

Environmental Health

Standard 1 – Health Promotion and Disease Prevention
Standard 7 – Advocating for Health

Outcome(s): • The students will recognize how environmental health promotes general health and/or prevents disease.

Objective(s): • The students will be able to define “environment”.
• The students will be able to describe the importance of being responsible in keeping our environment pollution – free.

Activity 1: Old Food - In a glass airtight container put some applesauce, milk or bread. Watch it for a few days or weeks to see when mold appears. Talk about how not cleaning up food containers and food could affect our environment.

Activity 2: Protecting the Environment Worksheet - (page 184 “Being Healthy” Harcourt/Brace) Define environment as the surroundings and conditions that affect how living things grow and develop. Talk about the different things in our surroundings such as our air, our water, energy we use, animals we see, and noises we hear. Use the questions to discuss how best to take care of the student’s environment. Ask them to tell a neighbor something they can do to help in their school room environment, then share with class.

Activity 3: What Planet Are You From, Clarice Bean? by Lauren Child (2001 – Candlewick Press). In school, Clarice Bean is learning about the planet Earth, but her project on the environment isn’t turning out to be quite what anyone had in mind. Her brother starts a group to protect a tree in the neighborhood from being cut down. Questions for discussion:

- 1) What kind of nature do we see in our backyards? Why do you think Granddad loves to sit and look at nature?
- 2) What did Clarice and her friends do to help her brother in saving the tree? (make signs)
- 3) Do you think kids could really make a difference in helping our environment? Why or why not?
- 4) How well did Clarice and her family do in helping the environment?
- 5) Name one thing you can do to be an ecowarrior in your neighborhood.