Month One: Health & Safety

FOCUS
Content Vocabulary

1. *4 food safety basics*
2. *active ingredients*
3. *CPSC*
4. *dehydration*
5. *DUID*
6. *FDA*
7. *fluoride*
8. *foodborne illness*
9. *generic*
10. *GRAS/E*
11. *heat stroke*
12. *irradiation*
13. *legend drug*
14. *NSAID*
15. *OTC*
16. *Poison Control Center*
17. *quackery*
18. *Rx*
19. *salmonella*
20. *saturated fat*
21. *shelf-stable packaging*
22. *sodium*
23. *sprain*
24. *supplement*
25. *vaccine*

GAME PLAN

Practice 1-A

1. Using *PowerPoint Notes* view the *Medicine 101 PowerPoint* and discuss the related concepts and vocabulary with team.

2. Play *Tell Me the Question-Health & Safety*

3. Assist the team in defining the *FOCUS Words.*

Practice 1-B

1. Play August 2012 *TeamSmarts*-All Topic Round.

2. Review the FOCUS vocabulary for this lesson and the previous lessons with the relay game "*Swat the Word.*"

MORE HEALTH & SAFETY IDEAS

1. Play Medgo with the team to review this week's vocabulary.

2. Complete the *Medicine 101* crossword puzzle.

3. Discuss the symbols below, their meaning and the concepts they represent.

4. Provide team with nutrition food labels to read and analyze the information they provide the consumer.

5. Analyze the USDA's *My Plate* initiative..

VISUAL

OBJECTIVES

Examine the differences between prescription and OTC medicines.

Increase content vocabulary in health & safety.

Become aware of health & safety messages that are in the home and community.

PREPARATION

Define the *FOCUS* Words and place on Word Wall.

Download *Medicine 101* PowerPoint and notes.

Load *Tell Me the Question-Health & Safety* for Practice

Print *Medgo* cards.

COMPETING

Encourage team members to take topic daily quizzes.

Download a competition round from the LifeSmarts website and hold a practice competition.