

Drag and Drop

Finish each sentence with a word from the list. Drag and drop the words in the boxes.

expiration	ingredients	essential
non-essential	recipes	nutrition

- a) Franco searched online for different chicken _____.
- b) Good _____ leads to a healthy lifestyle.
- c) Anika buys her _____ at the grocery store.
- d) It is _____ the police find the suspect.
- e) Check the _____ date on the milk.
- f) The board decided to cancel _____ activities.

/6

Reading Passage

A healthy lifestyle starts with planning and cooking your own food. This lets you know what you're putting into your body. Knowing this will help you stay healthy.

Try eating lots of little meals instead of a few big meals.

The first thing to do when planning your meal is to look at recipes. Use different meals to make up your week. Have chicken on Monday, then vegetarian on Tuesday. The next thing to do is make your grocery list.

Savings Tip

Check flyers for sales and make meals that use some of the same things.

Comprehension Questions

Sophia goes to the store. She buys fruits, vegetables, meat, and grains. When she gets home, Sophia leaves her groceries out. Then she looks at different recipes. She picks some recipes that use the food she bought. Sophia puts the food away. When done, Sophia writes down what she bought in a list.

Put Sophia's process of meal planning in the correct order.

- Go shopping.
- Look at recipes.
- Store the food.
- Make a grocery list.

Why is it important to use the correct order?

/5

Marking Rubric

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Total Score = /39

Short Answer Question

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? ✓

Yes No

Why or why not? Type your answer in the box below.

1/2

Reading Passage



Exercise Benefits for the Body

- STRONG MUSCLES
- STRONG HEART AND LUNGS
- LESS RISK OF DISEASE
- HELPS YOU TO RELAX
- LOSE WEIGHT
- LOOK BETTER
- FEEL BETTER ABOUT YOURSELF

Fill in the Blank

Fill in each blank with the correct word(s) from the reading. Type the missing word in the boxes.

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.

1/7

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Total Score = /27

Short Answer Question

Charlie takes a shower every morning. He takes an hour to get ready. This includes brushing his teeth, combing his hair and getting dressed. He always starts his work day with a staff meeting. What message does Charlie give with his appearance?



Type your answer in the box below.

/1

Reading Passage

What is personal hygiene, and why is it important? Personal hygiene is when you clean yourself. It is important because it keeps you healthy. It also makes you look and smell nice. This tells a message to others.

Hygiene Tip

Make sure to wash your hands a lot during the day to fight off germs.

There's lots of ways to have good personal hygiene. The first way is bathing. Taking a bath or a shower lets you wash away dirt and sweat from your body.

This will also make you smell nice. Smell is a very strong sense shared by everyone. If you smell bad, people will not want to be around you.

Comprehension Questions

Benjamin knows to wash his hands with soap and water. It is the first step against germs and getting sick. Benjamin writes a list of important times you should wash your hands.

Help him finish this list. Type your answers in the boxes below.

1. After using the toilet.
2. Before eating.

3.
4.
5.
6.

/4

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Total Score = /23

Short Answer Question


 Mikhail is making dinner for his friends. He decides to make a chicken stir-fry. First he cuts his meat and cooks it until it's done. Then, he uses the same knife and board to cut up all his vegetables. He adds that to the chicken. Finally, he adds the sauce and lets the dish cook.



 What mistakes did Mikhail make? Type your answer in the box below.

/1

Reading Passage


 Making sure your house is clean will help you stay healthy. A dirty house breeds germs that can make you sick. Keeping a clean kitchen and following safe cooking practices is the first step to fight off germs.

Health Tip

Don't use the same knife or cutting board for your raw meat and fresh vegetables. You can get sick if this happens.

When handling raw meat, always make sure your hands are clean. Never use wooden spoons or boards with raw meat. Always sterilize the area. This means cleaning the area very well so no germs can survive.

Comprehension Questions

 How do you do laundry? Put the steps below in order. Type the number next to each step to put them in the right order.

- Separate whites and colors.
- Choose your setting.
- Choose the water temperature.
- Treat stains with a stain remover.
- Measure detergent and fabric softener.

/5

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Total Score = /36

Matching

Match the word on the left with its meaning on the right. Type the number of the word next to its meaning.

- | | | | |
|---|--------------|--|---|
| 1 | personal | Lines you can't see that mark limits. | 2 |
| 2 | boundaries | A group of people that live in the same place. | |
| 3 | surroundings | Affects yourself and no one else. | |
| 4 | community | What's around you at a certain distance. | |

/4

Reading Passage

Being safe in your community is important. To do this, be aware of your surroundings. This means to always know what is happening around you.

! HOW TO STAY SAFE IN YOUR COMMUNITY: !

- Follow the rules of the road.
- Stay in bright areas with lots of people.
- Don't be out alone at night.
- Be wary of strangers.

When traveling, it's easy to forget about being safe. When you travel, you are outside of your comfort zone. This means you are not familiar with where you are. There are more dangers here.

Fill In The Blank

Fill in each blank with the correct word(s) from the reading. Type the missing word in the boxes.

Being safe in your community is important. To do this, be of your . This means to always know what is around you. When traveling, 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.

/6

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Total Score = /25

Drag and Drop

Finish each sentence with a word from the list. Drag and drop the words in the boxes.

drugs

moderation

symptoms

- 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.

/3

Reading Passage

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

Comprehension Questions

Use the circles to answer the following questions.

- Tobias has a headache. He takes two pills every 6 hours until it goes away. This is what the bottle says to do.
ABUSE SAFE
- Simon thinks he's getting a cold. He is showing no symptoms. He takes flu medicine to stop himself from getting sick.
ABUSE SAFE
- Elise takes her allergy pills. But it's not allergy season.
ABUSE SAFE
- Antonia has healed from a broken leg. She has a couple pain pills left. She decides to keep taking them.
ABUSE SAFE

/4

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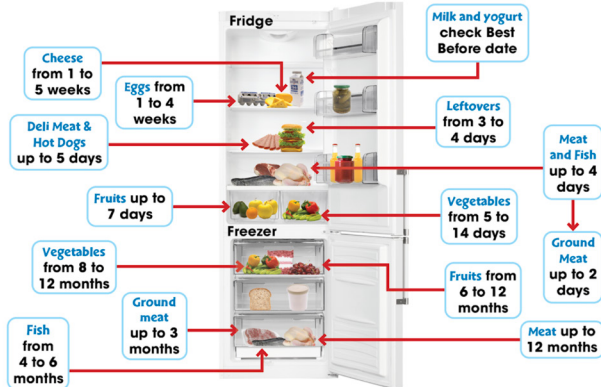
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Total Score = /19

Hands-on Activity

Hands-on Activity: Your Own Cooking Show

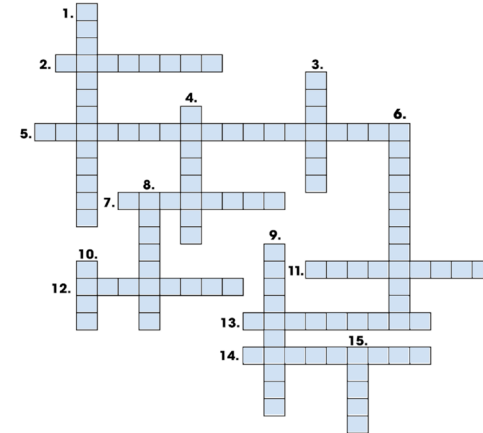
Food preparation is an important step in daily health and hygiene care. This starts with food storage. Look at this Food Storage Diagram.



Crossword

Word List

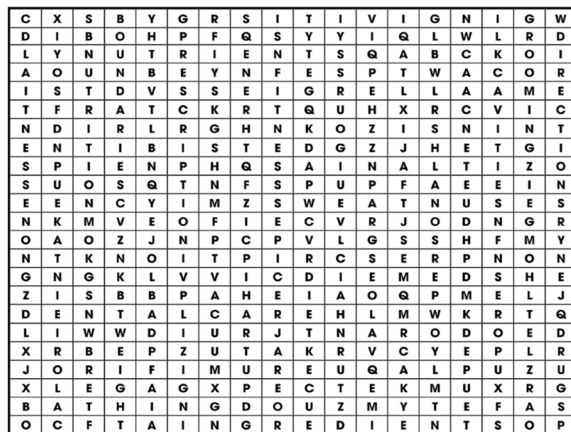
addicted
body mass index
calories
drug abuse
essential nutrients
exercise
germs
hygiene
medicine
moderation
sterilize
strangers
surroundings
symptoms
wary



15

Word Search

Drag the red circles over top of the words you find in the word search.



28

Comprehension Quiz

a) Felix is 17, weighs 180 lbs and is 5 feet, 9 inches tall. Is he underweight, overweight or normal? Click on the laptop image to use the BMI calculator.

Explore With Technology

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



b) Why is it a good idea to plan meals that use many of the same ingredients?

12