

(Mrs. Slaughter) Blizzard Bag Assignments (Health)

**Blizzard Bag #1**

(Follow the directions to complete the assignment. Download a completed copy and turn in the day we return to school. If you do not have the ability to print please see Mrs. Slaughter the day we return to school in order to complete the assignment.)

**Blizzard Bag #2**

(Follow the directions to complete the assignment. Download a completed copy and turn in the day we return to school. If you do not have the ability to print please see Mrs. Slaughter the day we return to school in order to complete the assignment.)

**Blizzard Bag #3**

(Follow the directions to complete the assignment. Download a completed copy and turn in the day we return to school. If you do not have the ability to print please see Mrs. Slaughter the day we return to school in order to complete the assignment.)

## Blizzard Day #1

Mrs. Slaughter

Health: Nutrition

**Specific Topic:** Smart Snacking

### Materials Needed:

3 food labels that you would typically eat for a snack  
Assignment worksheets  
Calculator

### Learning Target:

I can choose snack foods that promote good health without adding too much fat or too many calories.

### Instructions:

Gather 3 snack food labels from snacks that you would typically eat. Examine the labels that you chose. Use the information on the assignment worksheet. Notice the callouts, they will help you identify snacks that are low in fat and calories (sugars). Remember, a moderately active teen needs around 2,000 calories a day and 3 grams or less of fat per serving is considered a low fat food.

List the 3 snacks you chose and the record the following information about each.

Snack #1 \_\_\_\_\_  
Number of servings eaten \_\_\_\_\_  
Number of total calories per serving \_\_\_\_\_ total eaten \_\_\_\_\_  
Number of total calories per serving of fat \_\_\_\_\_ total eaten \_\_\_\_\_  
Number of total **grams** from fat per serving \_\_\_\_\_ total eaten \_\_\_\_\_

Snack #2 \_\_\_\_\_  
Number of servings eaten \_\_\_\_\_  
Number of total calories per serving \_\_\_\_\_ total eaten \_\_\_\_\_  
Number of total calories per serving of fat \_\_\_\_\_ total eaten \_\_\_\_\_  
Number of total **grams** from fat per serving \_\_\_\_\_ total eaten \_\_\_\_\_

Snack #3 \_\_\_\_\_  
Number of servings eaten \_\_\_\_\_  
Number of total calories per serving \_\_\_\_\_ total eaten \_\_\_\_\_  
Number of total calories per serving of fat \_\_\_\_\_ total eaten \_\_\_\_\_  
Number of total **grams** from fat per serving \_\_\_\_\_ total eaten \_\_\_\_\_

Based on the information and your calculations, answer the following questions:

1. Which of the snacks eaten had the most calories, per serving? \_\_\_\_\_

2. Which of the snacks eaten had the most calories coming from fat, per serving? \_\_\_\_\_
3. Based on your analysis, which snack would be the best snack to eat? \_\_\_\_\_

**Blizzard Day #2**

**Mrs. Slaughter**

**Health: Relationships**

**Specific Topic:** Limits and Abstinence

**Materials Needed:**

Cross-Curriculum Activity 5-4 worksheet

Writing utensil

Calculator

**Learning Target:**

I can explain why choosing abstinence, especially during the teen years, is important when considering dating relationships.

**Instructions:**

Complete the Cross-Curriculum Activity 5-4 (Math Connection) and bring it back to school upon return.

## Cross-Curriculum Activity 5-4

### Math Connection

The cost of having a baby is often much higher than teens think.

**Directions:** Use the following data to complete the questions that follow.

#### Cost of Caring for a Baby

*Here is a list of some of the expenses a parent should expect to pay for a baby.*

Item or Service	Cost per Month
Day Care	\$400
Groceries and Diapers	\$150
Clothes	\$40
Toys, Activities, Furniture	\$30
Health Care	\$30

1. What is the total cost of caring for a baby in one month?  
\_\_\_\_\_
2. How much would it cost to care for a baby for one year? Ten years?  
\_\_\_\_\_
3. Jobs held by teenage parents usually only pay the minimum wage. If a teenage parent makes \$350 a week, how much does one parent make in a month?  
\_\_\_\_\_
4. What percentage of the monthly salary will be spent on the baby? To find the percentage, divide the monthly cost of caring for the baby by the monthly salary. Then multiply the decimal by 100 and round to the nearest one.  
\_\_\_\_\_
5. If this person pays \$500 a month in rent and \$120 a month for a car and gas, how much money is left over? \_\_\_\_\_
6. What else might the person need to pay for? Will the person have enough money to afford to live? \_\_\_\_\_
7. Based on the data in this activity, why would it be a good idea for a teenager to put off having children until they are older?  
\_\_\_\_\_

**Blizzard Day #3**

Mrs. Slaughter

**Health: Communicable Diseases**

**Specific Topic:** Caring for the Immune System

**Materials Needed:**

Assignment Worksheet and writing utensil

**Learning Target:**

I can make good decisions to protect myself from communicable diseases as well as others.

**Instructions:**

1. Complete the Health Skills Activity attached, using the 6 steps of the Decision Making Model. Be sure to include 3 possible positive and 3 possible negative outcomes when weighing outcomes.
2. You may complete the assignment on the back of this instruction sheet.
3. Respond to the following:

What responsibility does a person who may be contagious have to prevent spreading an illness or disease?

Explain how making a good decision about communicable diseases protects your health as well as others.

## Decision Making: Caring for Your Immune System

Aaron has been getting a lot of colds lately. Today he woke up with a bad sore throat. Aaron knows that he should stay home and rest, both for his own health and to avoid infecting others at school. However, Aaron plays the lead saxophone in the marching band, and today is the last band practice before the big game. This practice will even be a full-dress rehearsal to make sure everything goes right for the half-time show.

Saturday's game will be the playoff, and everyone is sure the school will win. If Aaron doesn't show up, he thinks he will be letting the band down. Besides, he doesn't want to admit that he is getting sick because then he won't be there on Saturday when the team wins.

Aaron wonders what he should do.



### What Would You Do?

*Apply the six steps of the decision-making model to Aaron's situation.*

1. State the situation.
2. List the options.
3. Weigh the possible outcomes.
4. Consider values.
5. Make a decision and act.
6. Evaluate the decision.