

Contents



TEACHER GUIDE

• Assessment Rubric	4
• How Is Our Resource Organized?	5
• Bloom's Taxonomy for Reading Comprehension	6
• Vocabulary	6



STUDENT HANDOUTS

READING COMPREHENSION

• <i>Healthy Nutrition and Meal Planning</i>	7
• <i>Exercise and Fitness</i>	13
• <i>Personal Hygiene, Grooming and Dental Care</i>	19
• <i>Household Care: Cooking, Laundry and Cleaning</i>	25
• <i>Personal, Community and Travel Safety</i>	31
• <i>Prescription and Non-Prescription Drug Use</i>	37
• <i>Hands-on Activities</i>	43
• <i>Crossword</i>	47
• <i>Word Search</i>	48
• <i>Comprehension Quiz</i>	49

EASY MARKING™ ANSWER KEY	51
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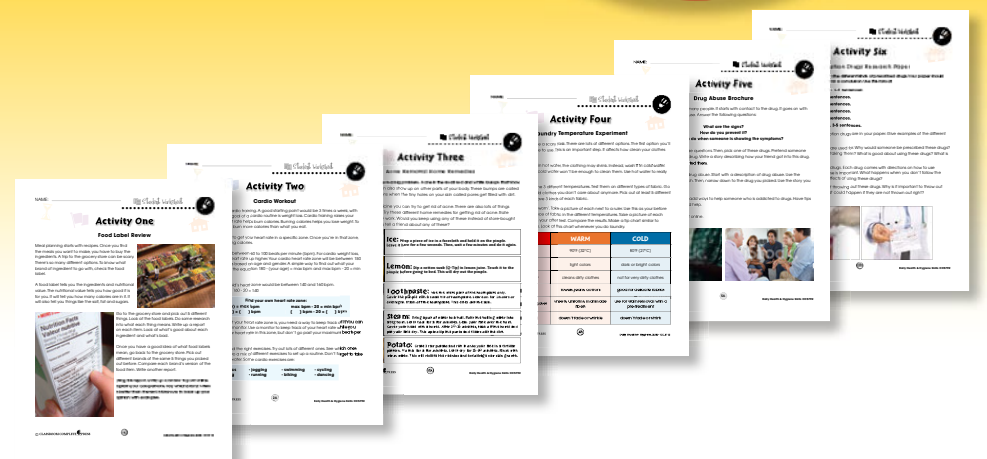


MINI POSTERS	55
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Household Care: Cooking, Laundry and Cleaning

1. 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?

2. Carla is doing the laundry. She washes light and dark colors together. She uses the hot water setting. She measures out the right amount of detergent and fabric softener. What mistakes did Carla make?

3. Use the words in the box to answer each question. You may use a dictionary to help you.

allergies

tidy

sterilize

germs

-
- a) What are very small but have the power to make you very sick?
-
- b) This means to clean very well. It also makes things safe to touch.
-
- c) Lots of people suffer from this. Common ones are peanuts, pets, and pollen.
-
- d) What does it mean to keep things clean and organized on a daily basis?

Household Care: Cooking, Laundry and Cleaning

A clean house will keep away germs. Dusting every week will help against allergies. This means no more sneezing and itchy eyes. Don't forget to sweep, mop and vacuum.

Hygiene Tip

In between cleaning, tidy up your home. Put away dirty dishes, fold clothes, and stack books and magazines.

Wash windows and mirrors with a glass cleaner. Use kitchen cleaner for the kitchen. Use bathroom cleaner for the bathroom. The sink, toilet and tub will need special attention as well.

You will have to do laundry once a week as well. During the day, your clothes get dirty. It is important to always wear fresh, clean clothes every day.

How to do Laundry

1. Treat stains with a stain remover.

2. Separate whites and colors.

3. Measure detergent and fabric softener.

4. Pick the water temperature.

5. Pick your setting.

Santiago is washing his new shirt for the first time. He looks at the instructions on the tag. Using the chart, find out what the instructions on the tag means.

Small - Medium
Made in U.S.A.

94% Polyester
6% Spandex

Household Care: Cooking, Laundry and Cleaning

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

a) What is the first thing to do when cooking?

☐ A Cut the food.

☐ B Cook the food.

☐ C Eat the food.

☐ D Rinse the food.

b) Which food can be cooked to different temperatures?

☐ A Steak

☐ B Chicken

☐ C Pork

☐ D Lamb

c) What is an example of 'tidying up'.

☐ A Doing the laundry.

☐ B Putting away clothes.

☐ C Dusting the furniture.

☐ D Cleaning the bathroom.

2. How do you do laundry? Put the steps below in order.

a) Separate whites and colors.

b) Choose your setting.

c) Choose the water temperature.

d) Treat stains with a stain remover.

e) Measure detergent and fabric softener.

Household Care: Cooking, Laundry and Cleaning

3. It's Elias' turn to clean the house. He has three rooms to clean: living room, bathroom and kitchen. He has the following things to help him clean:

Mop	Sponge	Vacuum	Dusting cloth
Glass Cleaner	Cleaner	Broom	Gloves

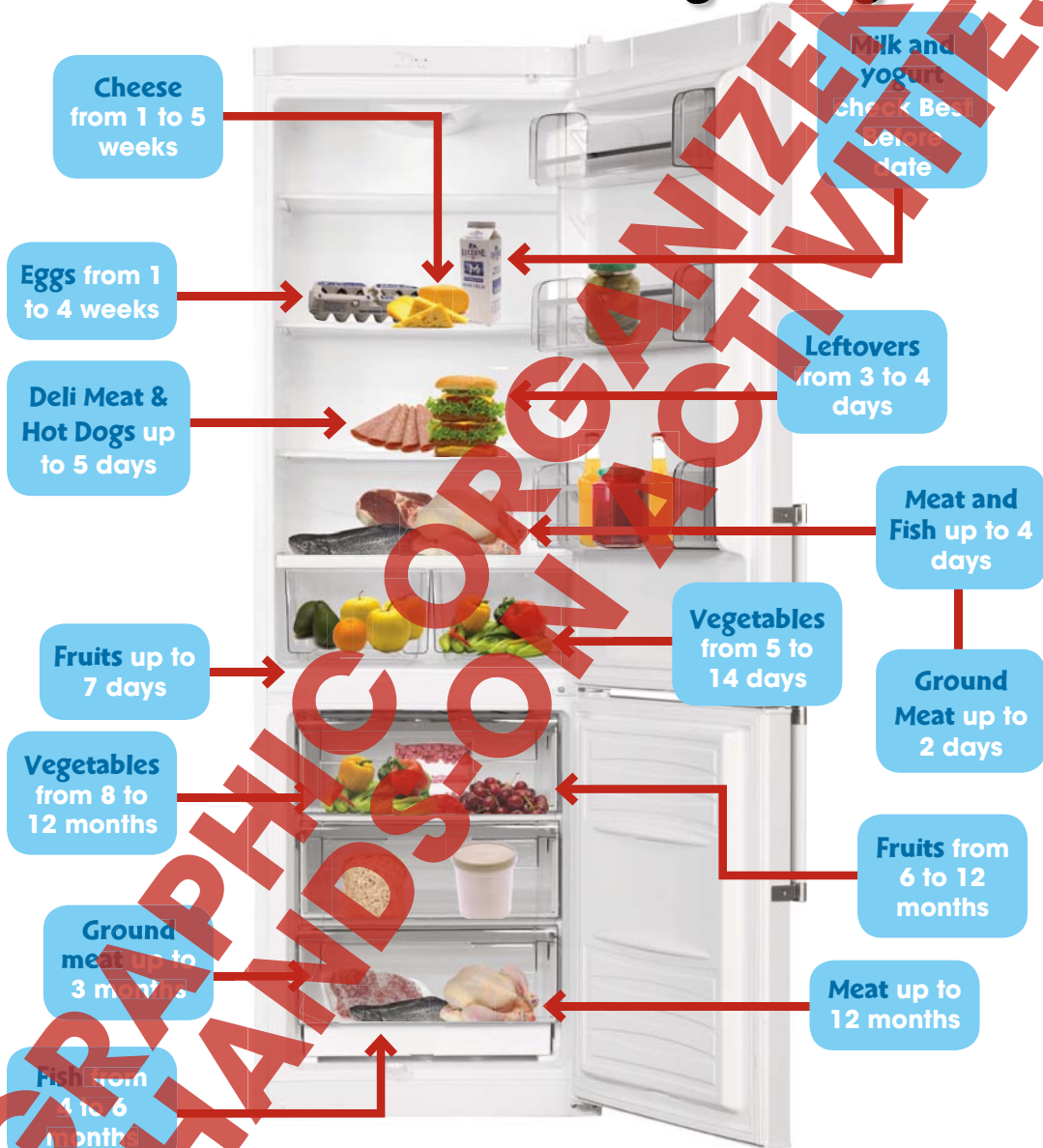
Make a list of tasks for Elias to clean each room. The first has been done for you.

Living Room Sweep the floor with the broom. 	Bathroom Clean the mirror with the glass cleaner 	Kitchen Wash the sink with the cleaner, sponge and gloves.
---	--	--

4. Use the graphic organizer on page 30 to learn where food goes in a fridge. How you store your food is very important. Some foods can be stored in a pantry. Most foods will need to be stored in a fridge or freezer. Where you store your food in a fridge is also important. Follow the guide in the graphic organizer to learn how to properly store food in a fridge. Use the callouts to know how long each food will keep.



Short-Lived Food Storage Diagram



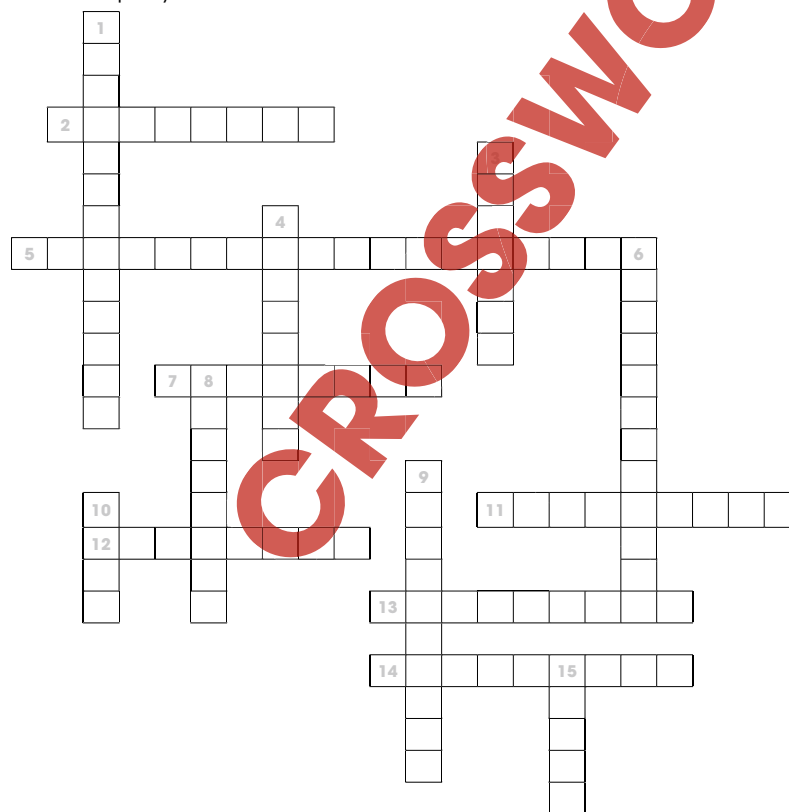
Crossword Puzzle!

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.
13. When you use drugs too much.
14. People you don't know.

Down

1. What your weight should be.
3. Brushing your teeth and hair.
4. Burn more of these than you eat to lose weight.
6. What's around you.
8. Doing this will help you lose weight.
9. Eat in _____ to stay fit.
10. Being careful about something.
15. Small things that can make you sick.



Word List

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

Comprehension Quiz

Part A

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
4. If you eat more calories than you can burn, you will lose weight.
TRUE FALSE
5. You can only get prescription drugs with a doctor's note.
TRUE FALSE
6. Dentists say to brush once a day and floss twice a day.
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.
☐ B After being outside.
☐ C Before eating.
☐ D All of the above.

b) What is NOT a step to take when your boundaries are crossed?

- ☐ A Ignore them.
☐ B Voice your discomfort.
☐ C Get help.
☐ D Protect yourself.

SUBTOTAL: /8

Food Pyramid





After You Read

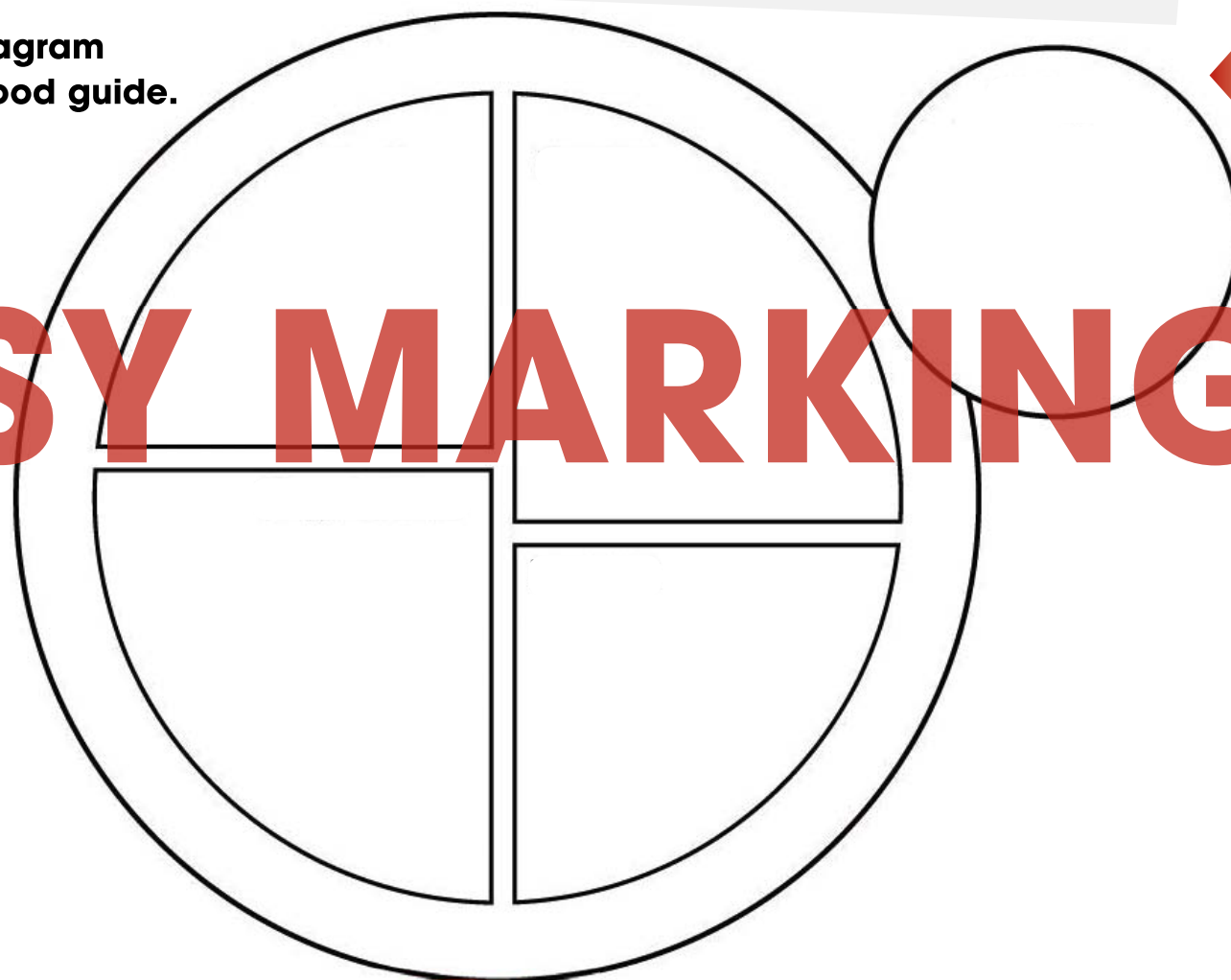
NAME: _____

Healthy Nutrition and Meal Planning

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

- a) Essential nutrients are made inside our bodies.
TRUE **FALSE**
- b) Non-essential nutrients can only be found in food.
TRUE **FALSE**
- c) The first step in meal planning is looking at recipes.
TRUE **FALSE**
- d) Check the food labels and expiry dates before buying food.
TRUE **FALSE**

2. Label the diagram of MyPlate food guide.



1.

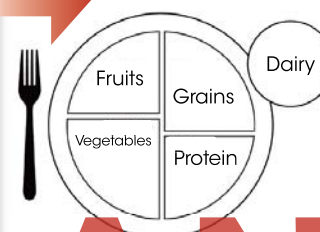
a) **FALSE**

b) **FALSE**

c) **TRUE**

d) **TRUE**

2.



1.

No. Ye-Jun does not have a good diet. He also doesn't have much fitness. He should watch how much he eats, and what he's eating. He should also try to be more active.

2.

Yes. Katie has a very active life. She also watches her diet. Even though she sits around most of her day, she makes up for it by taking many walking breaks.

3.

- a) exercise
b) calories
c) fitness
d) diet
e) weight

13

Daily Calorie Intake Range

= 1820 - 2210

Daily Calorie Intake
(1820) - 500 = 1320
calories

15

BMI = [weight (lb) ÷ height² (in)] x 703

BMI = [110 ÷ 66²] x 703

BMI = 17.75

A BMI of less than 18.5 is underweight; therefore, Lucas should gain weight to be healthy.

Daily Calorie Intake Range = [110 lbs x 14] - [110 lbs x 17]
= 1540 - 1870

Lucas' daily calorie intake is 1870. To gain 1 pound a week, his daily calorie intake should be 2370.

17

1.

a) **NORMAL**

b) **UNDERWEIGHT**

c) **NORMAL**

d) **OVERWEIGHT**

BMI = [weight (lb) ÷ height² (in)] x 703
Underweight = <18.5
Normal = 18.5 - 25
Overweight = >25

2.

- a) calories
b) diet
c) goal
d) exercising
e) burn off
f) lose
g) limits

16

