

# Health and Nutrition Across the Curriculum

<p><b><i>English/Language Arts</i></b></p> <ul style="list-style-type: none"> <li>• Read a picture book or novel with the lens of what choices are made by the characters that contribute to their well-being</li> <li>• Create a persuasive speech to convince a target audience (elders, younger children, parents) about healthy habits</li> <li>• Examine how marketing has been used to promote smoking cigarettes and to stop people from smoking cigarettes</li> </ul>	<p><b><i>Social Studies/History</i></b></p> <ul style="list-style-type: none"> <li>• Compare global diets and lifespans</li> <li>• Study the health traditions and folk remedies of different cultures</li> <li>• Learn about the economics of local farms versus factory or industrial farming</li> <li>• Find out about the “slow food” movements</li> <li>• Interview elders to find out how diet has changed since their childhoods</li> </ul>	<p><b><i>Languages</i></b></p> <ul style="list-style-type: none"> <li>• Read recipes in different languages and learn about the food ingredients from different cultures</li> <li>• Examine how language barriers interfere with health care in developing countries and among immigrant populations</li> <li>• Look at media campaigns in different countries to address a variety of healthy life choices of interest to students</li> </ul>
<p><b><i>Theater, Music, &amp; Visual Arts</i></b></p> <ul style="list-style-type: none"> <li>• Create dramatizations of challenging situations and create “what would you do?” moments, and include examples of healthy responses</li> <li>• Find lyrics of current songs that illustrate some of the difficult choices young people face and create a musical response</li> <li>• Using photography, capture images of community health</li> </ul>	<p><b>Healthy Lives, Healthy Choices</b></p>	<p><b><i>Math</i></b></p> <ul style="list-style-type: none"> <li>• Compare health care costs in rural, suburban, and urban communities</li> <li>• Compare food labels for a variety of products</li> <li>• Chart the percentage of fat, protein, sodium, and carbohydrates eaten in daily diets</li> <li>• Find statistics regarding the reaction time of braking in a vehicle while under the influence of drugs and alcohol</li> </ul>
<p><b><i>Physical Education</i></b></p> <ul style="list-style-type: none"> <li>• Develop workout routines for different age groups and for people with different physical restrictions</li> <li>• Use pedometers and chart physical activity of students in a class</li> <li>• Interview athletes for information about how food choice and exercise have value to build strength and endurance</li> </ul>	<p><b><i>Computer</i></b></p> <ul style="list-style-type: none"> <li>• Research how increased recreational computer use (video games, social networking, etc.) impacts young people’s health</li> <li>• Design screen savers with positive messages about healthy choices and distribute to students and the community</li> <li>• Create a template for keeping track of daily health habits</li> </ul>	<p><b><i>Science</i></b></p> <ul style="list-style-type: none"> <li>• Find out how weather can impact the health of people living with conditions like asthma</li> <li>• Learn what blood pressure is and how to check it</li> <li>• Study the impact of cigarettes and alcohol on the body</li> </ul>