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## PREVIEW | Prevention: The Best Cure

- How much do you already know about the material in this unit? Circle letters or words to correctly complete the sentences. Answers are upside down at the bottom of the page.

1. *Hygiene* has to do with habits of ( nutrition / cleanliness ).
2. The *Food Pyramid* is a type of ( supermarket display / dietary guide ).
3. When you're cooking, keep pot handles turned toward the ( front / back ) of the stove.
4. Aerobic exercise increases the body's ability to ( use oxygen / bear heavy weight ).
5. It's best to exercise ( occasionally / regularly ).
6. Bone-building calcium can be found in ( milk / peaches ).
7. Experts recommend exercising
  - a. once a week.
  - b. three to seven times a week.
  - c. two to three times a month.
8. To have healthy hair, you should **not**
  - a. lend or borrow hats.
  - b. use shampoo.
  - c. brush your hair.
9. The largest portion of your daily diet should come from the food group containing
  - a. sweets.
  - b. protein.
  - c. grains.
10. To put out a grease fire in the kitchen, use
  - a. water.
  - b. baking soda.
  - c. coffee.

Answers: 1. cleanliness 2. dietary guide 3. back 4. use oxygen 5. regularly 6. milk 7. b 8. a 9. c 10. b

## LESSON

# 1 Physical Fitness

Think about the challenges your body faced today. Did you run to the bus stop? Did you carry a heavy backpack? Did you play a sport? Your body's ability to meet daily demands is called *physical fitness*. Regular exercise is a key to physical fitness. It helps you stay healthy and look and feel your best.

*Aerobic* exercises strengthen your heart. During aerobic exercise, you breathe in more oxygen (air) and your body uses it in an effective way. Swimming, biking, and running are some examples of aerobic exercises. Although lifting weights builds muscle strength, it is not an aerobic activity. Aerobic exercise makes your heart beat faster. It pumps more blood to your muscles and provides them with more oxygen. Aerobic power helps you do hard, physical work. How much aerobic exercise is enough? Mayo Clinic says at least 30 minutes of daily aerobic activity can help you live a longer and healthier life.

Exercise is a *must* for good health—but be sure to exercise safely. Warm up first to loosen up your muscles

before you put them to work. Stretch before exercising to reduce chances of injury. After your activity, make sure to give your muscles time to cool down and relax.



Most people who exercise regularly say they couldn't get along without it! Scientists have found that the body releases special chemicals during exercise. These chemicals, called *endorphins*, create a sense of well-being and reduce feelings of stress.

Exercise helps you maintain proper weight by burning calories (units of food energy). The chart below shows how many calories are burned by different exercises. The numbers on the chart relate to someone who weighs 150 pounds. Calories are used at different rates, depending on a person's weight. If you weigh 75 pounds, you will use up half as many calories as a 150-pound person doing the same exercise for the same amount of time.

FOOD	CALORIES	MINUTES WALKING (4 MPH)	MINUTES OF HIGH-IMPACT AEROBICS	MINUTES JOGGING (5.2 MPH)
Chocolate chip muffin	364	67	44	34
1/4-lb. cheeseburger w/ bun	552	103	66	51
Pizza, meat & veggie, thick crust, one slice	233	43	28	22

The above calorie counts are from <http://www.myfoodapedia.gov>. Calorie burn times calculated at [http://www.healthdiscovery.net/links/calculators/calorie\\_calculator.htm](http://www.healthdiscovery.net/links/calculators/calorie_calculator.htm).

■ **Thinking It Over**

1. Physical fitness is your
  - a. body’s ability to perform daily activities.
  - b. skill level at a certain sport.
  - c. appearance in stylish clothing.
2. One key to physical fitness is
  - a. studying very hard.
  - b. exercising regularly.
  - c. eating a lot of calories.
3. Aerobic exercise builds
  - a. good study skills.
  - b. a healthy heart.
  - c. layers of fat.
4. Aerobic exercise provides muscles with more
  - a. calories.
  - b. flexibility.
  - c. oxygen.

■ **Key Vocabulary**

1. Exercise that causes you to breathe in more air and use it better is called \_\_\_\_\_.
2. *Endorphins* are chemicals that can reduce feelings of \_\_\_\_\_.
3. Food energy is measured in units called \_\_\_\_\_.

■ **Everyday Math**

Hector runs to school 5 days a week. It takes him 15 minutes to

get there. (He rides the bus home.) He also swims laps in the community pool for 30 minutes every Saturday. According to Mayo Clinic’s recommendation, does Hector get enough aerobic activity each week?

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■ **Comparing**

1. Which activity provides aerobic exercise—weight-lifting or running?  
\_\_\_\_\_
2. Which type of exercise is more vigorous—riding a bike less than 10 mile per hour or swimming?  
\_\_\_\_\_
3. Which activity could be called aerobic—lying down for a nap or taking a walk?  
\_\_\_\_\_

■ **On Your Own**

Most people walk somewhere during a usual day’s activities. How could you make walking more aerobic?

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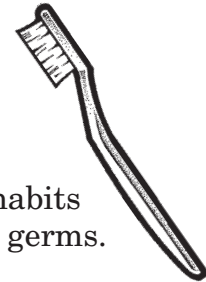
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**LESSON**

# 2 Hygiene



People look and feel better when they are clean. Good hygiene habits can put you on the road to good health and help protect you from germs. Evaluate your own hygiene by answering the questions below.

<b>GERM-GUARDS:</b> Do you . . .		YES	NO		YES	NO
• regularly shower or bathe?		<input type="checkbox"/>	<input type="checkbox"/>	• brush both the outside and inside surfaces of your teeth?	<input type="checkbox"/>	<input type="checkbox"/>
• wash your hands often with soap and water?		<input type="checkbox"/>	<input type="checkbox"/>	• brush your tongue to remove germs that can cause bad breath?	<input type="checkbox"/>	<input type="checkbox"/>
• wash the front and backs of your hands and between your fingers and thumbs?		<input type="checkbox"/>	<input type="checkbox"/>	• rinse your mouth well with water or mouthwash after brushing?	<input type="checkbox"/>	<input type="checkbox"/>
• wash your hands long enough (to sing the Happy Birthday song twice)?		<input type="checkbox"/>	<input type="checkbox"/>	• use dental floss at least once a day?	<input type="checkbox"/>	<input type="checkbox"/>
• dry your hands with a clean towel after washing?		<input type="checkbox"/>	<input type="checkbox"/>	• have regular dental check-ups?	<input type="checkbox"/>	<input type="checkbox"/>
• cover your nose with a tissue whenever you sneeze, or sneeze into your upper sleeve?		<input type="checkbox"/>	<input type="checkbox"/>	• eat a well-balanced diet?	<input type="checkbox"/>	<input type="checkbox"/>
• cover your cough with a tissue or the back of your hand?		<input type="checkbox"/>	<input type="checkbox"/>	• avoid sugary food?	<input type="checkbox"/>	<input type="checkbox"/>
<b>HEALTHY HAIR:</b> Do you . . .				<b>ACNE ANNIHILATORS:</b> Do you . . .		
• wash your hair regularly?		<input type="checkbox"/>	<input type="checkbox"/>	• drink plenty of water (at least eight glasses a day)?	<input type="checkbox"/>	<input type="checkbox"/>
• use an antidandruff shampoo if you have a flaky scalp?		<input type="checkbox"/>	<input type="checkbox"/>	• wash your face at least twice a day (morning and night)?	<input type="checkbox"/>	<input type="checkbox"/>
• follow the directions on your shampoo bottle?		<input type="checkbox"/>	<input type="checkbox"/>	• wash your face after physical workouts?	<input type="checkbox"/>	<input type="checkbox"/>
• regularly clean your combs, brushes, and pillowcases?		<input type="checkbox"/>	<input type="checkbox"/>	• know your own skin type (dry, oily, or combination) and use skin products that are right for you?	<input type="checkbox"/>	<input type="checkbox"/>
• wear only your own hats and use only your own combs and brushes?		<input type="checkbox"/>	<input type="checkbox"/>	• keep your hair clean and off your face?	<input type="checkbox"/>	<input type="checkbox"/>
<b>DENTAL DEFENSE:</b> Do you . . .				• avoid squeezing pimples?	<input type="checkbox"/>	<input type="checkbox"/>
• clean your teeth after eating?		<input type="checkbox"/>	<input type="checkbox"/>	• consult a dermatologist about severe skin problems?	<input type="checkbox"/>	<input type="checkbox"/>

How many questions did you answer with a *yes*? Your *yes* answers point to good hygiene habits.

■ **Thinking It Over:** Write **T** for *true* or **F** for *false*.

1. \_\_\_\_ Good hair hygiene means using only your own combs and brushes.
2. \_\_\_\_ Trading hats with friends may seem fun but it is not a healthful practice.
3. \_\_\_\_ The only time to see a dentist is when you have a toothache.
4. \_\_\_\_ The best way to get rid of a pimple is to squeeze it.
5. \_\_\_\_ Drinking lots of water may help cure your acne.

■ **Key Vocabulary**

1. *Hygiene* has to do with your
  - a. habits of cleanliness.
  - b. eating habits.
  - c. exercise routines.
2. If you have a flaky scalp, you have
  - a. acne.
  - b. dandruff.
  - c. hair loss.
3. If you have acne, you have
  - a. pimples.
  - b. dimples.
  - c. dandruff.

4. To *annihilate* something means to
  - a. purchase it.
  - b. get rid of it.
  - c. wear it often.
5. A *dermatologist* is a
  - a. hair stylist.
  - b. dental surgeon.
  - c. skin specialist.

■ **Cause and Effect**

1. If you don't use a tissue when you sneeze, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
2. Tooth decay can result from \_\_\_\_\_  
\_\_\_\_\_.
3. Forgetting to brush your tongue can cause you to have \_\_\_\_\_  
\_\_\_\_\_.

■ **On Your Own**

What one hygiene practice do you think you should change? How might you improve your habits?

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