

HEALTH CAREER AWARENESS ACTIVITIES

Project Name: Choose to Move

Grade Level: 6-12

Standard: See attached content standards

All lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them.

Purpose: The lesson provides students nutrition facts from popular fast food restaurants and information to determine how long it takes to burn calories doing different activities.

Materials needed:

- Fast Food Facts – attached
- Calories Burned Chart – attached
- Blackboard and chalk
- Notebook paper, pencil and calculator for each student

Duration: 30-35 minutes

Instructions:

- You may want to make copies of the Fast Food Facts and Calories Burned Chart for each student to use.
- Start by asking the students what their favorite fast food restaurants are and what they order from the menu.
- Have them think about how many calories are in these food items. You may want to write guesses on the board.
- Discuss how long they think it would take to burn off a medium coke (200 calories) doing their favorite activity. You may also want to write these guesses on the board.
- Using the Fast Food Facts, show the students the three different meal options. Have

them choose their favorite meal and write down the total calories on a sheet of paper.

- Then using the Calories Burned Chart, have the students calculate how long it would take to burn the calories from their favorite meal. Have them use the weight category closest to their weight. Have the students calculate for a “physical activity” as well as a “daily life activity”.
- EXAMPLE: 125 pound person chooses Meal #2 (800 calories)

Physical Activity: Running–6 mph

$$\frac{285 \text{ calories}}{30 \text{ minutes}} = \frac{800 \text{ calories}}{? \text{ minutes}}$$

$$285x = 24,000$$

$$x = 84.2 \text{ min}$$

Daily Life Activity: Sleeping

$$\frac{26 \text{ calories}}{30 \text{ minutes}} = \frac{800 \text{ calories}}{? \text{ minutes}}$$

$$26x = 24,000$$

$$x = 923.1 \text{ min}$$

That's over 15 hours!

- Compare these calculated numbers to their initial guesses.
- You can also discuss with them a few ways to eat healthier at fast food restaurants (from healthysd.gov).
 - Minimize, not supersize. You can save extra calories and fat grams by eating smaller portions at fast food restaurants.
 - Water! Shakes and soda contain extra calories. Water has no calories and no fat grams.
 - Try the light side. Instead of French fries, try having a salad. Garden salads contain no fat grams and are over 200 calories less than a small order of fries. Also try to use low-fat dressing or no dressing at all to avoid extra calories and fat grams.
 - No extras. Adding extras such as bacon, mayonnaise and sour creams adds calories and fat grams to your meal.

Content Standard Alignment

Language Arts Standards

LVS = Listening, viewing, & speaking; W = Writing; R = Reading)

6.LVS.1.3	9.LVS.1.1
7.LVS.1.1	10.LVS.1.2
7.LVS.1.4	9-12.R.2.2
8.LVS.1.1	9.R.5.1
8.LVS.1.2	11.R.5.1
6-8.R.2.2	
6.R.5.2	
7.R.5.2	
8.R.5.3	

Math Standards

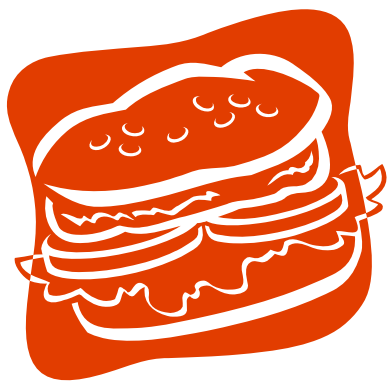
(A = Algebra; G = Geometry; M = Measurement; N = Number Sense; S = Statistics and Probability)

6-8.A.2.1
6.M.1.1
6.N.2.1-8.N.2.1
9-12.N.2.1.A
9-12.S.1.1
9-12.M.1.1
9-12.A.2.1

Science Standards

(N = Nature of Science; P = Physical Science; L = Life Science; E = Earth & Space Science; S = Science, Technology, Environment & Society)

7.L.1.3
9-12.L.1.1
9-12.N.2.3A



FAST FOOD FACTS

Meal #1	
Whopper with cheese	760 calories
Medium French fries (salted)	360 calories
Medium Coke	200 calories
Total	1320 calories
Meal #2	
6" Subway Club on white with cheese, mayo, lettuce, tomatoes, pickles, onions, green peppers, and olives.	470 calories
Small bag of Baked Lays chips	130 calories
Medium Coke	200 calories
Total	800 calories
Meal #3	
2 slices of a medium pepperoni pizza (Pizza Hut)	580 calories
Medium Coke	200 calories
Total	780 calories

References: www.bk.com
www.subway.com
www.dietfacts.com
www.pizzahut.com



CALORIES BURNED CHART

***Chart values show calories burned in 30 minutes of the listed activity

	100 lb person	125 lb person	150 lb person	175 lb person
Physical Activities				
Basketball-full court	249	311	373	435
Bicycling-leisure	90	112	135	157
Dancing-aerobic, ballet, modern	135	168	202	236
Elliptical trainer	258	322	386	451
Football-full contact	219	273	328	383
Frisbee playing	69	86	103	120
Running-6 mph	228	285	342	398
Skateboarding	114	142	171	199
Soccer-competitive	228	285	342	398
Swimming-moderate	138	172	206	241
Volleyball-competitive	99	123	148	173
Walking-3 mph	99	126	148	173
Weight lifting-general	78	97	117	136
Daily Life Activities				
Brushing teeth	57	71	85	99
Mowing-push	99	123	148	173
Shoveling snow	138	172	206	241
Showering	96	120	144	168
Sitting (Watching TV)	24	30	36	42
Sleeping	21	26	31	36
Studying	42	52	63	73
Talking on the phone	24	30	36	42
Washing dishes	51	63	76	89

***Values given are just estimates. Other variables play into calculating calories burned such as gender, diet, and body mass index (BMI).

Reference: Calories Burned Estimator on www.healthstatus.com



HEALTH CAREER AWARENESS ACTIVITIES

Project Name: Wonders of the Human Body

Grade Level: 6–12

Standard: 6.LVS.1.3 7.LVS.1.1 8.LVS.1.1 9.LVS.1.3 10.LVS.1.2 11.R.2.2 12.R.2.2
6.R.2.2 7.LVS.1.4 8.R.2.2 9.R.2.2 10.R.2.2
7.R.2.2
7.L.1.3

All lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them.

Purpose: The lesson provides human body trivia to quiz the students and use as a platform to discuss other topics about the human body.

Materials needed:

- Human Body Trivia – attached
- Blackboard and chalk

Duration: 10–15 minutes

Instructions:

- Ask the trivia questions out loud, write them on the blackboard or print off copies for the students.
- Allow the students to voice their answer by raising their hands. Take about 5 student's answers (you may want to write them on the board).
- Then announce the correct answer and discuss it, allowing the students to ask questions.



HUMAN BODY TRIVIA

1. How many bones does an adult human have?
2. What is the largest organ of the human body?
3. How fast is a sneeze?
4. What's the average resting heart rate? So how many times does it beat in a day?
5. Where does digestion begin?
6. How much of our brains do we use?
7. What are the three categories of muscles?
8. What is the smallest bone in the human body?
9. What part of your brain helps with coordination?
10. Your funny bone isn't a bone at all. What is it?



HUMAN BODY TRIVIA

1. **Question:** How many bones does an adult human have?

Answer: 206.

2. **Question:** What is the largest organ of the human body?

Answer: The skin (It weighs about 10 pounds).

3. **Question:** How fast is a sneeze?

Answer: Around 100 mph.

4. **Question:** What's the average resting heart rate? So how many times does it beat in a day?

Answer: 70 beats per minute so 100,800 beats per day.

5. **Question:** Where does digestion begin?

Answer: Digestion starts in your mouth by grinding and chewing your food. Saliva also aids in digestion.

6. **Question:** How much of our brains do we use?

Answer: 10%.

7. **Question:** What are the three categories of muscles?

Answer: Skeletal, smooth, and cardiac. Skeletal muscles are mostly considered "voluntary" because you can control them. Smooth and cardiac muscles are both "involuntary" muscles.

8. **Question:** What is the smallest bone in the human body?

Answer: There are three tiny bones that are found in your middle ear named the malleus, incus, and stapes. The stapes is the smallest of the three and is about the size of a grain of rice.

9. **Question:** What part of your brain helps with coordination?

Answer: The cerebellum.

10. **Question:** Your funny bone isn't a bone at all. What is it?

Answer: A nerve, your ulnar nerve to be exact.