



Fourth Grade Health Resources

ANTI-TOBACCO

The lessons in this kit are from *Tar Wars*, an anti-tobacco education curriculum developed by the American Academy of Family Physicians.

The goal is to reduce future tobacco use. The kit has seven lessons, two about the body systems most affected by tobacco use (respiratory and circulatory) and five lessons about tobacco use. There is an optional poster contest.

The five tobacco lessons explore:

1. short term effects of tobacco use
2. practical effect on breathing
3. financial implications of tobacco use
4. the reasons people use tobacco
5. tobacco ads

Web resource:

<http://www.tarwars.org/x815.xml>

NUTRITION

Arianna's Nutrition Expedition in English is a program developed by the National Dairy Council. The unit has nine lessons focusing on the health benefits of each food group, multi-cultural and combination foods, meal planning, and food advertising. Using a story about Arianna to link the lessons, students "travel" the world learning about nutrition.

The kit includes a large set of food-picture cards with nutrition information on the back that can be used for sorting and math activities. Additional kit materials: computer games on CDs (or go online in the computer lab), a poster, overhead transparencies, and a set of blacklines available for printing.

Web resource:

<http://www.nutritionexplorations.org/educators/lessons/arianna/arianna-main.asp?tab=1>

NUTRITION (SPANISH)

Camp Eatawella' Nutrition Pathfinder in Spanish is from the California Dairy Council. The unit has five lessons with a focus on nutrition, analyzing influences from media and friends, the importance of breakfast, meal planning, and the relationship of physical activity to health.

Additional kit materials: CD's with extension ideas, and a set of student workbooks. Please don't allow students to write in the workbooks; instead you can order a replacement set at \$18 for 32 (see website below).

Web resource:

<http://www.dairycouncilofca.org/Educators/ClassroomPrograms/ProgramsNP.aspx>