

## 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..

### 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.

### VISUAL



Your prescription,  
your choice.



\$71  
Thirty-day prescription of one brand name drug



\$22  
Thirty-day prescription of its generic equivalent

