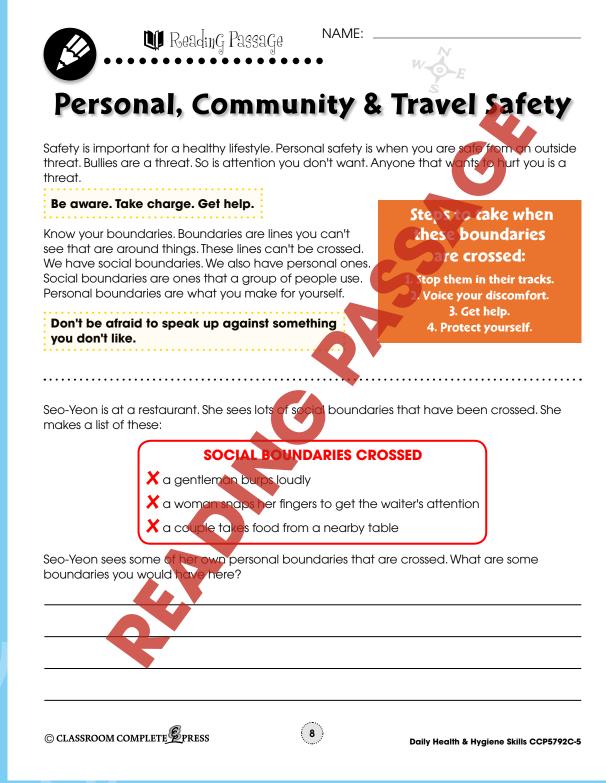
- Go to our website: www.classroomcompletepress.com/bonus
- Enter item CC5792C
- Enter pass code CC5792DC







NAME: _		👿 Before You Read	
Per	sonal.	Community & Travel Safe	etv
to mu	usic with a pair of	rocery store. While on her walk, she listens f headphones. She also looks at her phone s walking. How is Abigail not being safe?	
			1.59
			S. Complete
map	of the city. He wo	New York City for a week. He comes prepared with a detailed alks around constantly looking at his map and taking picture	es of
every	rthing he sees. Ho	ow is Ashton being safe during his trip? How is he not being s	afe?
		.65	
3. With	a straight line, n	match each word on the left with its meaning on the righ	ıt.
1	personal	in the year early age that mark limite	
1)	personal	Lines you can't see that mark limits.	A
2	boundaries	Being out with a group of people you may or may not know.	B)
3)	surroundings	People you don't know.	c)
4)	community	A group of people that live in the	D
		same place.	
5	social	Affects yourself and no one else.	E
6	wary	Being careful about something or someone.	F
7	strangers	What's around you at a certain distance.	G
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VAIVIE.	Q 3 3	Af ber You Ro	ead 🗲
Personal,	Commun	nity & Tra	vel Safety
 Nolan is planning a tri Make a list of things N 			to safe travels abroad. ing his trip.
			<u></u>
		10	~
		XO	
		7	
Graphic Organize			
	_		

4. Use the graphic organizer on page 12 for tips on how to be safe in the real world. First, learn about personal and social safety tips. Find out how to be safe at home,

at school and in the community. Then, read the tips on how to be safe online and while travelling.

Write down any other tips you can think of for yourself. Look back to this list and add to it when you can.





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Essential vs. Non-Essential Nutrients

Nutrients are things in food that helps us grow and stay healthy. In other words, putrients are important. We get these nutrients in the things that we eat. There are two different kinds of nutrients: essential and non-essential.

Essential Nutrients

Essential nutrients give you energy. You use this energy in your day-to-day life. Walking, breathing and sitting uses energy. These are needed because your body doesn't make them on its own. You can get this energy with:

- proteins (meats, beans)
- fats (fish, nuts)
- carbohydrates (vegetables, fruits)
- vitamins (vegetables, fruits)
- minerals (peanut butter, milk)
- water



Non-essential nutrients are things that you need every day. They are not needed because your body can make them on its own. In some cases, your body may not be able to make these. Maybe you're sick, or have a disorder, or maybe you're just not making enough. Some non-essential nutrients are:

- non-essential amino acids (protein in muscles, cells and tissues)
- some vitamins (Vitamin D from sunlight)
- fibre (used for digestion)
- cholesterol (made in the liver)

Pick one essential and one non-essential nutrient. Do some research into each one. Make a poster comparing them. Why is this nutrient important? Where can you get it? Show your finished poster or post it online.

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After You Read 🥏



Comprehension Quiz

Part A

NAME: _

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

1. Your weight is a way to track how fit and healthy you are.

TRUE FALSE

2. How you look and smell sends a message to others.

TRUE FALSE

3. Steak and chicken are safe to eat raw.

TRUE FALSE

If you eat more calories than you can burn, you

TRUE

5. You can only get prescription drugs with a doct

TRUE

FALSE

FALSE

6. Dentists say to brush once a day and floss

TRUE

FALSE

Part B

- 2. Put a check mark (/) next to the answer that is most correct.
 - a) When should you wash your hands?
 - A After using the bathroom.
 - O B After being outside. O c Before eating.
 - O D All of the above.
 - b) What is NOT a step to take when your boundaries are crossed?
 - **A** Ignore them.
 - O B Voice your discomfort.
 - O c Get help.

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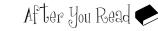
O **D** Protect yourself.



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SUBTOTAL: /8

NAME: _





Crossword Puzzle!

Across

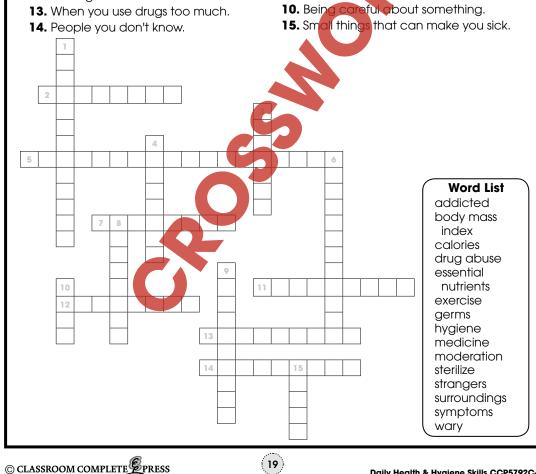
- 2. What you show when you're sick.
- **5.** You get this from what you eat.
- 7. You take this when you're sick.
- 11. Do this to any surface when
- cooking. 12. Some people become __
- to drugs.

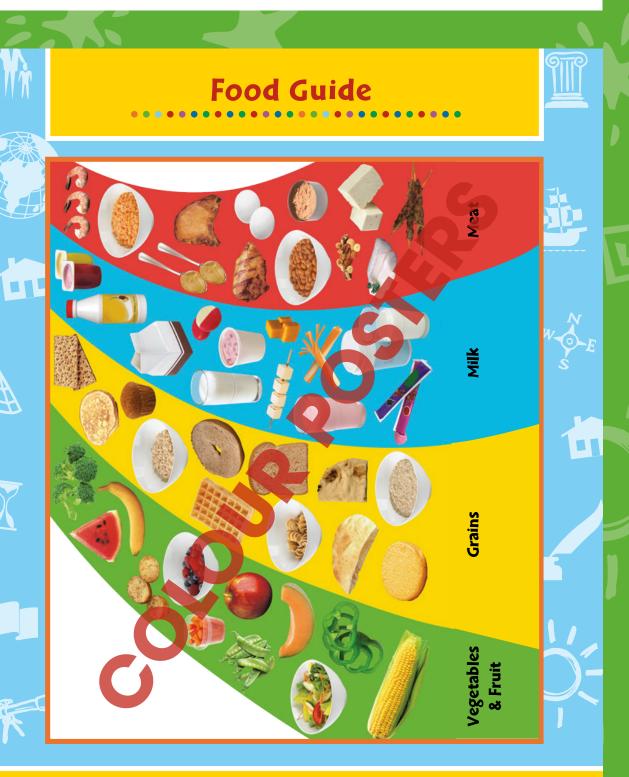
Down

- 1. What your weight should be.
- **3.** Brushing your teeth and hair.
- 4. Burn more of these than you eat to lose
- 6. What's around
- 8. Doing this will help you lose weight.

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9. Eat in to stay fit.











NAME: _____

Personal, Community & Travel Safety

1.	Fill in each	blank with	n the correct	word(s) from th	e reading
----	--------------	------------	---------------	--------	-----------	-----------

Being safe in your community is important. To do this, be _____ of your _____.

This means to always know what is _____ around you. When travelling, it's easy to forget

about being safe. When you travel, you are outside of your _____. This means you are

not _____ with where you are. There are more ____ here.

- 2. Circle the word TRUE if the statement is TRUE or Circle the word FALSE if it is FALSE
 - a) Personal boundaries are ones that a group of people use.

TRUE FALSE

Always be wary of strangers to keep yourself safe. TRUE FALSE

c) Knowing your route can help you stay safe while travelling.

TRUE FALSE

d) Social boundaries are what you make for yourself.

TRUE FALSI

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1.

- a) awareb) surroundings
- c) happening
- d) comfort zone
 - e) familiar
 - f) dangers



a) FALSE

ATRUE SWERKEY

c) TRUE

d) FALSE



