

PATHWAYS TO HEALTH



A Health Promotion Project for American Indians

Teacher Guide
7th Grade

LESSON SUPPLIES FOR PATHWAYS TO HEALTH

Lesson 1: Introduction to Pathways

Found In Curriculum Box

- Student workbooks
- Two letters to send home
- "Wellness Rap" (video)

To Be Obtained By Teacher

- **VCR and monitor**
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Lesson 2: Gifts Of Food

Found In Curriculum Box

- **World map**
(Colored version for teacher, black and white version for students)
- "Mashed Potato Time" (audio tape) (Enrichment Activity)

To Be Obtained By Teacher

Enrichment Activities (5th grade)

- **Potatoes**
 - **Pot/potting soil**
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Lesson 3: Food, Glorious Food

To Be Obtained By Teacher

- **Box for food labels (for lesson 8)**
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Lesson 4: Food Choices For Health

Found In Curriculum Box

- "Better Choices" (video)

To Be Obtained By Teacher

- **VCR and monitor**

Lesson 5: Gifts From The Garden

Found in Curriculum Box

- 2 Fruit and vegetable posters – Superstars
- Fruit and vegetable squares

To Be Obtained By Teacher

- **12 types of fresh fruits and vegetables**
- **Knife**
- **Cutting board, paper towels or paper Plates**
- **Community member to demonstrate squash, pumpkin, apple drying (Enrichment Activity)**

Lesson 6: Gifts From the Field

Found in Curriculum Box

- Bags of grains and beans
- "Bean Game" (Enrichment Activity)
- Blue corn atole

To Be Obtained By Teacher

- **Ingredients and utensils for atole (Recipe in Student Workbook)**
- **Copies for students of "Grain: Whole Versus Refined"(Handout) (Master is in pocket of Curriculum Guide, optional)**
- **Materials for corn husk wreaths and dolls (Directions in Student Workbook) (Enrichment Activity)**

Lesson 7: Finding The Fat in Foods

To Be Obtained By 5th Grade Teacher

- **Materials for "Brown Paper Fat Test"**
 - Brown paper (8 1/2" x 11" sheets for each student)
 - Raw potato slices
 - Potato or corn chips
 - Pretzels
 - Butter, margarine, or lard
 - Avocado slices
 - Apple slices
 - Plastic knife

Lesson 7: Finding The Fat in Foods (continued)

To Be Obtained By 7th Grade Teacher

- **Materials for “Fast Food Fat Counting”**
 - Solid or liquid fat
 - Paper cups (one per student)
 - Six plastic spoons
 - Six (measuring) teaspoons
 - Six plastic knives (if using solid shortening)
- **Graph paper (Enrichment Activity)**
- **Skim, 1%, 2%, and whole milk (Enrichment Activity)**
- **Poster materials, including poster-boards, markers, construction paper, etc. (Enrichment Activity)**

Lesson 8: Reading Food Labels

To Be Obtained By Teacher

- **Food labels and empty packages with labels (Black and white copies of food labels are at the end of the Lesson 8, Teacher Information section)**

Lesson 9: Healthful Traditions

Found in Curriculum Box

- "Family Memories About Food handout
- Intergenerational Fitness (video) (Enrichment Activity)

To Be Obtained By Teacher

- **Elders from community**
- **VCR and monitor (Enrichment Activity)**

Lesson 10: American Indian Tobacco Use

Found In Curriculum Box

- "Tobacco. . . A Gift of Choice" (video)

To Be Obtained By Teacher

- **VCR and monitor**
 - **Community elder (Enrichment Activity)**
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Lesson 11: The Inside Story

Found In Curriculum Box

- "No Smoking - Lungs at Work" (5th grade), "The Decision is Yours" (7th grade), "Smokeless Tobacco - A Chemical Bomb," and "Smokeless Tobacco" (handouts)
- "Inside Your Lungs" (poster)
- "Kid and the Dipper" (video)
- Foam lungs

To Be Obtained By Teacher

- **VCR and monitor**
 - **Unfiltered cigarette and matches**
 - **"Mr. Grossmouth" and "Mr. Dip lip" models (Available from CIYPD) (Enrichment Activity)**
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Lesson 12: Many Pathways

Found In Curriculum Box

- "Smoking, Why Not?" (video) (7th grade)
- "Huff 'n' Puff" (handout) (5th grade)

To Be Obtained By Teacher

- **VCR and monitor (7th grade)**
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Lesson 13: Choosing The Best For Me

Found In Curriculum Box

- "If Your Friends Smoke, Do You Have To?" (video)

To Be Obtained By Teacher

- **VCR and monitor**
- **Index cards with a refusal skill written on each**

Lesson 14: Hidden Messages

Found In Curriculum Box

- "Aren't We Smarter Than That ?" and "Dusty the Dragon" (videos)

To Be Obtained By Teacher

- **VCR and monitor**
 - **Collage materials including butcher paper (posterboard), paste or glue, scissors, markers (5th grade)**
 - **(Students to bring in) Tobacco ads**
 - **Tobacco Look-Alike Chart (Materials are listed in Teacher Information Section) (Enrichment Activity)**
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Lesson 15: What's The Scoop?

Found In Curriculum Box

- "Supergoop" (video) (5th grade)
- "What Are Those Food Ads Trying To Sell?" (5th grade) (homework handout)
- "What About Those Commercials!" (7th grade) (homework handout)

To Be Obtained By Teacher

- **VCR and monitor (5th grade)**
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Lesson 16: Wrap-up Party

To Be Obtained By Teacher

- **Letter to parents inviting them to party**
- **Healthful foods**