

Lesson Plan Count

422

Look for more online next month!

Health EDventure

24,827

Subscribers



HEALTHEDVENTURE.ORG MONTHLY NEWSLETTER



BITS & BYTES

Teachers

TIPS, TRENDS, LESSONS AND ACTIVITIES

VOLUME 3, ISSUE 11

NOVEMBER - 2008



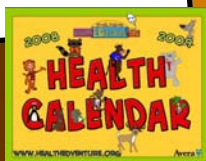
South Dakota Health EDventure

Contact us for a free health calendar with health tips and classroom activities. Teen and Elementary versions are available. You can also download these calendars from the website: www.healthedventure.org



The SD Health EDventure staff has been working hard all fall to bring more new and exciting things to the website! You will notice more lesson plans, more games and a whole lot of tobacco prevention materials! Over 100 fact sheets on topics such as nutrition, substance abuse, childhood diseases and illnesses, discipline and recycling have been added to the parent site.

will find teaching tools such as graphic organizers, rubrics and games for students that can be used to reinforce lesson content. In addition to health lessons and activity sheets, the student site also includes games and posters, as well as a Personal Health Center where students can monitor calories, as well as exercise. The Parent site includes many of the same types of information including Fact Sheets and Personal Health Records.



We need your feedback!

Let us know how you use our calendars in your classroom. Email mkucker@edec.org with your comments. Reply and we will send you a **FREE** poster coupon redeemable at our online store.

If you're new to Health EDventure, check out this free resource at www.healthedventure.org. In addition to health lessons for grades K-12, you

Share this newsletter with students and their parents by posting it on your school's webpage, emailing it directly to them, or printing and sending home.

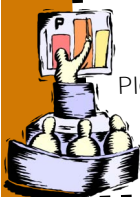


Workshop Schedule

Thursday,
November 20th, 2008
SMART Board Activities

Classes will be held at:
East Dakota Cooperative
DDN Room
715 East 14th St.
Sioux Falls, SD

Please contact Marsha at mkucker@edec.org or 280-0650 for more information.



Teaching Strategy Discussion

Do your students sometimes have trouble contributing to class discussion? Use this Discussion Organizer as a tool in leading large group discussion on a topic or for small cooperative work groups. It guides students through identifying reasons for or against a certain concept and coming to a conclusion.

Visit www.healthedventure.org/teachers/graphicorganizers.aspx for more information on graphic organizers and teaching strategies.

Discussion Organizer



Teacher Corner

Have your classroom celebrate fall with a classroom "Fall Fest." Kick off the celebration by bobbing for apples - without the mess. Start with one apple for every student. Use a small piece of tape to attach an activity to the bottom of the apple, such as *jump three times*. Place all the apples in a container. Each student will choose an apple out of the container and must complete their activity before enjoying their healthy treat.

Happy Thanksgiving



Featured Lesson Plans

The Tobacco Team VS Raffi the Smoker - Grade 1

In this lesson, students will learn about keeping their muscles, bones, heart, and lungs healthy by not smoking. The lesson will be reinforced by singing a song. Students will also play a card game similar to "Old Maid" with cards featuring Health EDventure's Healthy Heroes. One lonely smoker, Raffi the Rat, takes the place of the Old Maid.



My Tobacco Hero - Grade 3

Students will explore the characteristics of a hero and better understand their own role as an anti-smoking hero. To reinforce the topic, students will create a story featuring "Tyson, the Tobacco-Fighting Tiger" and his adventures in the fight against tobacco.

Following the Crowd - Grade 6

This lesson will help students realize that they are vulnerable to peer pressure in many different types of situations and that it is not always easy to say "no."

Lifestyle Choices and Decision-Making - Grade 9

Being able to make decisions is critical for students and their well-being. Do they have the skills to make an informed decision? After completing this lesson, students should know how to make informed decisions and understand the resulting consequences of their choices and decisions, good or bad.

Strategies for Using the Health EDventure Calendar in Middle & High School Classrooms

Did you get a copy of the Teen Health Calendar for your classroom and are now wondering how to use it with students? Here are some ideas that may work!

- Set up a grade level or class competition to see how many of the suggested strategies can be achieved.
- Use each day's observance as an "admit to class" or bell-ringer activity, asking students to "free write" 4-6 sentences on the topic.
- Have students research the day's topic and share one thing they learned.
- Ask students to write a news release about the topic.
- Use each day's topic as an opportunity to showcase careers in that particular field.
- In science class, select one of the health observances as the featured topic of the month. Invite guest speakers in to talk about the topic and/or conduct related science experiments.
- In math class, research rates of incidence in South Dakota. Prepare charts and graphs showing trends and rates of incidence by sub-groups.
- In social studies, have students share a current event from the news media related to the day's topic.
- In language arts, have students write their weekly 3-page paper on one of the featured topics.
- Make the calendar the starting point of each physical education class. Have students journal about the featured topic and/or log their fitness and nutrition information in the Fitness Center of www.healthedventure.org.
- In computer class, have students make a poster on the one of the observances. Post them in the school hallways.
- Use the calendar strategies as part of your Teachers As Advisors content/curriculum.
- Put a link on your school's web page for students and parents to access at home.



Parkston (below) and Tripp-Delmont (left) 3rd grade classes enjoying their Elementary Calendars!



SOUTH DAKOTA ROAD TRIP

Health EDventure is ready to begin another "healthy road trip" across the state of South Dakota. This Road Trip targets grades 3-5 and will take your class through a tour of 24 towns across the state. Their ticket to travel from town to town will be through completing health-related activities. As they arrive at each town, they will learn a little about its history before continuing their journey. Each participating classroom will receive a toolkit that includes a classroom map, a template for student passports, a copy of a parent letter, and a template for a news release for the newspaper. In addition, we'll be sending schools challenges and history information by email each week to keep students motivated on the South Dakota Health EDventure! The South Dakota Road Trip will begin on January 12th and run for 8 weeks, ending on March 6th. For more information or to enroll your class, contact Lori Mentzel at lmentzel@hcmnti.com.

BITS & BYTES

Parents

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Contact Us
If you have any questions or comments, send an email to: admin@healthedventure.org



South Dakota Health EDventure

Welcome to Health Bits and Bytes, a health information newsletter brought to you by South Dakota Health EDventure and the Education Resource Center of South Dakota. Have you been out to the website to see what there is as far as free resources for you and your children on such topics as oral health, nutrition, physical activity, mental health, tobacco, alcohol and other drugs, and many more? Registration is easy! Go to www.healthedventure.org and follow the sign in procedure.

Fall Back!
Don't forget to set your clocks back an hour on Sunday, November 2nd. This marks the end of Daylight Saving Time.



Here's a "heart healthy" substitute for the traditional Green Bean Casserole.

Personal Health Records coming soon!
Personal Health Records (PHR) are a way to keep track of your health and wellness issues such as medications, illnesses, insurance information, immunizations, doctor visits, etc. Health EDventure will soon have a PHR available in an online format, free of charge!

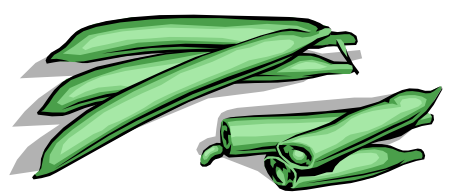


Healthy Recipe Box Green Beans Almondine

A nice mixture of nuts and green beans to dress up any meal.

Ingredients:

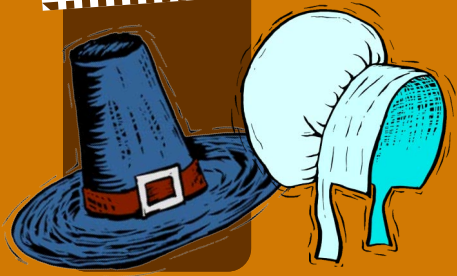
- 1 lb fresh green beans or 2 (9 oz.) packages frozen French-cut green beans
- 2 tbsp slivered almonds
- 2 tbsp butter or margarine
- 1 tsp lemon juice



Directions:

1. Cut fresh beans French style and cook, covered in a small amount of boiling salted water until crisp-tender. (Or cook frozen beans according to package directions)
2. Drain.
3. Cook almonds in butter over low heat, stirring occasionally, until golden.
4. Remove from heat and add juice.
5. Pour over beans.

Per Serving: Calories 70, Total Fat 0.05g, Protein 1.9g, Sodium 31mg, Total Carbohydrate 5.9g, Fiber 2.8g, Saturated Fat 2.5g, Calcium 34mg, Cholesterol 10mg



Diabetes: Strategies for Eating Out

Eating in a restaurant can be a challenge for diabetics. People who follow a diabetic meal plan are seeking healthy, low-fat, low-calorie, high-fiber, and sometimes low-salt and low-sugar meals. Finding an entrée to meet these requirements can be accomplished with a little planning.

Strategies for Success:

Review the menu ahead of time to plan your meal. Restaurants may have their menus listed online, in the phonebook, or you may have to stop by and ask to see the menu. This will give you a chance to estimate calories, carbohydrate and fat content. **Don't be afraid to make special requests to change how a dish is prepared.**

Wise Food Choices...

- Low-cal or no-cal sweeteners in the pink, blue or yellow packets.
- Low-cal, low-fat salad dressings, choose oil and vinegar, or squeeze fresh lemon over your salad. Ask for dressings to be served on the side. (This way, you put less on than if you drizzled it over the salad.)
- Ask for fish or chicken to be baked or broiled instead of breaded and fried.
- Order lean cuts of meat or a low-cal version of an entrée. Skip the sauces and gravies or ask that they be served on the side.
- **In breakfast dishes opt for egg substitutes such as "Egg Beaters."**
- **Order a half portion or a child's serving.**
- Order low-fat or fat-free milk.
- Eat half of the entrée and take the rest home for another meal.
- Ask that no salt be added to your meal.
- Stay away from appetizers that are breaded and fried.
- Go light on crusts and rolls. Avoid high-fat croissants and biscuits.

Navigate the Salad Bar

- Avoid salted condiments like pickles and olives.
- Avoid canned or marinated vegetables.
- Avoid seasoned croutons, cheeses, and salted seeds.
- Take small portions of salads with mayonnaise or fatty dressings.
- Stick to raw vegetables and fruits.
- Always place dressings to the side of the salad.

Do You Want Fries with That?

NO. Opt for a fruit bowl or salad instead.

Desserts?

On occasion it is acceptable to have a dessert. Look for fruit, sherbet, gelatin and plain cakes. If you indulge, share with a friend or take a portion home to finish later.



For more information, please visit the following websites.

<http://www.mayoclinic.com/health/diabetes-nutrition/DA00131>

www.diabetes.org



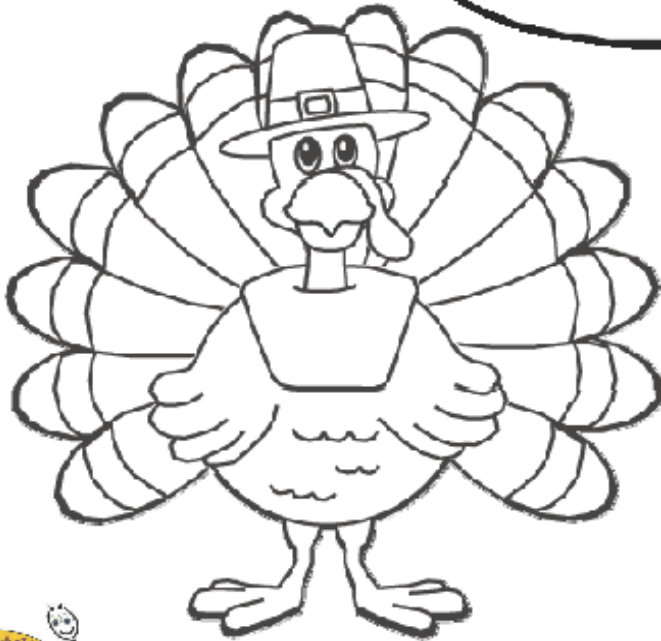
It's "I am so thankful" month and Eli is ready to help you think about things you are thankful for such as your family, your friends, your home and your school. Check out more about Eli and his Healthy Hero pals at: www.healthedventure.org

Name: _____

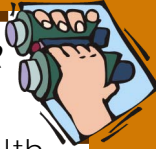
Learn to Give Thanks!

Mr. Turkey has given you five of his feathers to let you write on and tell him what you are thankful for. After you are done filling in each feather, color Mr. Turkey below.

I am thankful for...

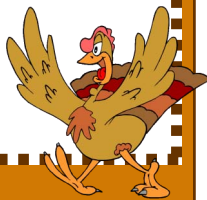


SCAVENGER HUNT



Search the Health EDventure student website to find the answer to these 3 questions. The first 10 students to respond to all three questions will receive a Health EDventure drawstring backpack. Email your answers and what page you found them on to Julia miller at millerj@pluto.dsu.edu

1. Each cigarette smoked takes how many minutes off a person's life?
2. What percent of the water on Earth can be used as drinking water?
3. How many calories are there in a double Whopper with cheese from Burger King?



November 9-15 is World Kindness Week. See if you can help Eli get to the top of the Kind-O-Meter by writing down 7 things you will do to help other people – one for each day of the week!

Do something nice for someone each day this week. Use the Kind-O-Meter to help you keep track of each nice thing you do. Can you reach the top?

Kind-O-Meter

Name: _____



Have you been to the Personal Health Center on www.healthedventure.org? You can go online to record all the activities you do for exercise. When you're there also check out the games and activities listed below!

Games

- Millionaire
- Jeopardy
- Word Search
- Bingo
- Memory



Activities

- Ask a Doc
- Recipe Book
- Healthy Heroes
- Monthly Health Calendars



Personal Health Center

- Calorie Journal
- Exercise Journal
- Goals
- Progress Report
- Personal Info

