

— MAY —
Lesson Plans
A La Mode

Find a news story about government efforts to protect public health. Then, write an editorial giving your opinion about how far the government should go to protect health. For example, if cigarettes are bad for you, should they be illegal?



May is National Fitness Month. Go on this Fitness Scavenger Hunt to find these items in the newspaper:

- an athlete
- a product promoting health
- a doctor
- an issue of public health
- good exercise

After you find them, choose one and write about how it relates to your health.



There is a growing demand for workers in the health care field. Check the Help Wanted ads and compute the percentage of jobs that are in that field. Why do you think this is so?



Measure your heart beat by finding the pulse point on your wrist (Don't use your thumb as it has a pulse point.) and counting the beats for 10 seconds. Multiply by 6 to find beats per minute. Then, find a sport in the news that helps build a healthy heart. Create an ad encouraging kids to play it.

National Learning Standards:

McRel (Mid-continent Research for Education and Learning) Standards:

Language Arts

Standard 7 Uses reading skills and strategies

Benchmark 7 Writes in a variety of forms

Mathematics

Benchmark 1, Understands the concept of multiplying

Science

Level IV, Benchmarks 5, 6 Understands the concept of power and energy

Health

Standard 7, Level 3, Benchmark 3, Knows strategies and skills used to attain personal health goals