

healthy NEWZ 4U

Brought to you by Wellmark Blue Cross and Blue Shield and the Iowa Newspaper Foundation

In this Issue For Teachers:

In this issue of *Healthy Newz 4U* you'll find tips and hints for staying healthy and feeling great...everyday.

- Fighting Off Killer Snack Attacks
- Simple exercises students can do anywhere
- Note Taking and Helpful Homework Hints

To get reliable and timely information, check out your local newspaper to learn about issues that matter to you.

Healthy Newz 4U provides you with activities and information to help your students stay healthy — inside and out. It will also help you and your students use the local newspaper as a virtual textbook for health and wellness curriculum, build literacy, critical thinking, writing skills and more.

Follow these icons for simple interactive classroom activities.



Objective



Start the discussion



Classroom activity



Extra information to supplement discussion or classroom activities

Healthy Kids Act Approved!

The content in *Healthy Newz 4U* supports the goals and mission of the Healthy Kids Act of Iowa. Incorporate this curriculum into your lesson plans today and teach students about the importance of health and wellness that will last a lifetime.

Fighting Off Killer Snack Attacks

A serious case of the munchies can steer students straight to the vending machine. But making smarter snack choices are not only better for their health, but healthy snacks are more likely to give them the energy and the nutrients their body needs.



Objective

The following exercise will help students understand the importance of making smart snacking decisions



Start the Discussion: Fighting off Killer Snack Attacks

- How many of you eat between meals?
- What kind of snack do you typically eat?
- What makes a good snack?
 - Convenient?
 - Gives you an energy boost?
 - Eat on the go?
- How many of you plan your snacks ahead of time?



Classroom ACTIVITY: Fighting off Killer Snack Attacks

Goal: Help students understand the importance and benefits of eating well-balanced meals and choosing the right snacks.

Materials: Copies of local newspapers, pencil and paper or word processing program

Class Time: 30 minutes

Activity: Using the newspaper to build on the discussion, identify articles, recipes or advertisements that feature popular snack foods.

- On a piece of paper or on a computer, ask students to make two columns. In the left column, ask students to make a list of three or four of their favorite snacks.
- Using the newspaper, ask students to identify an article, recipe or ad featuring three or four other snack foods not on their list.
- Ask students to fill in the right column with foods identified in the newspaper.
- Once the two columns are filled in, ask students to compare the foods in the left column with the foods in the right column, and put a check mark next to the item that would be the smarter snack choice.
 - Discuss the results as a class.



continued next page >>

Killer Snack Attacks

continued



Extra information to supplement discussion or classroom activities

Part of warding off a major snack attack is making sure your overall nutrition is well balanced.

Balance your food choices — don't eat too much of any one thing.

Students don't have to give up foods like hamburgers, french fries and ice cream to eat healthy. Just be aware of how often and how much of them are consumed. The body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods.

Foods aren't good or bad.

A healthy eating style is like a puzzle with many parts. Each part (or food) is different. Some foods may have more fat, sugar or salt while others may have more vitamins or fiber. There is a place for all these foods. What makes a diet good or bad is how foods fit together. Students can fit in higher-fat foods in moderation, and balance these with lower-fat foods at other meals.

Source: <http://www.fitness.gov/10tips.htm>

No Equipment Required: Simple exercises

To get the recommended 30 minutes of exercise every day, students don't need any fancy equipment or a membership to the gym.



Objective

The following activity will provide students with easy exercises to help them stay fit without the need for equipment.



Start the Discussion: No Equipment Required: Simple exercises students can do anywhere

- What are some of the exercises you do regularly that don't require any equipment?
 - Sit-ups
 - Push-ups
 - Lunges
 - Squats
- Are these exercises just as beneficial as those that require equipment?
 - Get heart rate up
 - Build muscle and strength
- Does anyone know what "reps" and "sets" are?



Classroom ACTIVITY: No Equipment Required: Simple exercises students can do anywhere

Goal: Help students understand ways to work in exercise without equipment.

Materials: Copies of local newspaper, pen and paper or word processing program

Class Time: 30 minutes

Activity: Based on the discussion, identify an article or advice column in the newspaper.

- Ask students to write a story for the newspaper outlining a 30-minute exercise routine that doesn't require any equipment.
- Ask students to include the following components:
 - Headline and introductory paragraph
 - Exercises including the number of reps and sets
 - Ideas about illustrations or photos that could accompany the story
 - Summary paragraph
- Ask for volunteers to share the story with the class and demonstrate exercises outlined.

students can do anywhere



Extra information to supplement discussion or classroom activities

CHAIR SQUATS



- Stand tall
- Chair behind you

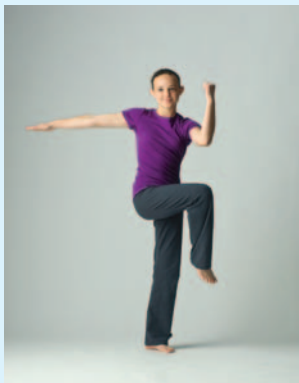


- Arms straight in front
- Slowly start to sit down
- Stop before your seat hits the chair
- Slowly straighten to standing
- Repeat

BUTTERFLY BREATH



- Stand tall
- Feet hip width apart
- Arms lifted out to the sides



- Exhaling, lift right knee and touch it with left elbow
- Inhaling, return to position one
- Switch sides and repeat

SIT BACKS



- Legs bent
- Arms straight in front



- Lean back gradually
- Keep arms straight and tummy tight
- Take it as far back as comfortable
- Slowly return to sitting position
- Repeat



About Sets and Reps

Fitness experts recommend repeating certain exercises several times in a row. These are known as repetitions or “reps,” and they’re done in “sets.” Each set consists of a specific number of reps, usually between eight and 15. You should rest for about 30 seconds between sets.

Note Taking and Helpful Homework Hints

Creating good note taking skills and study habits now, can help students make the most out of homework time and give them skills they will use for years to come.



Objective

The following exercise will help students understand the importance of good note taking and provide helpful homework hints to use at home.



Start the Discussion: Note Taking and Helpful Homework Hints

- How many of you think you are good at taking notes in class?
- What is your note taking style?
 - Do you write in outline form?
 - Do you write down anything and everything?
 - Do you find that when it comes to reviewing your notes, you've written down too little of the information?
- Describe the environment in which you do your homework.
 - Is it quiet?
 - Is it a designated area in your home?
 - Do you turn off the TV and your cell phone?



Classroom ACTIVITY: Note Taking and Helpful Homework Hints

Goal: Help students understand the importance of good note taking skills and hints for effective homework time.

Materials: Copies of local newspapers, pencil and paper or word processing program

Class Time: 30 minutes

Activity: Based on the discussion, ask students to identify a news story in the local newspaper on a topic they don't know much about.

- Ask students to read the article in full and take notes as they read.
- After students are done with their notes, ask students to put away the newspaper.
- Based on the articles identified, ask students to report on their article based on their notes to the class.
- After each report, ask students specific questions about their article and find out if they can find the answer based on their notes.
- As a class, ask students to discuss specific note-taking styles, what works well, what needs to be improved.
- As a class, discuss the appropriate environment for studying and doing homework at home and identify key distractions to avoid.

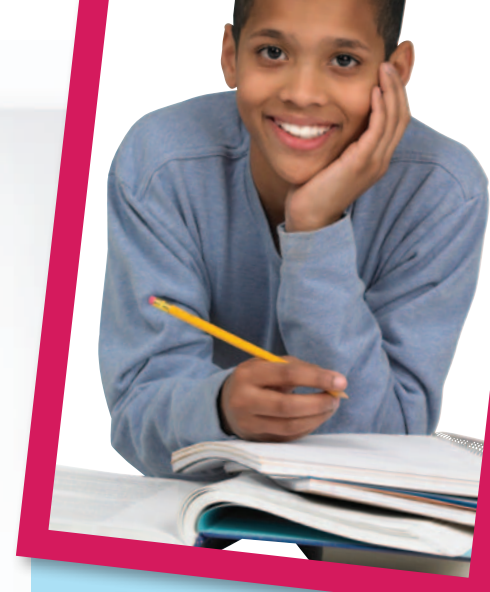
This program is brought to you by Wellmark Blue Cross and Blue Shield and the Iowa Newspaper Foundation. We are proud to offer Healthy Newz 4U as a resource to help increase knowledge about health and wellness.



Find additional information online at www.HealthyNewz4U.com.

Brought to you by Wellmark Blue Cross and Blue Shield and the Iowa Newspaper Foundation.

Wellmark Blue Cross and Blue Shield of Iowa is an Independent Licensee of the Blue Cross and Blue Shield Association.



Extra information to supplement discussion or classroom activities

Share these hints with students about their homework habits.

Set a time

Set a regular time to get your homework done and try to stick to it. If your schedule gets hectic, it's a good idea to plan ahead, so you know what days you'll need to adjust your study time.

Pick a Place

Find a place to do your homework that has enough space, good lighting, and all of the materials you'll need for your projects. The homework spot should be a place where you can leave things undone without cleaning up every time between homework times.

Avoid Distractions

Shut off the TV and your phone. You'll be more likely to get through your homework faster if you have no distractions and can focus on your studies uninterrupted.

Share it

Talk to your family about what you're studying and what you're learning in class. It's a great way to gauge how well you understand the material. Also, don't be afraid to ask a teacher or an adult about any questions you may have along the way.

Source: http://math-and-reading-help-for-kids.org/articles/Building_Good_Homework_Habits.html