

New Bedford Public Schools  
Division of Adult & Continuing Education

## **New Bedford High School Evening Extension**

2019 – 2020 School Year  
Trimester III

Learning Packet  
for  
**Health**

Teacher: Sheryl Faria  
New Bedford High School Evening Extension  
New Bedford Public Schools  
[sfaria@newbedfordschools.org](mailto:sfaria@newbedfordschools.org)

Email Ms. Faria with questions/concerns regarding this packet at the email address listed above.

Due date: April 7, 2020

**Day 1**  
**March 23, 2020**  
**Health Evening Extension Assignments**

1. Join our classroom ->
  - a. Google Classroom  
Name: Health Evening Extension  
Code: srupina
2. IF you can not get into the classroom, please send me an email at [sfaria@newbedfordschools.org](mailto:sfaria@newbedfordschools.org)
3. Save all your documents as follows:
  - a. Last Name, Assignment Name
    - i. For example: Faria, Graveyard
4. Warm-Up Prompts
  - a. Start ONE document for ALL warm-up prompts (either google doc or word)
    - i. Save as -> Last Name, W/U
  - b. Date each new warm-up entry
5. Submit all assignments via Google Classroom via email to [sfaria@newbedfordschools.org](mailto:sfaria@newbedfordschools.org)

**Day 1: March 23, 2020**

Content Area: ATOD

Skill: Accessing Information

**Warm-Up Prompt:**

Since coronavirus numbers are increasing, locate one local, one national, and one global resource that will educate you on this virus.

**Assignment: Celebrity Graveyard**

- You will need to make a copy of the the assignment
  - Click on 'file'
  - Scroll down to 'make a copy'
  - Name your file - > Last Name, Week 1
- You can use google docs, google slides, word, excel, prezi, etc.

**DUE: March 30, 2020**

# Celebrity Google Graveyard



## Celebrity Google Graveyard Project

**DIRECTIONS:** First you will sign up for a celebrity and complete all of the research required for that particular celebrity. You will then make a Google Sites Graveyard about your celebrity. Lastly, you will write a six word memoir and a reflection about what you have learned. This information will be divided into **eight** sections in your graveyard

### **RESEARCH REQUIREMENTS:**

#### 1. **Home Page (tombstone)**

- a. Celebrity's name
- b. Date of birth
- c. Date of death
- d. Picture of celebrity
- e. Six Word Memoir that best describes the celebrity you are studying

#### 2. **Personal Life**

- a. 15 personal facts about the celebrity, including information about family, school, vivid picture with quotes, photos etc.

#### 3. **Celebrity's Accomplishments**

- a. Explain what the celebrity is famous for (be specific and be thorough)
- b. Major professional contribution(s) to society (awards, albums sold, movies done, charities etc.)

#### 4. **Drug Use**

- a. Research and report on the history of your celebrities drug use. Describe such key facts such as when did they start using drugs and what drugs, if any did they progress to using.

#### 5. **Death**

- a. What drug caused their death and the specific circumstances behind their death
- b. Drug Information: street names, what it looks like, how it's used, social/mental/physical effects

#### 6. **Accolades**

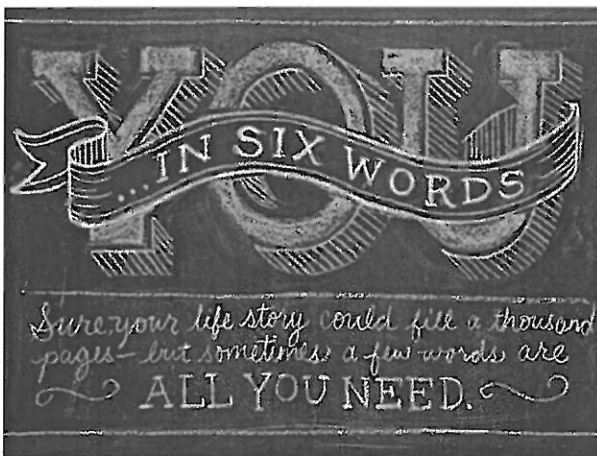
- a. What did the media, peers and family have to say about this celebrity. Paint a vivid picture with quotes, photos etc.

#### 7. **Reflection**

- a. Write a thoughtful response to the following questions:
  - i. Why would your celebrity, who was adored by millions, ever decide to use drugs
  - ii. What changes would you have made in your celebrities life to make their life healthier both physically and mentally?
  - iii. How might these changes impact your celebrity's future, be specific?

#### 8. **Citations**

- a. At least 2 Cited Sources using proper MLA format and proper spelling and grammar



What is a Six Word Memoir?



You are going to write a memoir about your celebrity, using only six words to capture the essence of who they were as a person. This will also be what you share with your peers to get them interested in your celebrity.

### Rubric

Category	4	3	2	1
1. Tombstone	All five elements were present and the six word memoir fully captured the essence of the celebrity.	All five elements were present and the six word memoir somewhat captured the essence of the celebrity.	Less than five elements were present and the six word memoir somewhat captured the essence of the celebrity.	All five elements were not present nor did the six word memoir capture the essence of the celebrity.
2. Personal Life	Elaboration consists of specific, developed details	Elaboration consists of some details	Elaboration consists of general and/or undeveloped details	Elaboration is sparse; almost no details
3. Accomplishments	Elaboration consists of specific, developed details	Elaboration consists of some details	Elaboration consists of general and/or undeveloped details	Elaboration is sparse; almost no details
4. Drug Use	Elaboration consists of specific, developed details	Elaboration consists of some details	Elaboration consists of general and/or undeveloped details	Elaboration is sparse; almost no details
5. Death	Elaboration consists of specific, developed details	Elaboration consists of some details	Elaboration consists of general and/or undeveloped details	Elaboration is sparse; almost no details
6. Accolades	Elaboration consists of specific, developed details	Elaboration consists of some details	Elaboration consists of general and/or undeveloped details	Elaboration is sparse; almost no details
7. Reflection 2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	Fully recognizes relevant influences--both internal and external. Accurately and completely explains how the influence impacts the celebrity, their family, and/or their community.	Recognizes relevant influences--both internal and external. Accurately and completely explains how the influence impacts the celebrity, their family, and/or their community.	Recognizes the influences, but may not include both internal and external. Does not provide an effective explanation of how the influence affects them personally, their family, and/or their community.	No relevant influences are identified. Explanation is missing or a misunderstanding of the impact of the influence
8. Citations	Student has completed at least two citations that are in correct MLA format and everything is spelled correctly	Student has completed at least two citations that are in correct MLA format – one or two mistakes on spelling, grammar, or mechanics	Student has completed at least one citation in correct MLA format with no mistakes	Student has completed at least one citation in correct MLA format – one or two mistakes on spelling, grammar, or mechanics
Valid Sources 3.12.2 Use resources from home, school, and community that provide valid health information.	Able to locate very specific sources that are relevant and accurate for enhancing health in a given situation.	Locates general accurate sources that may enhance health in a given situation.	Locates general accurate sources that do not specifically support health-enhancing behaviors in a given situation.	No sources located OR the information does not support health-enhancing behaviors in a given situation.

Score \_\_\_\_\_/48 Points

**Day 2**  
**March 25, 2020**  
**Health Evening Extension Assignments**

1. Join our classroom ->
  - a. Google Classroom  
Name: Health Evening Extension  
Code: srupina
2. IF you can not get into the classroom, please send me an email at [sfaria@newbedfordschools.org](mailto:sfaria@newbedfordschools.org)
3. Save all your documents as follows:
  - a. Last Name, Assignment Name
    - i. For example: Faria, Graveyard
4. Warm-Up Prompts
  - a. Start ONE document for ALL warm-up prompts (either google doc or word)
    - i. Save as -> Last Name, W/U
  - b. Date each new warm-up entry
5. Submit all assignments **before 8:00pm on the day due** via Google Classroom via email to [sfaria@newbedfordschools.org](mailto:sfaria@newbedfordschools.org)

**Day 2:**

Content Area: ATOD

Skill: Accessing Information

Warm-Up Prompt:

Validity of information means "is this resource truthful?" Choose one of your resources from your warm-up from Day 1, and answer the following questions.

1. Is the information current?
2. Is there enough information about the topic?
3. Are the facts in the article cited or referenced?

Continue to work on your [Celebrity Graveyard](#)

You will need to make a copy of the the assignment

- Click on 'file'
- Scroll down to 'make a copy'
- Name your file - > Last Name, Week 1
- You can use google docs, google slides, word, excel, prezi, etc.

***Due: March 30, 2020***

## Health Evening Extension Assignments

Day 3

March 30, 2020

1. Join our classroom ->
  - a. Google Classroom  
Name: Health Evening Extension  
Code: srupina
2. IF you can not get into the classroom, please send me an email at [sfaria@newbedfordschools.org](mailto:sfaria@newbedfordschools.org)
3. Save all your documents as follows:
  - a. Last Name, Assignment Name
    - i. For example: Faria, Graveyard

**March 30, 2020**

Content Area: ATOD

Skill: Accessing Information

### Warm-Up Prompt

Reliability means "Is the resource trustworthy and dependable?"

Choose one of your resources from Day 1 that you did not use for NTI Day 2, and answer the following questions.

1. Is the purpose of the resource stated clearly?
2. Is the resource a .gov, .edu. or .org?
3. Is the author's name listed?
4. Is the author's background trustworthy and dependable?

### Assignment:

Finish and Submit [Celebrity Graveyard](#)

**DUE TODAY BY 9:30pm**

**Day 4**  
**April 1, 2020**  
**Health Evening Extension Assignments**

1. Join our classroom ->
  - a. Google Classroom  
 Name: Health Evening Extension  
 Code: srupina
2. IF you can not get into the classroom, please send me an email at [sfaria@newbedfordschools.org](mailto:sfaria@newbedfordschools.org)
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    - i. For example: Faria, Graveyard
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  - a. Start ONE document for ALL warm-up prompts (either google doc or word)
    - i. Save as -> Last Name, W/U
  - b. Date each new warm-up entry
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**Day 4: April 1, 2020**

Content Area: Nutrition

Skill: Analyzing Influences

**Warm-Up Prompt:**

**Internal influences** include our personal values, our desires, likes and dislikes, and our perception of social norms.

**External influences** include our community, family, culture, friends, technology, and the media.

1. List 3 internal influences that impact your food choices.
2. List 3 external influences that impact your food choices.

**Assignment: Top Chef**

<b>Step 1</b>	<b>Go over information about food groups in this <u>Food Groups Presentation</u></b>	<b><u>Essential Question?</u></b>  Why is it so important to have the recommended amount of food from each food group?
<b>Step 2</b>	Read the article on <u>Food Safety</u>	<b><u>Essential Question?</u></b>  What are some of the risks of not engaging in food safety guidelines when preparing our food?
<b>Step 3</b>	<b><u>Assignment and Rubric</u></b>  <b><u>Template</u></b>	



## TeensHealth.org



A safe, private place to get doctor-approved information on health, emotions, and life.

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# Food Safety

Food safety means knowing how to avoid the spread of bacteria when you're buying, preparing, and storing food. Check out how to handle food safely to prevent foodborne illnesses.

## Why Food Safety Matters

Food that hasn't been prepared safely may contain bacteria like E. coli. Unsafe food can also spread foodborne illnesses like   salmonellosissalmonellosis and *Campylobacter* (pronounced: kam-pye-low-BAK-tur) infection.

The good news is that you can keep on top of bacteria and foodborne illness by playing it safe when buying, preparing, and storing food.

## Start at the Supermarket

You have your shopping list in one hand and that shopping cart with the bad wheel in the other. But where should you start and how do you know which foods are safe? Take a peek at these tips:

- Make sure you put refrigerated foods in your cart last. For example, meat, fish, eggs, and milk should hit your cart after cereals, produce, and chips.
- When buying packaged meat, poultry (chicken or turkey), or fish, check the expiration date on the label (the date may be printed on the front, side, or bottom, depending on the food). **Don't** buy a food if it has expired or if it will expire before you plan to use it.
- Don't buy or use fish or meat that has a strong or strange odor. Follow your nose and eyes — even if the expiration date is OK, pass on any fresh food that has a strange smell or that looks unusual.
- Place meats in plastic bags so that any juices do not leak onto other foods in your cart.
- Separate any raw meat, fish, or poultry from vegetables, fruit, and other foods you'll eat raw.
- Check eggs before buying them. Make sure that none of the eggs are cracked and that they are all clean. Eggs should be grade A or AA.

Don't slow down your cart for these bad-news foods:

- fruit with broken skin (bacteria can enter through the skin and contaminate the fruit)
  - unpasteurized milk, ciders, or juices (they can contain harmful bacteria)
  - pre-stuffed fresh turkeys or chickens
-

## In the Kitchen

After a trip to the market, the first things you should put away are those that belong in the refrigerator and freezer. Keep eggs in the original carton on a shelf in the fridge (most refrigerator doors don't keep eggs cold enough).

Ready to cook but not sure how quickly things should be used, how long they should cook, or what should be washed? Here are some important guidelines:

- Most raw meat, poultry, or fish should be cooked or frozen within 2 days. Steaks, chops, and roasts can stay in the refrigerator 3-5 days.
- Unopened packages of hot dogs and deli meats can be kept in the refrigerator for 2 weeks. Opened packages of hot dogs should be eaten within 1 week and deli meats within 3-5 days.
- Thaw frozen meat, poultry, and fish in the refrigerator or microwave, never at room temperature.
- For best results, use a food thermometer when cooking meat and poultry.
- Cook thawed meat, poultry, and fish immediately; don't let it hang around for hours.
- **Never wash raw chicken.** Washing raw meat and poultry can spread germs around the kitchen. Germs are killed during cooking when chicken is cooked to an internal temperature of 165°F (74°C). So washing doesn't help.
- Cook roasts, steaks, chops, and other **solid** cuts of meat (beef, veal, pork, and lamb) until the juices run clear or until the meat has an internal temperature of at least 145°F (63°C). After the meat finishes cooking, let it rest for 3 minutes at room temperature before eating it.
- Cook **ground** beef, veal, pork, or lamb until it's no longer pink or until it has an internal temperature of at least 160°F (71°C). Cook ground chicken or turkey to 165°F (74°C).
- Cook chicken and other turkey until it's no longer pink or until it has an internal temperature of at least 165°F (74°C). Check chicken and turkey in several places — breast meat and leg meat — to be sure it's cooked.
- Cook fish until it is opaque and flaky when separated with a fork or until it has an internal temperature of 145°F (63°C).
- Scrub all fruits and veggies with plain water to remove any pesticides, dirt, or bacterial contamination.
- Remove the outer leaves of leafy greens, such as spinach or lettuce.
- Don't let eggs stay at room temperature for more than 2 hours.
- Make sure you cook eggs thoroughly so yolks or whites are firm. Scrambled eggs should not be runny.

## Clean Up

Even though the kitchen might look clean, your hands, the countertops, and the utensils you use could still

contain lots of bacteria that you can't even see. Yuck!

To prevent the spread of bacteria while you're preparing food:

- Always wash your hands with warm water and soap before preparing **any** food.
- Wash your hands after handling raw meat, poultry, fish, or egg products.
- Keep raw meats and their juices away from other foods in the refrigerator and on countertops.
- Never put cooked food on a dish that was holding raw meat, poultry, or fish.
- If you use knives and other utensils on raw meat, poultry, or fish, you need to wash them before using them to cut or handle something else.
- If you touch raw meat, poultry, or fish, wash your hands. **Don't** wipe them on a dish towel — this can contaminate the towel with bacteria, which may be spread to someone else's hands.
- Use one cutting board for raw meat, poultry, and fish, and another board for everything else.
- When you're done preparing food, wipe down the countertops with hot soapy water or a commercial or homemade cleaning solution. Consider using paper towels to clean surfaces. Don't forget to wash the dishes, utensils, and cutting board in hot, soapy water.
- Wash cutting boards — which can become a breeding ground for bacteria if they aren't cleaned carefully — separately from other dishes and utensils in hot, soapy water. Cutting boards can be sanitized with a homemade cleaning solution (1 tablespoon of chlorine bleach in 1 gallon of water). After washing and disinfecting the cutting board, rinse it thoroughly with plain water and pat with paper towels or leave it to air dry.
- Wash dirty dish towels in hot water.

## Storing Leftovers Safely

Your dinner was a success and you're lucky to have some to enjoy later. Here are some tips on handling leftovers:

- Put leftovers in the fridge as soon as possible, within 2 hours. If you leave leftovers out for too long at room temperature, bacteria can quickly multiply, turning your delightful dish into a food poisoning disaster.
  - Store leftovers in containers with lids that can be snapped tightly shut. Bowls are OK for storing leftovers, but be sure to cover them tightly with plastic wrap or aluminum foil to keep the food from drying out.
  - Eat any leftovers within 3 to 4 days or freeze them. **Don't** freeze any dishes that contain uncooked fruit or veggies, hard-cooked eggs, or mayonnaise.
  - If you're freezing leftovers, freeze them in one- or two-portion servings, so they'll be easy to take out of the freezer, pop in the microwave, and eat.
  - Store leftovers in plastic containers, plastic bags, or aluminum foil. Don't fill bowls all the way to the top; when food is frozen, it expands. Leave a little extra space — about ½ inch (about 13
-

millimeters) should do it.

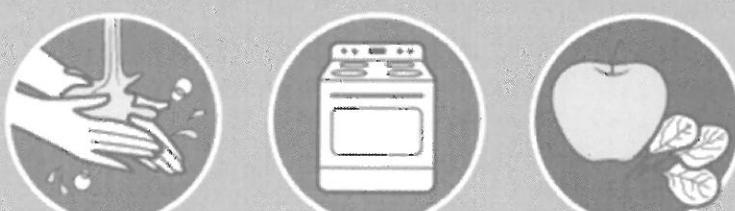
- For best quality, eat frozen leftovers within 2 months.

## Microwave Magic

It's easy to make magic with your microwave — you can heat up or defrost stuff in an instant. Before touching that power button, be sure you know what you can microwave and how:

- Use only utensils and containers that are approved for use in the microwave. Most glass and ceramic containers are OK for use in the microwave, but be sure they're labeled microwave safe. Do not use metal pans.
- Although plastic plates and bowls that are labeled microwave safe are usually OK for use in the microwave, don't use lighter plastics like margarine tubs or cottage cheese containers. The heat can melt them, which means that some of the chemicals in the plastic can be transferred into your food.
- Waxed paper is safe for use in the microwave, but don't ever use brown paper or brown grocery bags. And **never** use aluminum foil!
- When covering a plate or container with plastic wrap, try to keep the plastic wrap from touching the food.
- If a food comes packaged in a foam tray, remove it from the tray and be sure to take off any plastic wrapping before microwaving. The heat can make foam trays and plastic wrapping melt. And don't reuse trays that are included with microwave dinners or other foods.
- If you're using the microwave to **defrost** foods, finish cooking them right away.
- If you're using the microwave to **cook** foods, be sure to move the food inside the dish or stir it several times so it cooks thoroughly.
- If you're using the microwave to heat leftovers or frozen meals, the food should be very hot to the touch and steaming.
- Always carefully follow the microwave directions on the box, especially the length of cooking time that's specified.

**Help Prevent Food Poisoning**




**Wash hands before and after preparing food.**

**Cook meat, poultry, fish, and eggs thoroughly.**

**Wash fruits and vegetables well before eating.**

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Reviewed by: Mary L. Gavin, MD



**Which Has More Germs — Your Toilet Seat or the Kitchen Sink?**

**Surprise!** It's the sink. Turns out germs from raw meat linger in the sink and on the kitchen sponge, making them ickier than the toilet. (The toilet seat is still really germy, though, so wash your hands after going!)

Name: \_\_\_\_\_

Due: 4/1

### Top Chef Assignment

**Your task:** Using the MyPlate template provided, you are to create a DINNER that features healthy ingredients from all 5 food groups *that you enjoy the taste of*. Your portion sizes should reflect daily recommended serving-sizes in accordance with [www.MyPlate.gov](http://www.MyPlate.gov), which should match your Mind Map. When determining ounces/cups, remember dinner is only one of your 3 daily meals.

**On front of plate:**

- Dinner items printed out/drawn (as close to scale as possible) to reflect correct portion sizes. Printed in color or colored pencils are used to add realistic color to food items.
- Label to accompany each food item on your plate.

**On reverse-side of plate:**

- Estimated calories in your meal
- Your recommended daily caloric intake (found on [www.Calorieking.com](http://www.Calorieking.com))
- List of ingredients needed to cook/prepare your meal

1	2	3	4
Meal is not overly healthy.	Some components of a meal can be considered "healthy."	Most components of a meal can be considered "healthy."	All components of a meal can be considered "healthy."
Front of the plate is not overly appealing, labels are missing, pictures lack color and images are not to scale.	Front of the plate is somewhat appealing with labels. Pictures lack color and/or images are not close to scale.	Front of the plate is visually appealing with labels. Pictures lack color or images are not close to scale.	Front of the plate is visually appealing, with labels and colorful pictures drawn/printed (very close) to real life scale.
Estimated calorie total and/or daily caloric intake is not included on the back of your plate.	Estimated calorie total is not accurate and/or way off your daily caloric intake.	Estimated calorie total seems fairly accurate but is disproportionate to your daily caloric intake.	Estimated calorie total is detailed, accurate, and between 1/3 – 2/5 of your daily caloric needs.
List of ingredients is not provided.	List of ingredients is vague and/or items appear to be left off the list.	List of ingredients is fairly detailed, but does not provide cups/ounces.	List of ingredients includes cups/ounces and is detailed enough to give to a family member to shop for your entire meal.
Portion sizes are all over the place and don't seem to follow any guidelines or reason.	Portions don't seem to follow the MyPlate guidelines, however, plate distribution makes some sense.	Portion sizes are fine and the ¼ plate principle appears to have been utilized.	Portion sizes are perfect and follow the ¼ of the plate principle outlined through MyPlate.

FINAL GRADE: \_\_\_\_/20

**Nutrition Project – Part 2**

**\*Due: 4/7**

**Top Chef for a Day**

- **Conceptualize, shop for, and prepare a healthy & balanced dinner that you will actually cook for your family.**
  - *Using your ideas from the MyPlate, MyMeal assignment, you will conceptualize food items, shop for ingredients, cook then serve your meal, and finally reflect on the entire experience.*
  - *Must include all 5 food groups, be budget conscious (estimate your budget then confirm with parents: \$10/\$15/\$30), and take into account likes/dislikes of your family members.*
    - *Make a list of the ingredients you'll need for your meals (remember to budget \$)*
    - *Make sure you talk to your mom/dad/whoever does grocery shopping and ask to come along and pick out your ingredients. (Compare options: food labels vs price)*

To hand in (through Google Slides):

- Menu (organized, descriptive, ingredients included) *\*Imagine you're serving your dish at a restaurant! \*8 pts.*
- Pictures: *Ingredients, you cooking in action, your finished meal, and serving your meal to family (talk to teacher in advance if pictures are a problem) \*10 pts.*
- Reflection of the experience: *(Successful? Struggles? Did your family like it? Could you see yourself cooking this meal again? What does the future hold for you and cooking meals for yourself / your family?) \*10 pts.*

**Rubric for Final Product**

<b>Menu:</b> <ul style="list-style-type: none"> <li>● neat</li> <li>● organized</li> <li>● descriptive</li> <li>● ingredients listed</li> </ul>	1	2	3	4	5	6	7	8		
<b>Pictures included:</b> <ul style="list-style-type: none"> <li>- ingredients</li> <li>- cooking</li> <li>- final plate</li> <li>- serving of meal</li> </ul>	1	2	3	4	5	6	7	8	9	10
<b>Reflection:</b> <ul style="list-style-type: none"> <li>- Successful? Struggles?</li> <li>- insightful analysis of the entire cooking</li> <li>- Experience start to finish</li> <li>- likelihood of continuing to cook meals regularly</li> </ul>	1	2	3	4	5	6	7	8	9	10

**Total Points: \_\_\_\_\_ / 28**