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It All Adds Up

Directions: Read “Going With the Flow” (page 9). The article notes that drinking enough water and getting proper nutrition may help prevent kidney stones. How healthy is your diet? For one day, keep track of everything you eat and drink, and enter it in the log below. Then, using nutrition labels, reference sources in your classroom and library, and the Internet, enter how many milligrams (mg) of sodium and calcium you consumed. Compare those amounts with the recommendations for your age-group at www.mayoclinic.com/health/nutrition-for-kids/nu00606.

Food or beverage	Sodium (mg)	Calcium (mg)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Did you meet the nutritional recommendations?
If not, what changes might you make in your diet?

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Advertise Exercise

Directions: Read “Do Good, Feel Good!” on page 20. Create an advertisement that encourages kids to exercise for a cause. Use your favorite advertisements for ideas. Answer the questions below to help plan your ad.

What is your cause? Why is it important?

How will participating in the exercise-for-a-cause activity make you feel?

What will you say to grab kids’ attention?

Write or draw your advertisement here. (You can use a separate piece of paper if you need to.)

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Your Choices: Energy Drinks—What’s the Buzz?

Directions: Read the story “Energy Drinks: What’s the Buzz?” (page 6). Then complete the items below.

- Stimulants are substances that
 - cause blindness.
 - increase energy and alertness.
 - decrease nutrient level.
- Energy drinks can cause
 - an irregular heartbeat.
 - deep sleep.
 - insanity.
- The caffeine found in energy drinks can be addictive.
 - true
 - false
- Which is a healthy substitute for energy drinks?
 - coffee
 - sugar water
 - low-fat milk
- Some energy drinks have the same amount of caffeine as _____ cans of cola.
 - 14
 - 0
 - 70
- In one sentence, describe what happened to the kid in the story after he consumed energy drinks.

- Name at least two healthy food alternatives to energy drinks.

- Energy drinks are the same as sports drinks.
 - true
 - false
- The dehydration caused by caffeine is especially bad for
 - teachers.
 - desk workers.
 - athletes.
- Think about times when your energy level is low. Do you eat healthy food to get your energy level back up? If not, what could you add to your diet to do so?

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Your Body: Going With the Flow

Directions: Read the story “Going With the Flow” (page 9). Then complete the items below.

1. Based on the experiences of the two kids in the story, how would you describe the pain of kidney stones?

2. Kidney stones are a problem that happens in the

- A. respiratory system.
- B. urinary system.
- C. vascular system.

3. Kidney stones are usually

- A. yellow or brown. B. red or orange. C. purple or blue.

4. Effects of kidney stones include

- A. foot pain. B. hallucinations. C. vomiting.

5. If a kidney stone does not pass through the urinary tract on its own,

- A. surgery may be required.
- B. bed rest is needed.
- C. amputation occurs.

6. Choose two reasons why people may get kidney stones.

- A. vision problems B. dietary sodium C. genetic reasons D. consuming energy drinks

7. Most doctors think that fewer kids are getting kidney stones than ever.

- A. true B. false

8. You can reduce the chance of kidney stones by

- A. drinking a lot of water.
- B. going to the doctor.
- C. exercising.

9. People who don't get enough _____ are at risk for kidney stones.

- A. caffeine B. calcium C. carbohydrates

10. Based on the information in this article, how would you describe your risk for kidney stones?

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Your World: Nothing Fresh in Sight?

Directions: Read the story “Nothing Fresh in Sight?” (page 12). Then complete the items below.

1. A food desert is a place where all the stores sell food but not beverages.
A. true **B.** false
2. The number of households in the United States that live more than half a mile from a supermarket and don't have access to a car is in the
A. hundreds.
B. thousands.
C. millions.
3. Relying on public transportation can make it more difficult for some people to get to grocery stores that sell healthy foods.
A. true **B.** false
4. Thinking about question 3, above, is it OK for people to eat unhealthy foods if they can't get to stores that sell healthy foods? Why?

5. Why does New York City student Michael say he ate mostly burgers and fries until recently?
A. He's a picky eater, and that's all he liked.
B. Fruits and vegetables are expensive and hard to find where he lives.
C. He didn't know that burgers and fries can be unhealthy.
D. He doesn't explain why in the article.
6. List three efforts that can help make food deserts in city neighborhoods a thing of the past.

A. _____

B. _____

C. _____

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Your Relationships: Animal Influence

Directions: Read the article “Animal Influence” (p. 16). Then indicate whether the statements below are true or false.

1. Poet, the registered therapy dog featured in this article, works in a hospital.
A. true B. false

2. Being with a calm and friendly dog can lower a person’s stress level.
A. true B. false

3. Reducing stress helps a person to be healthier.
A. true B. false

4. Animals are good at providing unconditional love.
A. true B. false

5. Being around an animal can cause a rise in good mood brain chemicals.
A. true B. false

6. Kids with autism are not likely to benefit from animal interaction.
A. true B. false

7. A kid with a physical handicap may experience the feeling of walking by riding a horse.
A. true B. false

8. Only dogs and horses can work as therapy animals.
A. true B. false

9. You can receive the benefit of being around an animal only if it is specially trained to help you.
A. true B. false

10. A therapy hamster is not one of the pets featured in this article.
A. true B. false