

Review





Recipes for Healthy Kids and a Healthy Environment
Kids Building a Safer and Healthier Community

Review

Lesson 2: Pesky Pests and Household Hazards

Remember...

- Pests are living things that can hurt us by making us sick, damage our homes or other property, or destroy plants or agricultural products. A pest can be a plant, an animal, or a disease.
- Pests are everywhere—in our schools, and homes, and our cities, suburbs, and in the country. There are pests in the White House, the Taj Mahal, and Buckingham Palace. They are everywhere!
- Insects are just one kind of pest that people may encounter. The world has more insects than all other living things combined. It's estimated that there are 10 quintillion (10,000,000,000,000,000) insects!
- Insect pests like to come indoors because we have all the things inside that they need—air, water, food, and shelter
- Instead of using chemicals that can be toxic in order to get rid of pests, we can remove the things that they need to survive. Take these steps:
 1. Identify the pest.
 2. Take away food.
 3. Take away water.
 4. Take away shelter.
 5. Monitor the situation.
- Pesticides and cleaners can be dangerous or deadly if used the wrong way. It's important to keep these items locked up and out of reach.

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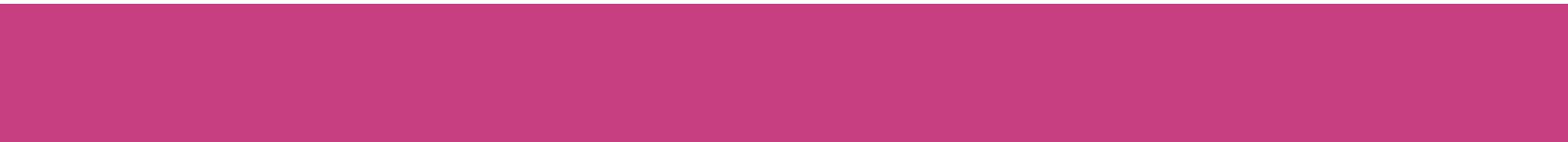
Brainstorming...

- A group pledge is something that the whole group can do—it is a daily or weekly action that addresses the environmental health issue of pests.
- What can we all do to ensure that pests don't come into our schools, homes, and community spaces?
 - What will we do?
 - When will we do this?
 - Where will we take this action?
 - Why will we take this action?
- What are some things that we could each do individually?

Pledge Proposals...

- Group: _____

- Individual: _____





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Lesson 3: Breathing Easy: Keeping the Inside of Our Homes Healthy and Clean

Remember...

- When we take air in, the oxygen in the air passes throughout our bodies through our blood.
- The air we breathe in is only about 20 percent oxygen. Most of the rest of our air is nitrogen, which is another invisible, odorless gas, like oxygen.
- Lead is a metal that has many uses and is in a lot of places that we might not realize—like paint in older homes and soil in cities. But lead can be dangerous for humans if it's in our air, water, or food. It's especially dangerous for babies and children under age 6.
- Find out if your home was built before 1978. If it was, be extra careful with flaking paint. Get an adult's help to clean up dust and paint chips right away.
- More than 25 million people in the United States have asthma, including 1 out of every 10 school-aged children. Many more people have breathing difficulties and problems other than asthma.
- Even if you don't have asthma, it's important to keep the air in your home healthy and clean. There are a few things that you and your family can look for and can do to breathe a little easier. Below is a list of the most well-known asthma triggers and some steps to take to avoid them:
 - Dust And Dust Mites – Keep Your Space Clean And Consider Covering Mattresses And Pillows With Airtight Bedding. Wash Your Sheets And Bedding Regularly.
 - Pollen – On Days When The Pollen Count Is Very High, Stay Indoors And Close The Windows.
 - Mold And Mildew – Clean Up Mold And Mildew In Bathrooms And Keep It Away By Running The Fan In The Bathroom During And After Showers. Wipe Down The Shower And Bath After Using It.
 - Pet Dander – Many folks are allergic to pets and find it difficult to breathe around them. If you have pets, brush them outside instead of inside.
 - Secondhand Smoke – Smoking and secondhand smoke are bad for everyone. If someone in your family smokes, encourage them to stop, or at least ask them to smoke outside, away from children and other family members.

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Brainstorming...

- A group pledge is something that the whole group can do—it is a daily or weekly action that addresses the environmental health issue of indoor air quality.
- What can we all do to ensure that the air in our schools, homes, and community spaces is healthy?
 - What will we do?
 - When will we do this?
 - Where will we take this action?
 - Why will we take this action?
- What are some things that we could each do individually?

Pledge Proposals...

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- Individual: _____





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Lesson 4: Be Sun Smart

Remember...

- The sun is the star at the center of our Solar System. The sun is 109 times larger than the Earth and primarily consists of hydrogen and helium (gases).
- We feel the heat energy of the sun when we walk outside, and it's hot out even though the sun is 93 million miles away from the Earth because the core of the sun is more than 28 million degrees Fahrenheit!
- The sun is essential for life on Earth. Just as plants need the sun to grow, humans and other animals need it as well. We have evolved over millions of years along with the sun.
- While we need the sun, we also ALL need to protect ourselves from its strong ultraviolet radiation, which can cause sunburns and, sometimes, cancer.
- People of all complexions need to practice sun smarts. The sun's ultra violet rays can damage us all.
- We saw that a lot of animals use natural sun smarts to protect themselves:



Turtles wear their shells like a shirt—its skin can't be burnt if it's not exposed to the sun. You can wear clothing to protect your skin from the sun.



Pigs cover themselves in mud as a sunscreen. You should wear sunscreen of at least SPF 15 whenever you are outside.



The bumps over the **camel's** eyes act like a hat. You should wear a hat to protect your face, neck, and head from the sun.



The black rings around the **meerkat's** eyes act as sunglasses. You should wear sunglasses if you're going to be outside for long periods.



Lions use the shadow rule—when your shadow is shorter than you are, seek shade!

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Brainstorming...

- A group pledge is something that the whole group can do—it is a daily or weekly action that will help us practice sun smarts.
- What can we all do to ensure that we use sun smarts when we are at our schools, homes, and community spaces?
 - What will we do?
 - When will we do this?
 - Where will we take this action?
 - Why will we take this action?
- What are some things that we could each do individually?

Pledge Proposals...

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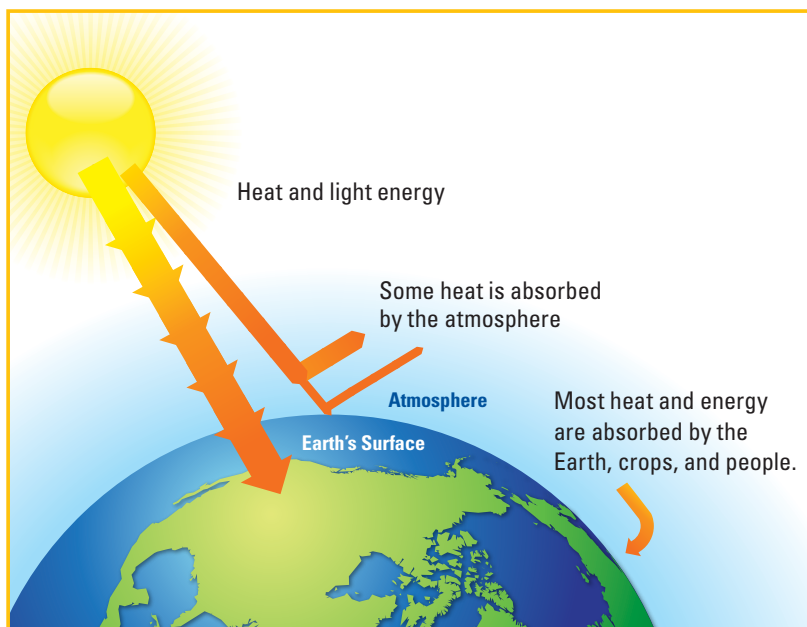
Review

Lesson 5: Climate Change and You

Remember...

- The sun is the center and the anchor of our Solar System and, like the other seven planets in our system, the Earth moves, or orbits, around it along a pathway. The earth needs to rotate/spin 365 times for each one revolution around the sun! A rotation is 1 day, which gives us night and day, and a revolution is 1 year, which gives us the seasons.

- This giant sun powerhouse sends so much energy our way that it would be extremely dangerous if it came directly to the Earth's surface. The gases that make up the atmosphere act like the glass on a greenhouse and let most of the light and the heat in, but filter out some of it, so that it's safer for us.



- These gases also help keep the Earth warm when one part of the Earth is rotating away from the sun—at night.

- Our atmosphere is a mix of gases that do different things. If we change the mixture of gases, our planet will change. Greenhouse gases are released when we burn gas and oil and coal to power our cars, factories, planes, and trains, and provide power/energy to the places where we live and go to school and work.
- We use energy so often throughout the day that we rarely think about it. We use energy by turning on lights, watching TV, using a computer, listening to music, taking a shower/bath (energy to heat the water), driving somewhere, cooking, and using anything with batteries.

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Brainstorming...

- A group pledge is something that the whole group can do—it is a daily or weekly action that will help us conserve energy.
- What can we all do to ensure that we are using less energy in our schools, homes, and community spaces?
 - What will we do?
 - When will we do this?
 - Where will we take this action?
 - Why will we take this action?
- What are some things that we could each do individually?

Pledge Proposals...

- Group: _____

 - Individual: _____

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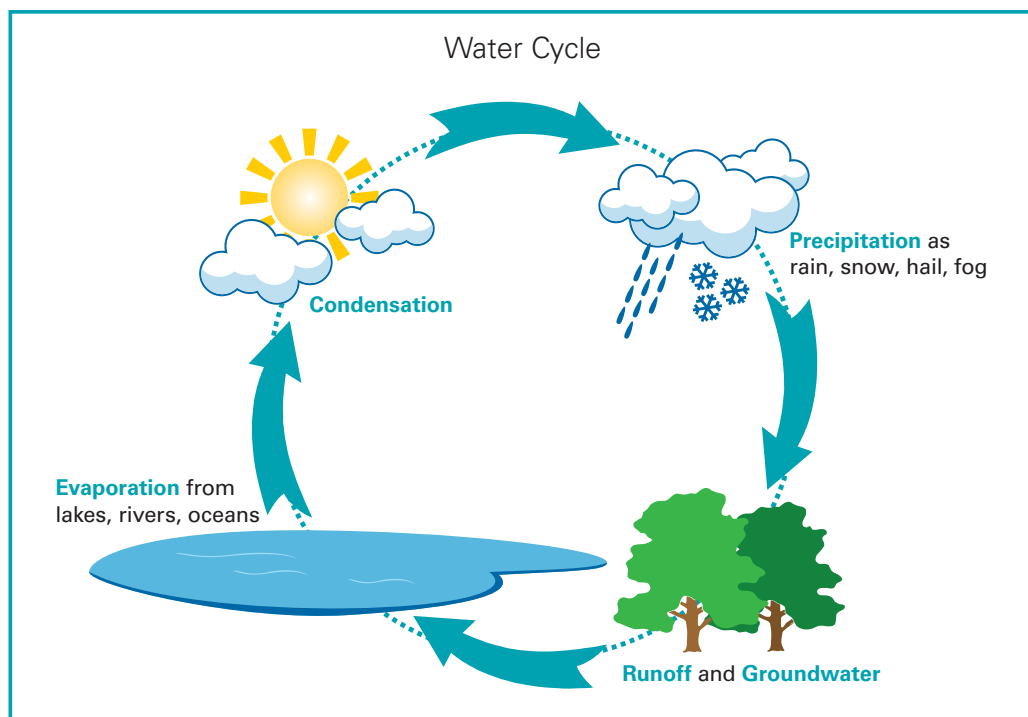
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Lesson 6: Keeping All of Our Waterways Clean

Remember...

- About 70 percent of the Earth is covered with water! Most of that water is in the oceans.
- But less than 1 percent of all the water on Earth can be used by people. The rest is saltwater (the kind you find in the ocean) or is permanently frozen and we can't drink it, wash with it, or use it to water plants.
- As our population grows, more and more people are using up this limited resource. Therefore, it is important that we understand where our water comes from and how to use our water wisely and not waste it.
- You learned that all of the trash that we see on the streets and in our neighborhoods can too easily end up in our lakes and our streams, hurting fish and plants and animals.



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Brainstorming...

- A group pledge is something that the whole group can do—it is a daily or weekly action that will help us keep our waterways cleaner.
- What can you do to let others know that they should not litter?
 - What will we do?
 - When will we do this?
 - Where will we take this action?
 - Why will we take this action?
- What are some things that we could each do individually?

Pledge Proposals...

- Group: _____

 - Individual: _____

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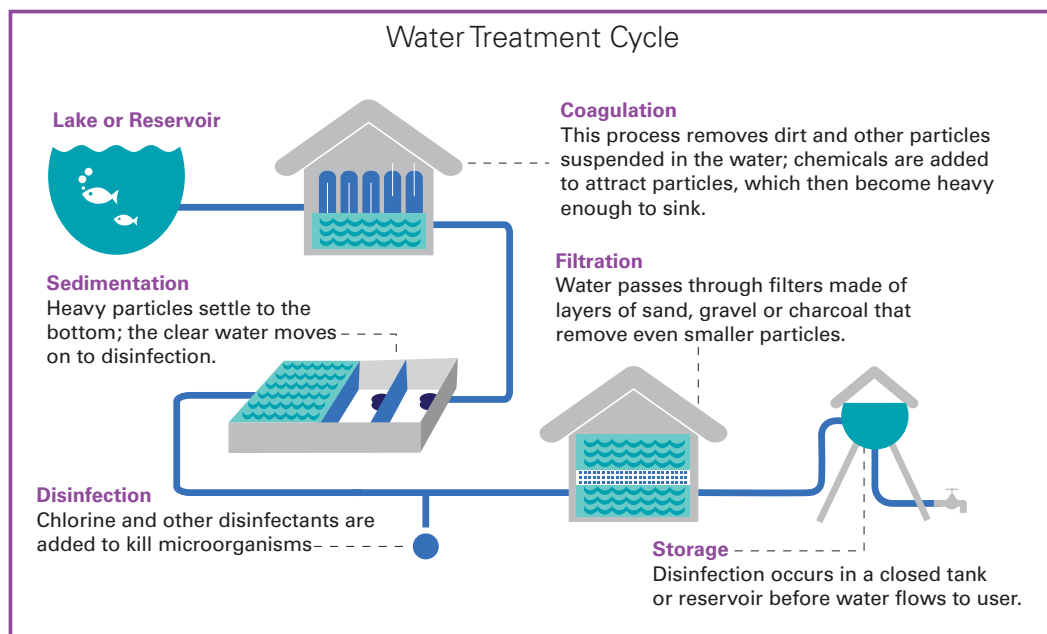
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Lesson 7: Healthy Water Inside

Remember...

- Humans are more than 60 percent water! 60 percent! We need water to live.
- Freshwater—from lakes and streams and rivers—needs to be filtered before we can drink it to remove dirt, bacteria, small fish, and other things that could harm us. Even when water from these sources looks clear and clean, there are things that we can't see that could harm us.
- In the United States, a family of four uses 400 gallons of water a day!
- Mold and mildew can form easily in areas of your home where water is used often—in bathrooms, kitchens, and laundry rooms. Be sure to wipe away moisture and clean mildew.
- We use water so often throughout the day that we rarely think about it. Just a few daily activities that use water: Taking a shower or bath, using the toilet, cooking, washing your hands, drinking anything.



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Brainstorming...

- A group pledge is something that the whole group can do—it is a daily or weekly action that will help us conserve water.
- What can we all do to ensure that we are using less water in our schools, homes, and community spaces?
 - What will we do?
 - When will we do this?
 - Where will we take this action?
 - Why will we take this action?
- What are some things that we could each do individually?

Pledge Proposals...

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Lesson 8: Sustainable Eating, Healthy Foods, and Community Gardens

Remember...

- In order to have a nutritious diet—one that gives us the energy, vitamins, and minerals that we need—it needs to be varied and include healthy foods like fruits and vegetables.
- When we go into grocery stores, we see food that was grown and processed all over the world and shipped to us. This means that we get to eat many new and interesting things. But moving food (and other items) around the world uses a lot of resources. And we get used to eating things that don't naturally grow in our region and we want them.
- Eating **locally** and **sustainably** is becoming very popular.
- Eating **locally** means eating food that grows well nearby and animals that are raised in the surrounding area, so less energy is used to transport it to you.
- If you can sustain something, you can keep it going. Eating **sustainably** means eating food that is healthy for consumers and animals, and that does not harm the environment or workers and farmers during the process of growing/raising it. It also means treating animals humanely and supporting farm communities.

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Brainstorming...

- A group pledge is something that the whole group can do—it is a daily or weekly action that will help us be more locally and sustainably focused.
- What can you do to eat locally and sustainably?
 - What will we do?
 - When will we do this?
 - Where will we take this action?
 - Why will we take this action?
- What are some things that we could each do individually?

Pledge Proposals...

- Group: _____

 - Individual: _____

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