

Health Snow Packet

Grades 6-8

There is an assignment that will need to be completed on each "Snow Packet Day." Each student is to complete 1 worksheet for each of these days. The assignments will count as participation grades and will need to be turned in after each day. Thank you ☺

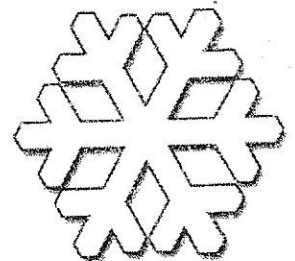
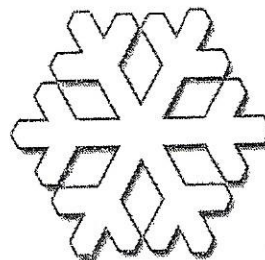
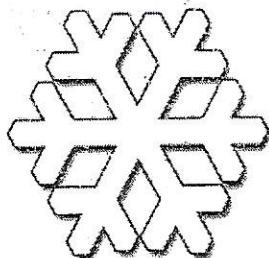
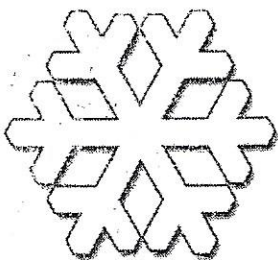
Snow Packet Day #1: "Money Going Up in Smoke"

Snow Packet Day #2: Healthy Relationships "Quiz"

Snow Packet Day #3: Recognizing Depression

Snow Packet Day #4: Healthy Snacking "Quiz"

Snow Packet Day #5: Injury Blockers



show Packet Day #1



Health Problem Series Smoking

Name: _____

Date: _____

Money Going Up in Smoke

Instructions: If each pack of cigarettes costs \$6, calculate how much a smoker would spend in a year if he or she smoked the amounts listed below. Then write down what you might do with each amount of money.

1 Pack Per Week

Total for year: _____

Half a pack a day

Total for year: _____

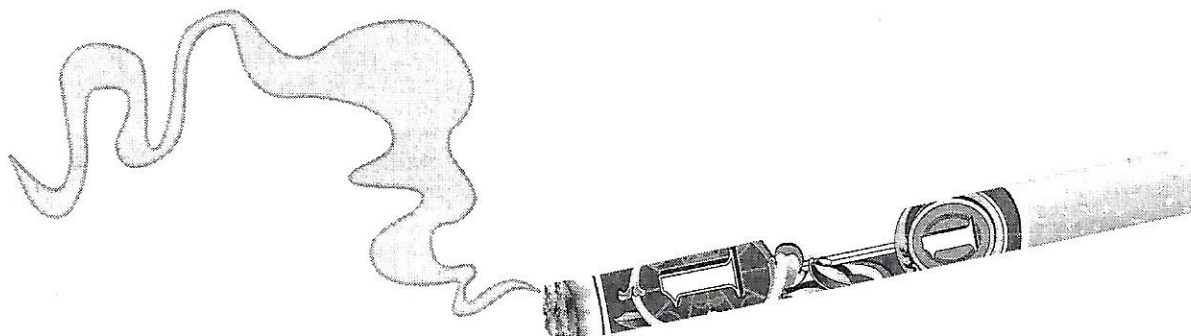
1 pack a day

Total for year: _____

1. With the amount of money from a pack of cigarettes a week, I could:

2. With the amount of money from a half a pack of cigarettes a day, I could:

3. With the amount of money from a 1 pack of cigarettes a day, I could:





Personal Health Series

Healthy Relationships

Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. List three characteristics of a healthy relationship.

2. List three examples of emotional abuse.

3. List three examples of physical abuse.

4. List three ways to support a friend who's being abused.

5. List three people or organizations you could turn to for help if you were in an abusive relationship.



Health Problems Series Depression

Name: _____

Date: _____

Recognizing Depression

Instructions: Select a character from a book, short story, TV show, or movie who you think is depressed. List the character's name and the title of the book, story, TV show, or movie. List the signs and symptoms of his or her depression. Next list the causes or events that have led to his or her depression. Finally, discuss how the character is handling his or her depression, what kinds of help might be available, and how a friend might be able to offer support.

Character's name:



Book, movie, or TV show title:



Depression signs and symptoms:

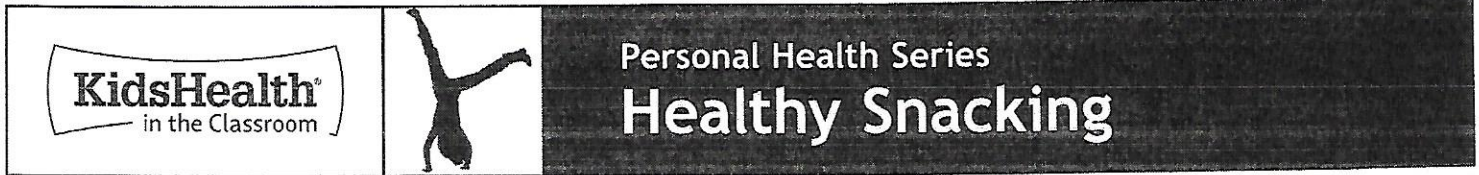


Depression cause:



Help and support:







Name: _____

Date: _____

Quiz

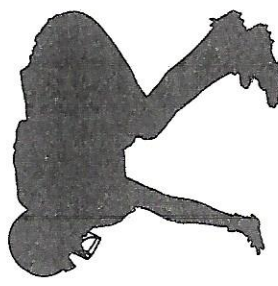
Instructions: Answer each question.

1. Whole-grain foods are high in fiber and nutrients. Which of these is not a whole grain:
 - a. whole wheat
 - b. white flour
 - c. corn
 - d. oatmeal
 - e. brown rice
2. The nutrition label tells you how much food you ought to eat, such as 1 cup of cereal, 2 cookies, or 5 pretzels. This is called the:
 - a. recommended daily allowance
 - b. portion
 - c. serving size
3. True or false: All kids and teens need to have snacks every day.
4. It's a good idea to avoid eating foods with a lot of _____.
 - a. protein
 - b. nutrients
 - c. sugar
 - d. fiber
5. An easy way to steer clear of junk food snacks is to:
 - a. never eat between meals, no matter how hungry you get
 - b. hope that there's something healthy wherever you go
 - c. pack a healthy snack from home
 - d. carry a crate of oranges with you at all times
6. True or false: If you snack right, you're never hungry – even at mealtimes.
7. True or false: Kids have small stomachs, so they may need to eat more often than adults.
8. True or false: When people don't get regular meals and snacks, they may get tired and grouchy.
9. True or false: It's OK to snack because you're bored, watching TV, or want to reward yourself for finishing your homework.
10. True or false: It's OK to have a candy bar or chips once in a while, just not every day.

Personal Health Series
Sports Safety

Name: _____
 Date: _____



Injury Blockers

Instructions: Write five sports injuries in the "Injury" column on the left, then write ways to possibly prevent those injuries in the "Injury Blocker" column on the right.

Injury

Injury Blocker
