

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)



## Grades 6 to 8 • Personal Health Series Safe and Healthy Summer

Encourage your students to stay on track with healthy nutrition and fitness habits.

## Related KidsHealth Links

### Articles for Kids:

#### How to Be Safe When You're in the Sun

[KidsHealth.org/en/kids/summer-safety.html](http://KidsHealth.org/en/kids/summer-safety.html)

#### Swimming

[KidsHealth.org/en/kids/swim.html](http://KidsHealth.org/en/kids/swim.html)

#### Bike Safety

[KidsHealth.org/en/kids/bike-safety.html](http://KidsHealth.org/en/kids/bike-safety.html)

#### What's the Big Sweat About Dehydration?

[KidsHealth.org/en/kids/dehydration.html](http://KidsHealth.org/en/kids/dehydration.html)

#### Bug Bites & Stings

[KidsHealth.org/en/kids/ill-injure/bugs](http://KidsHealth.org/en/kids/ill-injure/bugs)

#### Poison Ivy

[KidsHealth.org/en/kids/poison-ivy.html](http://KidsHealth.org/en/kids/poison-ivy.html)

#### How to Pick a Great Book to Read

[KidsHealth.org/en/kids/find-book.html](http://KidsHealth.org/en/kids/find-book.html)

#### Go, Slow, and Whoa! A Kid's Guide to Eating Right

[KidsHealth.org/en/kids/go-slow-whoa.html](http://KidsHealth.org/en/kids/go-slow-whoa.html)

### Articles for Teens:

#### Summer Safety Center

[TeensHealth.org/en/teens/center/summer-center.html](http://TeensHealth.org/en/teens/center/summer-center.html)

#### Driving & Sports Safety, First Aid

[TeensHealth.org/en/teens/safety/](http://TeensHealth.org/en/teens/safety/)

#### Dehydration

[TeensHealth.org/en/teens/dehydration.html](http://TeensHealth.org/en/teens/dehydration.html)

#### How to Pick a Great Book

[TeensHealth.org/en/teens/books.html](http://TeensHealth.org/en/teens/books.html)

#### Why Exercise Is Wise

[TeensHealth.org/en/teens/exercise-wise.html](http://TeensHealth.org/en/teens/exercise-wise.html)

#### Go, Slow, and Whoa! A Quick Guide to Healthy Eating

[TeensHealth.org/en/teens/go-slow-whoa.html](http://TeensHealth.org/en/teens/go-slow-whoa.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What activities do you like to do over the summer?  
How can you do them safely in the sun and heat?
2. What do you like to eat in the summer?  
Can any of your less healthy favorites be given a healthier "makeover"?
3. Is it easier or harder to exercise or be physically active during the summer? Why?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Aunt Irma's Barbecue

#### Objectives:

Students will:

- Explore healthy food choices

#### Materials:

- Computer with Internet access
- "Go, Slow, and Whoa!" article for kids or teens
- Pen or pencil and paper, or word-processing application

#### Class Time:

- 45 minutes

#### Activity:

Turns out the family barbecue is going to be at Aunt Irma's house again this summer. Not only does Aunt Irma still pinch your cheeks, but she also serves the same foods year after year. It's not that she can't cook, or that it's a huge problem eating chili dogs and ice cream once in a while. It's just that it would be so much better to have some healthier choices on the menu. So you're going to kindly offer to bring a few dishes. Revise Aunt Irma's menu below to include two healthier alternatives for each category. Include why the foods you've selected are more nutritious.

- Appetizers: potato chips and onion dip, hot wings with blue cheese dressing
- Main course: bacon cheeseburgers, chili dogs
- Side dishes: creamy potato salad, cole slaw
- Desserts: apple pie with ice cream, double chocolate cake
- Drinks: soda, lemonade

#### Extensions:

1. Nothing's tastier than fresh summer fruits and veggies! List the fruits and veggies grown in the summer where you live. Visit a local farm stand or farmers' market.
2. In the summer, strawberries are grown in all 50 states and every province in Canada. Research how a locally grown strawberry might get from the farm to your table and draw a flowchart representing these steps. If you live in a place with cold winters, you can probably still buy strawberries out of season, but they'll have taken a different, longer path to your table. Create a flowchart representing this possible path, too.  
[Note to instructor: Your students may find it helpful to read this article, "5 Ways to Make Online Research Easier," [TeensHealth.org/en/teens/online-research.html](https://www.TeensHealth.org/en/teens/online-research.html)]



## Summer Goal

### Objectives:

Students will:

- Establish specific personal goals for the summer
- Break down the goal into individual steps
- Chart progress toward reaching the goals on a calendar

### Materials:

- Pencil
- “Summer Goal” handout

### Class Time:

- 5 minutes to assign, 45 minutes to review students’ goals (after a brief explanation, have students choose a healthy goal at home, then review the goals the next day in class, individually or as a class; the activity is completed at home over the summer)

### Activity:

Without a plan, it’s easy to spend summer slinking from couch to computer, with regular stops at the fridge. So beat summertime doldrums by setting a specific, healthy goal. Maybe you want to train for a race, become a Red Cross-certified babysitter, set a personal sit-up record, or read a book a week. Ask yourself what you need to do to reach your goal. Break it down into steps. For example, instead of saying “Practice tennis,” say “I’ll play tennis for 1 hour on Monday, Wednesday, and Saturday mornings.” Use the calendar to chart your progress activity.

[Note to instructor: Your students may find it helpful to review this interactive feature on goal-setting while considering a healthy summer goal: “Making a Change in Your Life,” [TeensHealth.org/en/teens/make-change.html](http://TeensHealth.org/en/teens/make-change.html)]

## Reproducible Materials

### Handout: Summer Goal

[KidsHealth.org/classroom/6to8/personal/fitness/summer\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/summer_handout1.pdf)

### Quiz: Safe and Healthy Summer

[KidsHealth.org/classroom/6to8/personal/fitness/summer\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/summer_quiz.pdf)

### Answer Key: Safe and Healthy Summer

[KidsHealth.org/classroom/6to8/personal/fitness/summer\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/summer_quiz_answers.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Summer Goal

Instructions: Without a plan, it's easy to spend summer slinking from couch to computer, with regular stops at the fridge. So beat summertime doldrums by setting a specific, healthy goal. Maybe you want to train for a race, become a Red Cross-certified babysitter, set a personal sit-up record, or read a book a week. Ask yourself what you need to do to reach your goal. Break it down into steps. For example, instead of saying "Practice tennis," say "I'll play tennis for 1 hour on Monday, Wednesday, and Saturday mornings." Use the calendar to chart your progress.

My Goal: \_\_\_\_\_

Steps I'll take to reach my goal:

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. True or false: Everyone should get out of pools, lakes, or ponds when thunder is heard.
2. If you find a tick on you, it's best to:
  - a) run off into the woods screaming
  - b) scratch it off with your thumb
  - c) ask an adult to pull it out with tweezers
  - d) burn it off
3. True or false: Everyone needs to wear sunscreen when they're out in the sun.
4. If you're out in the hot sun or you're exercising on a hot day, it's easy to get \_\_\_\_\_. Kids get it when their bodies can't cool themselves fast enough.
5. Thirst is one indicator of \_\_\_\_\_, but it's not an early warning sign.
6. Underline the healthy snacks:
 

a) Apples	g) Doughnuts
b) Bananas	h) French fries
c) Broccoli	i) Grapes
d) Carrots	j) Oranges
e) Celery	k) Fried onion rings
f) Cookies	l) Potato chips
7. Which should be on your bicycle safety checklist?
  - a) Make sure your seat, handlebars, and wheels fit tightly
  - b) Check and oil your chain regularly
  - c) Check your brakes to be sure they work well and aren't sticking
  - d) Check your tires to make sure they have the right amount of air
  - e) All of the above
8. True or false: You should never wear headphones when you're riding a bike.
9. "Buddy up" means swimming with a partner. When should you avoid swimming alone?
  - a) When you're swimming in a lake rather than a pool
  - b) When you're tired
  - c) When it's dark
  - d) When you're a beginner
  - e) Always
10. Which saying helps you remember how to avoid poison ivy?
  - a) Leaves of two — your skin turns blue!
  - b) Leaves of three — let them be!
  - c) Leaves of four — you'll be on the floor!
  - d) Leaves of five — those ain't chives!



## Quiz Answer Key

1. True or false: Everyone should get out of pools, lakes, or ponds when thunder is heard.
2. If you find a tick on you, it's best to:
  - a) run off into the woods screaming
  - b) scratch it off with your thumb
  - c) ask an adult to pull it out with tweezers
  - d) burn it off
3. True or false: Everyone needs to wear sunscreen when they're out in the sun.
4. If you're out in the hot sun or you're exercising on a hot day, it's easy to get \_\_\_\_\_ heat exhaustion \_\_\_\_\_. Kids get it when their bodies can't cool themselves fast enough.
5. Thirst is one indicator of \_\_\_\_\_ dehydration \_\_\_\_\_, but it's not an early warning sign.
6. Underline the healthy snacks:
 

a) <u>Apples</u>	g) Doughnuts
b) <u>Bananas</u>	h) French fries
c) <u>Broccoli</u>	i) <u>Grapes</u>
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