

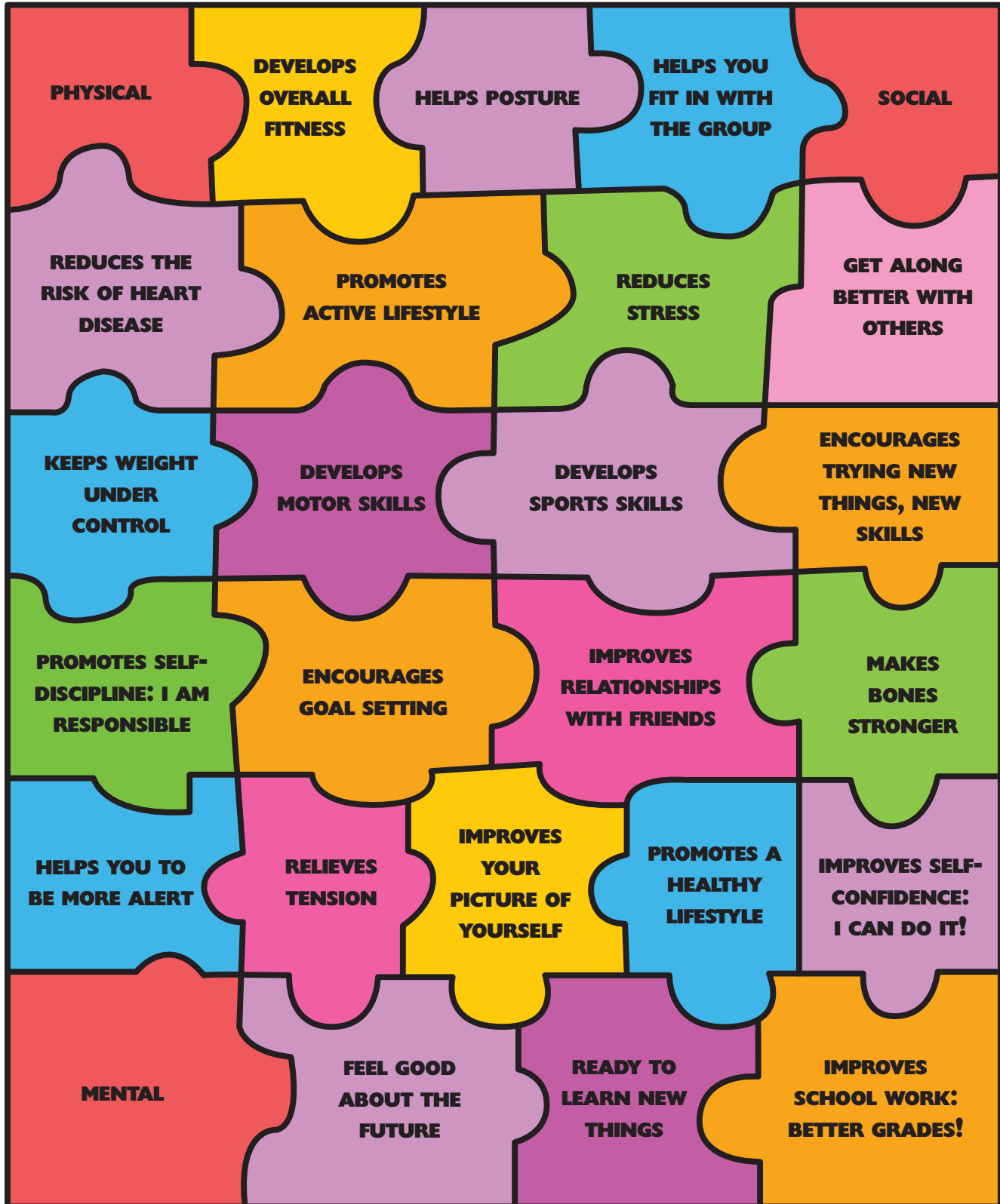


NAME:

# Unit 1 Lesson 4

Student Activity 1

## Fitness Puzzle



## Rescue Breathing/Artificial Respiration

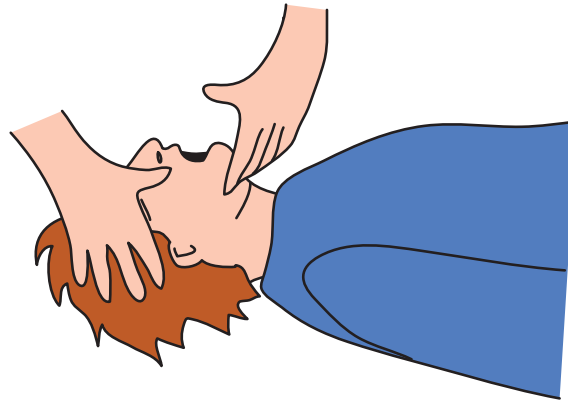
1. Tap and shout

2. Open airway

3. Look, listen, and feel



4. Give 2 full breaths



5. Check circulation

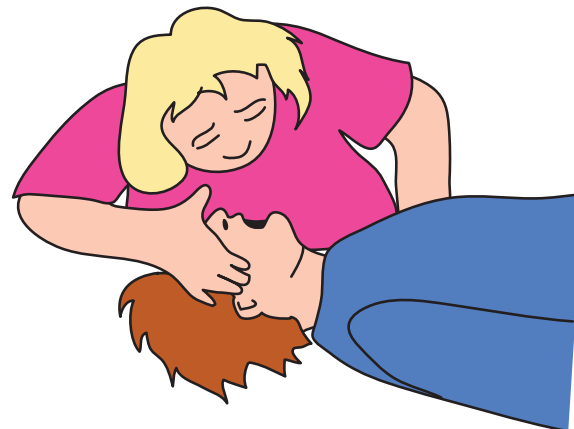
6. Rescue breathing count:

**Adult:** 1 breath every 5 seconds

**Child:** 1 breath every 4 seconds

**Infant:** 1 breath every 3 seconds

7. Continue rescue breathing until the person can breathe on his/her own *or* until someone comes to help you.



NAME:

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### Food for Thought

Grain

Vegetables

Fruits

Milk/  
Yogurt/ Cheese

Meat & Beans

C

P

S

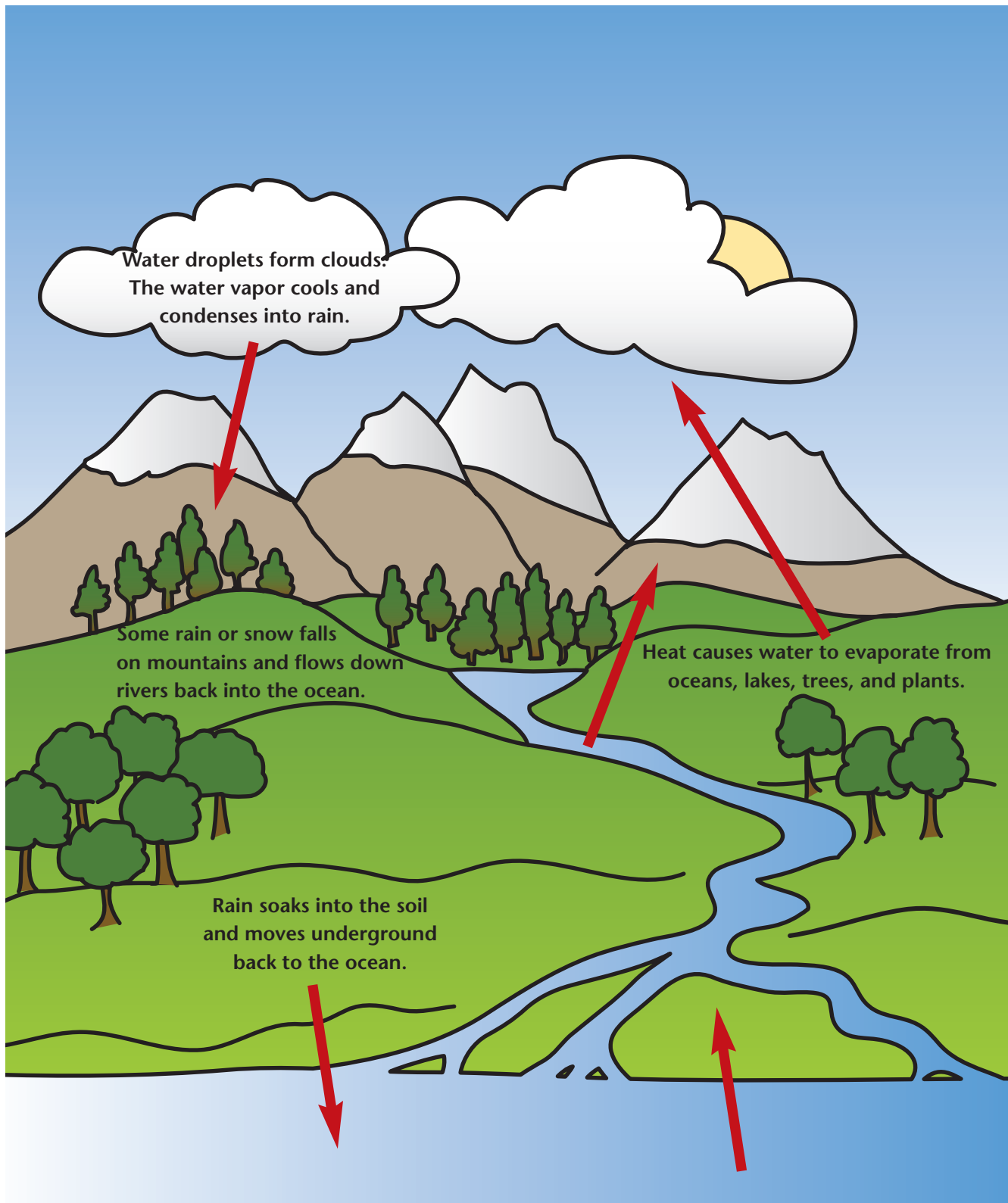
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# The Water Cycle



## Food Groups and Main Nutrients

### Grains Group

(6–11 servings a day)

Carbohydrates  
Vitamins, especially the B group vitamins  
Minerals, especially phosphorus and iron

### Vegetable Group

(3–5 servings a day)

Carbohydrates  
Vitamins A, C, and riboflavin (B<sub>2</sub>)  
Minerals, especially calcium and iron  
Water

### Fruit Group

(2–4 servings a day)

Carbohydrates  
Vitamins A and C  
Minerals, especially calcium and iron  
Water

### Milk Group

(2–3 servings a day)

Fats  
Proteins  
Vitamins, especially D and riboflavin (B<sub>2</sub>)  
Minerals, especially calcium and phosphorus  
Water

### Meat & Beans Group

(2–3 servings a day)

Fats  
Proteins  
Vitamins, especially the B group vitamins  
Minerals, especially phosphorus and iron



NAME:

**Unit 7**  
**Lesson 10**

Student Activity 1

## What Influences Your Food Choices?

What would you like to eat for lunch? You have \$4.00 to spend as you please. Circle the menu items that you want. You may choose an item twice if you wish.



## Menu

Ham Sandwich \$ 2.25

Hamburger with Fries \$ 2.25  
\$ 2.75

Peanut Butter Sandwich (with jelly/no jelly) \$ 1.75



Bread with Butter \$ .85

Carrot Sticks \$ .60

Potato Chips \$ .85

Pop \$ .90

Milk (white/chocolate) \$ 1.25

Apple \$ .75

Ice Cream \$ 1.00

Candy Bar \$ .85

Raisins \$ .75

Pudding \$ 1.25

Cake \$ 1.50

