

A Family Letter

NHES Standard 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

Teaching Objectives

- Comprehend health promotion and disease prevention.
- Research valid information about the prevention and intervention of this disease.
- Identify ways to practice health-enhancing behaviors.

Teaching Strategies

- Using a minimum of 25 index cards, write one disease from this chapter on each card. Place these cards in a container.
- Have students choose one card. Alternatively, they may select a disease identified in this chapter that is a relevant concern for them and their family.
- Have students follow the steps in the activity. They may work in groups of two or three if they wish, sharing resources and action plan ideas.
- Read and discuss the family letters.
- Invite students who used an existing family disease or concern to mail their letter to family members. *Be sure students understand they should keep personal information private.*

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score:

- ✓ Identifies healthful behaviors to reduce risk of disease
- ✓ Creates a list to demonstrate healthful habits
- ✓ Incorporates a health-enhancing plan to reduce risk of disease

Activity A Family Letter

Your teacher will present a set of index cards with the names of noncommunicable diseases. You will conduct research on one of these diseases and develop a plan for reducing risks of getting the disease. Then, you will write a letter to your family persuading them to make healthy choices to prevent getting the disease.

What You'll Need

- print and online resources
- paper and pens or pencils
- envelopes (optional)

What You'll Do

Step 1

Select one card from your teacher and conduct research on the signs, symptoms, risk factors, and treatment for the disease printed on the card.

Step 2

Based on your findings, list at least four healthful behaviors that can reduce the risk of getting this disease.

Step 3

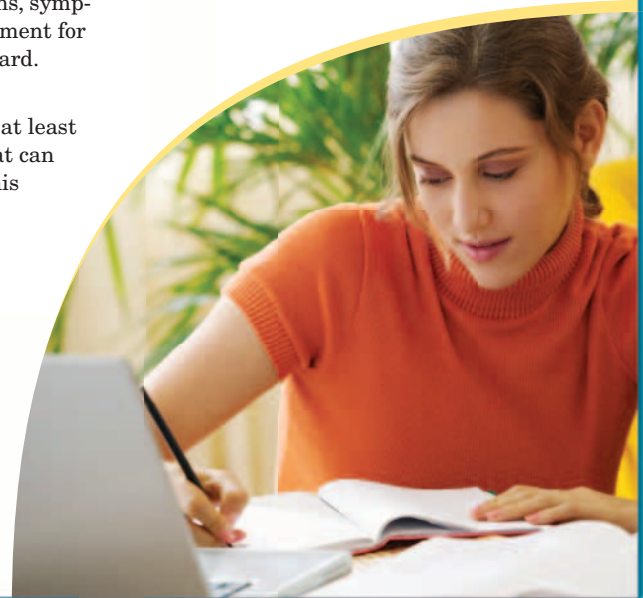
Create a health-enhancing action plan to reduce your risks for this disease.

Apply and Conclude

Write a letter to your family suggesting specific healthful behaviors all of you can adopt to reduce the risks associated with this disease.

Checklist: Practicing Healthful Behaviors

- ✓ Identification of protective behaviors
- ✓ Steps demonstrating healthful habits
- ✓ Knowledge of healthful behaviors, habits, and techniques



Home and Community

Preventing Noncommunicable

Diseases Many community health agencies hold classes or provide information about reducing the risks of noncommunicable diseases. Many of these health agencies also provide free screenings for such problems

as various cancers, cholesterol levels, and hearing assessments. Have students find the kinds of classes and screenings available in your area. Students can compile the class findings into an informational pamphlet.