

Carousel

Post-reading activity

Objective: TLWBAT make connections, reinforce ideas and content, discuss the reading assignment, and form conclusions.

Steps:

1. Assign students a reading selection.
2. Divide the reading assignment into categories.
3. Put the same number of poster board or bulletin board papers around the room.
4. Identify each paper as a category.
5. Divide the class into groups (the same number as categories)
6. Give each group a marker and starting category.
7. Give the groups 5-7 minutes to list as many things they can think of to fill each category (they can't write the same things that have already been listed).
8. Have students move to the next category after every timed increment.
9. When students have been to every category, stop and go over all the lists as a class.

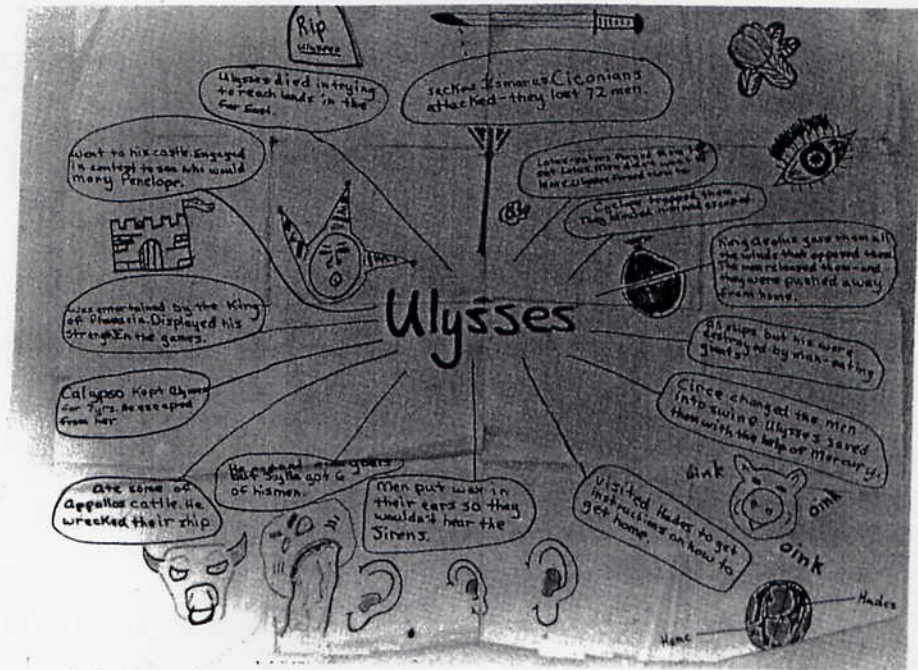
Note: Great for class section reviews!

Character Mapping

Objective: TLWBAT read, discuss, clarify, visualize, and illustrate the text.

Steps:

1. Ask the students to read a text selection.
2. Divide the students into groups of three or four.
3. Give each group a piece of bulletin board or poster paper.
4. Ask each group to draw the main events of the text.
5. When the groups have completed the drawings, ask them to share their charts.
6. The class will discuss the main points of the text.
7. See the example below.



(CRISS 48)

Chocolate is a Vegetable . Chocolate is derived from cocoa beans. Bean = vegetable. Sugar is derived from either sugar CANE or sugar BEETS. Both are plants, which places them in the vegetable category. thus, chocolate is a vegetable. To go one step further, chocolate candy bars also contain milk, which is dairy. So candy bars are a health food. Chocolate-covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want. If you've got melted chocolate all over your hands, you're eating it too slowly. The problem: How to get 2 pounds of chocolate home from the store in a hot car. The solution: Eat it in the parking lot. Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite, and you'll eat less. If I eat equal amounts of dark chocolate and white chocolate, is that a balanced diet? Don't they actually counteract each other? Chocolate has many preservatives. Preservatives make you look younger. Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done. A nice box of chocolates can provide your total daily intake of calories in one place. Now, isn't that handy? If not for chocolate, there would be no need for control top pantyhose. An entire garment industry would be devastated. You can't let that happen, can you? REMEMBER: "Stressed" spelled backward is "desserts".

Knowledge Rating Scale

Pre-reading activity

Objective: TLWBAT activate prior knowledge, make connections and direct reading activities.

Steps:

1. Select a list of important vocabulary words from your reading selection. Prepare a handout for each student that lists the vocabulary words followed by three columns labeled: know it well, have heard/seen it, and no clue.
2. Ask the students to consider each vocabulary word on Knowledge Rating Scale and place an X in the appropriate column.
3. Discuss the words with the students to clarify any misconceptions they may have.
4. Have them read the selection, referring back to the Knowledge Rating Scale to check their accuracy of knowledge.

Knowledge Rating Scale

Birth

	Know it well	Have Heard/Seen It	No Clue
Womb			
Ligaments			
Show			
Episiotomy			
Amniotic fluid			
Blood vessels			
Stirrups			
Contractions			
Stages			
Caesarian Birth			
Dilate			
Effacement			
Breech			
Fontanel			

Opinionnaire/Questionnaire

Pre-reading activity

Objective: TLWBAT examine their own attitude towards a subject or event, activate prior knowledge, and encourage discussion among fellow students.

1. Identify ideas or events in a text you wish to focus on during your instruction.
2. Write a series of questions designed to tap students' opinions, attitudes, and prior knowledge of the subject.
3. Assign students to interview each other with their opinionnaire.
4. After interviewing is through, assign students into groups of 4 or 5 and have them discuss the topics from the interview.
5. Have students write a summary of what they learned.

Opinionnaire

Chocolate

1. What words would you use to describe vegetables?
 - a. Healthy
 - b. Disgusting
 - c. Yummy
 - d. Rabbit food
 - e. Nutrients
 - f. Other
2. Chocolate is:
 - a. Bad for you
 - b. Good for you
 - c. Something all women need
 - d. Relieves stress
 - e. Causes zits
 - f. Diet food
3. Which of the following statements do you believe is true?

- a. People that eat chocolate will feel and look younger than those that don't.
 - b. Because of the high content of dairy, protein and vegetables it contains, a Snickers candy bar is nutrient dense.
 - c. Doctors don't recommend chocolate to sick patients because most people don't do the things doctors recommend anyway.
 - d. Only large amounts of chocolate are beneficial to our health.
4. IN a few words, describe your overall feelings about chocolate.

People Search

Pre, during, or post reading activity

Objective: TSWBAT activate prior knowledge or curiosity, direct reading activities, make connections, review prior learning, and stimulate motivation for reading.

Steps:

1. Decide on the topic or theme for your **People Search**. This strategy can be implemented as a way to introduce a new course, as the beginning of a unit, as an introduction to a new chapter of study, or as a review technique.
2. Prepare 10 to 20 relevant statements or questions about the topic. If you are introducing a new unit, your statements might be more general than if you are continuing a unit of study.
3. Duplicate copies of the **People Search** and distribute a copy to each student.
4. Tell students to walk around the room and interview classmates to find someone who can answer the questions or perform the required tasks. Once someone has answered the question, the students need to ask the person to sign his or her name on the blank. Tell the students to get as many signatures as possible.
5. Set a time limit of 5-10 minutes for the completion of the **People Search**.
6. Have the students share their charts in groups or as a class.
7. See the example below.

People Search

Find a person who:

1. Knows what bonding is. _____
2. Knows what the difference between self-esteem and self-concept is. _____
3. Knows what part of the body 'cephalo' refers to. _____
4. Can explain what a fixation is. _____
5. Knows what the five types of development with children are. _____
6. Can briefly explain Erik Erikson's theory of development. _____
7. Knows which theorist developed the 'Hierarchy of needs.' _____
8. Knows what egocentrism is. _____
9. Knows 2 ways to prevent birth defects. _____
10. Has chromosomes. _____
11. Can explain conception. _____
12. Has had a sonogram. _____
13. Knows another name for hemophilia. _____

Prediction Guide

Pre-reading activity

Objective: TLWBAT activate prior knowledge, direct reading activities, make connections, review prior learning, and stimulate motivation for reading.

Steps:

1. Choose some fact-based statements from the text or closely related to the text. The statements need to reflect information the teacher feels the students need to know after completing the assignments.
2. Tell students to check the statements that are true.
3. Ask students to share their answers.
4. The teacher will be able to determine how much the students know about the reading material to be studied.

Prediction Guide

Carbohydrates

Put a check by the statements you think are correct.

1. All carbohydrates are bad for you and make you fat.
2. A carbohydrate is one of the essential nutrients.
3. Some sources of carbohydrates include soda, juice, and corn.
4. Many complex carbohydrates also offer fiber in the diet.
5. The only way to lose weight is to exclude all carbohydrates from your diet.

TOPHEALTH®

The Health Promotion and Wellness Newsletter

We Care About Your Health

April Fools!

Here are some "pranks" that can inject some healthy fun into your life:

1. Coffee fooler. If you're trying to cut down on caffeine, substitute dark roast for your regular blend in the coffee maker. The longer beans are roasted, the less caffeine they contain.

2. Sneaky spinach. Substitute baby spinach leaves for the iceberg lettuce in the next salad you serve. You'll boost the nutritional content.

3. Bowl game. A new twist on the April Fools' Day classic of putting salt in the sugar bowl. Instead, use a smaller spoon for scooping out the sugar. You'll use less of the sweet stuff and consume fewer empty calories.

4. Saucy secret.

To cut the fat when baking, use applesauce or other fruit puree when making a cake or brownies. Substitute an equal amount for the oil, butter or margarine in the recipe.

5. Time trick.

If you jog, don't run the same old course. Instead, forget about distance and run 5-10 minutes longer than you normally do on a different route. You'll burn more calories.

Remember: There's nothing foolish about staying healthy.



DR. ZORBA'S

LONGEVITY CORNER

DON'T BE A CABIN POTATO

You know that sedentary living is hazardous to your health. Now, research shows that sitting for long periods in an airplane can double your chances of getting a blood clot in your leg. That's a danger, as clots can travel and block blood and oxygen flow to major organs and cause organ damage — even a heart attack or stroke. So if you fly frequently, walk the aisle once or twice every hour or so — and on long car trips, do the same at rest stops. This will get the blood flowing and prevent that clot from happening.

What Does Your Liver Do?

The liver, your largest internal organ, is one of the most complex. Think of it as your body's chemical factory, which ...

- Produces important proteins, including some that play roles in your immune system and blood coagulation
- Regulates levels of amino acids, the building blocks of protein
- Controls your levels of glucose, which your body converts to energy and heat
- Manufactures cholesterol and special proteins that help carry fats around your body

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The Vitamin That Saved 4,000 Kids

If you don't already know what folate is, get to know this B vitamin — and make sure you're getting enough of it. It's a lifesaver.

A. Reduces birth defects. Low levels of folate have been linked with neural tube birth defects such as spina bifida. Since the U.S. government began requiring food makers to fortify grain products with folate in 1998, the incidence of these birth defects has fallen by 25 percent, which means 4,000 fewer affected children.

B. Fights hypertension. Folate in the form of folic acid supplements has been shown to reduce a woman's risk of developing high blood pressure during pregnancy.

C. Helps the heart. There's evidence that folate helps reduce levels of the chemical homocysteine, which at high levels is linked with heart disease. Some studies have also shown that consuming higher levels of folate reduces the risk of heart disease and stroke.

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Cancer: Would You Know the Signs?

Although cancer is still a leading cause of death, survival rates for most cancers continue to rise. Doctors credit improved and earlier detection as some of the reasons why more people are able to live with cancer.

What about you? Would you know when to check out a suspicious symptom with your doctor? Here are the most common warning signs:

- A thickening or lump in the breast or any other part of the body
- An obvious change in a wart or mole
- A sore that does not heal
- A nagging cough or hoarseness
- Changes in bowel or bladder habits
- Indigestion or difficulty swallowing
- Unexplained changes in weight
- Unusual bleeding or discharge

Important: These symptoms can also be caused by infections, benign tumors or other problems. But just to be sure, see your doctor about any of these symptoms or about other physical changes. Don't wait for pain because early cancer does not usually cause pain. The earlier cancer is detected, the more treatable it is, and the greater your chances for a longer life.



Your Liver ... (continued)

- Cleans your blood (together with the kidneys) of drugs and poisonous substances
- Produces bile, which removes waste products and helps process fats in the small intestine

WHAT CAN GO WRONG?

Although one of the liver's functions is to break down drugs and poisons, another drug, alcohol, is toxic to the liver. Too much can lead to cirrhosis of the liver or hepatitis (inflammation of the liver). Either can lead to liver failure and possibly death.

WHAT YOU CAN DO

If you drink heavily, know that quitting alcohol altogether can improve your liver function and either prevent or delay the onset of alcohol-related liver disease. It's one way to live longer ... and be there for those you love.

Vitamin ... (continued)

D. May fight cancer. Folate in high amounts appears to help cut the risk of certain cancers, including those of the colon and cervix.

How can you get more folate? Especially good sources include leafy greens, broccoli, beans, whole grains, peanuts, corn, oranges and orange juice. Folic acid, the form of folate found in vitamin supplements and fortified foods, is even better absorbed than folate found naturally. Whichever you choose, shoot for the recommended daily allowance of 400 micrograms a day, 600 for pregnant women.

"Work is much more fun than fun."
— Noel Coward

Run for Your Life!

An hour's run at 8 mph burns 900-1,000 calories and works your heart and lungs. But pounding the pavement mile after mile can do a number on your bones and joints — and become so routine that you quit from boredom. Here's how to make running an activity you can stick with — for life:

Shake it up. Try a new course, run with someone you haven't trained with in a while or buy new running gear.

Exercise caution over 40. University of South Carolina researchers found that injuries are more likely to occur among runners who log more than 40 miles a week.

Take "strong" medicine. Strength training such as weight lifting can improve your "running economy" — the amount of oxygen you use when you run.

Go off-road. Pavement is generally the most available surface, but also the hardest on your joints. Try running on asphalt (it's softer), the soft shoulder of a road, or find a nearby trail. Visit the All American Trail Running Association's web site at www.trailrunner.com to see if there's one near you.

Be good to your body. Change running shoes every 300 to 500 miles ... stretch after every run ... get 7-8 hours' sleep a night ... consider a glucosamine supplement to keep joints healthy.

Try these steps and you'll be stepping out — faster, stronger and longer.



NEXT MONTH: What's New?

You be the Judge

Post reading activity

Objective: TLWBAT read a text selection, write one implicit question and one explicit question, and determine correctness.

1. Give each student a 3X5 card
2. Have the students read the text selection and write one implicit question on one side of the card and one explicit question on the other side of the card. (If the students have not learned the difference between implicit and explicit, explain that an implicit question is one that is not answered specifically in the text but clues are often given. An explicit question is a detailed question that is answered directly in the text.)
3. After reading the selection and writing the questions, ask the students to pass their card to the next student. The student receives the card, reads the questions and answers one of the questions.
4. The student then passes the card on to the next student. This student answers the remaining question.
5. The card is then given back to the original owner who 'judges' whether or not the questions have been answered correctly.
6. Discuss the questions with the class.

Note: you may have to tell your class ahead of time that line specific questions are not acceptable (i.e. what word is on the second page, fourth paragraph down, at the beginning of the second line.)