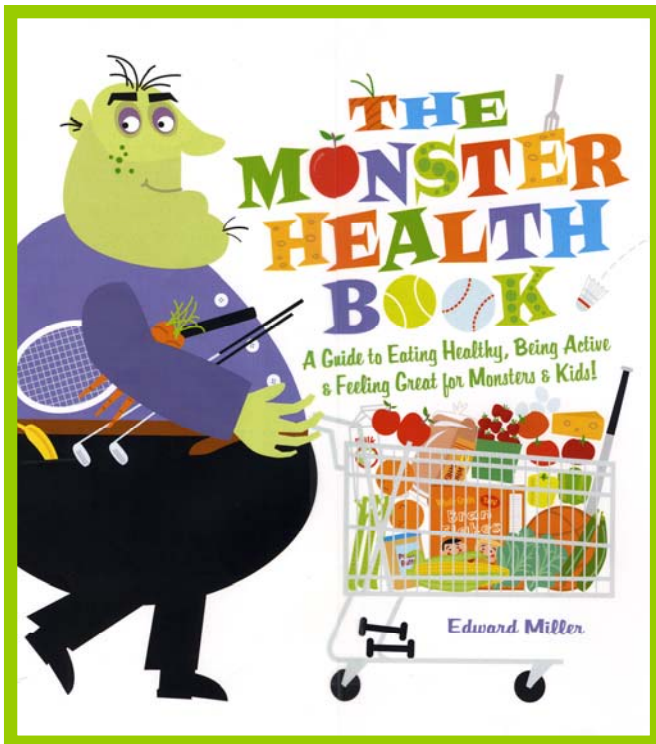


EDUCATORS' ACTIVITY GUIDE



The Monster Health Book

A Guide to Eating Healthy,
Being Active & Feeling Great
for Monsters and Kids!

Edward Miller

HC: 978-0-8234-1956-2 • PB: 978-0-8234-2139-8

Ages 6 – 10

“In an age of childhood obesity, this overview offers teachers and parents useful passages to start discussions about healthy habits.”

—*Booklist*

“This lively, visually appealing book about a critical . . . subject belongs in children’s hands.” —*School Library Journal*

ABOUT THE BOOK

This informative and lively book tells kids how to pick the most nourishing food and get into wholesome habits while avoiding unhealthy ones. Concise discussions of each food group and the newly redesigned food pyramid, along with vivid illustrations, clearly explain why some foods are good for you and why others should be saved for special occasions. Filled with sensible advice, this book will arm youngsters with the knowledge they need to work toward healthy lifestyles.

ABOUT THE GUIDE

This educator’s activity guide was designed to easily incorporate *The Monster Health Book* into a health-and-nutrition or everyday science lesson. While focusing on nutrition, the activity sheets also include other curricular tie-ins such as language arts and math.



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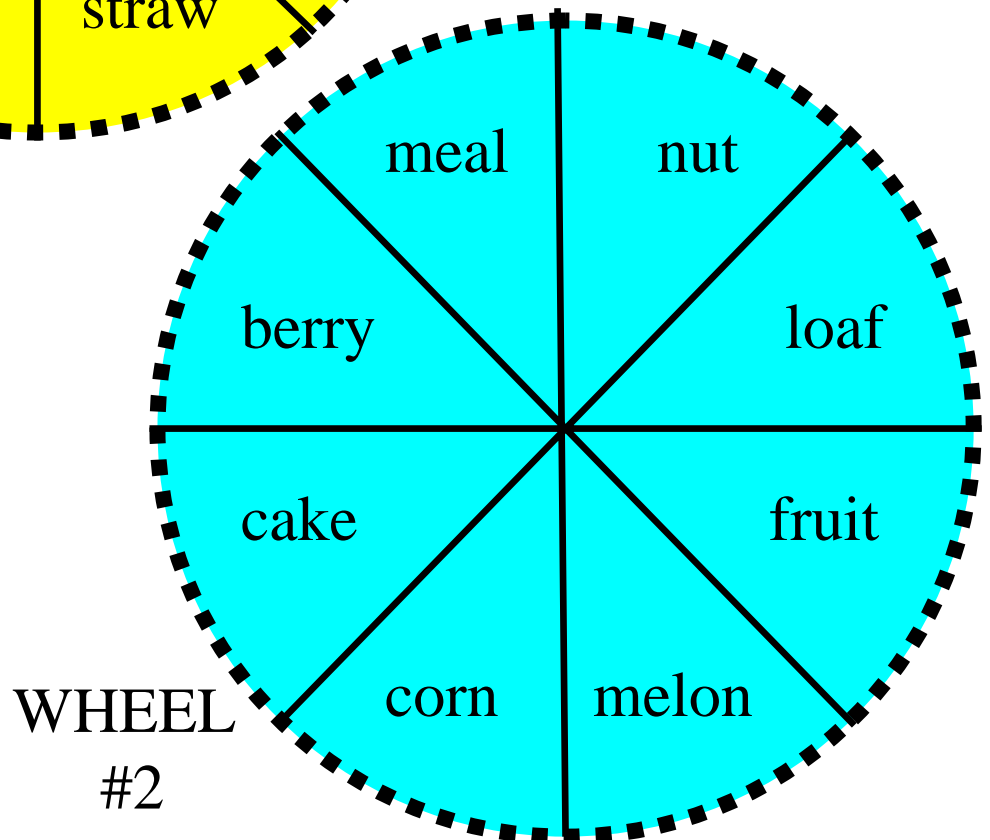
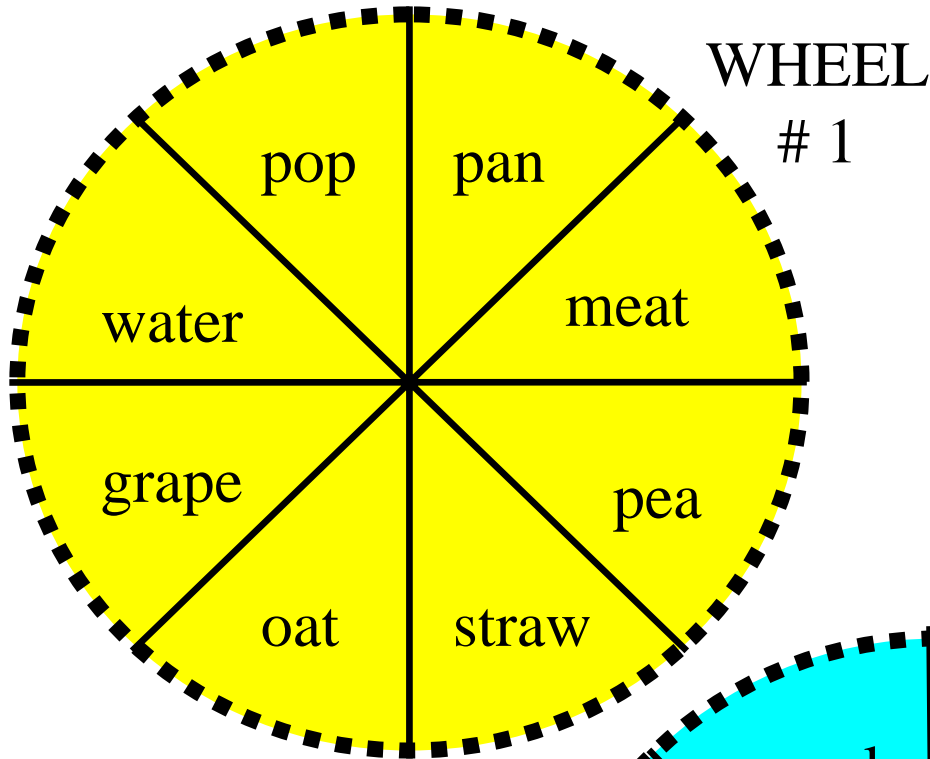
Also Available

The Tooth Book
A Guide to Healthy Teeth and Gums
by Edward Miller

Healthy Eating Compound Word Pinwheels

Directions: (Reproducible Activity)

Punch a hole in the center of each wheel and use a paper clip and a pencil as a spinner. Player 1 spins wheel #1 first and reads aloud the word that the paper clip lands on. Player 2 then spins wheel # 2 and reads aloud the word that the clip falls on. The two players decide if their two words can be combined to make a healthy compound word that names a food. If they can make a compound word, they record their words on the game sheet, which can be found on the next page. If they cannot make a healthy compound word, both players spin again.



Name: _____

Date: _____

Compound Word Record Sheet

1. _____

6. _____

2. _____

7. _____

3. _____

8. _____

4. _____

9. _____

5. _____

CHALLENGE!

Take all of the compound food words you've made and sort them into the correct food groups. Finally, try to come up with other foods to add to each food group.

Grains	Fruits	Vegetables	Dairy	Meats	Fats/Sweets



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Name: _____

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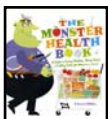
Multiplication Monster Health

Directions:

Help Monster figure out the quantities of each item he needs to buy for the week. Illustrate your math strategy, make an addition sentence and then a multiplication "shortcut." Tell Monster if this is a healthy habit.

Daily serving	Create an illustration to model your multiplication number equation. Label each box for a day of the week. Build an addition equation.	Multiplication number equation	Check this column if this is healthy.
 <p>3 carrots</p>	$\begin{matrix} 3 & + & 3 & + & 3 & + & 3 & + & 3 & + & 3 & + & 3 & + & 3 & = & 21 \\ \boxed{\text{xxx}} & & \boxed{\text{xxx}} & & \boxed{\text{xxx}} & & \boxed{\text{xxx}} & & \boxed{\text{xxx}} & & \boxed{\text{xxx}} & & \boxed{\text{xxx}} & & \boxed{\text{xxx}} & & \end{matrix}$ <p>Sun. Mon. Tues. Wed. Thurs. Fri. Sun.</p>	<p>3 X 7 = 21 21 carrots in a week</p>	
 <p>5 lollipops</p>			
 <p>4 bowls of oatmeal</p>			
 <p>12 hotdogs</p>			
 <p>2 yogurts</p>			
 <p>8 strawberries</p>			
 <p>14 graham crackers</p>			

Extension: Pretend you were asked by Monster to do his grocery shopping for a three-day weekend. Create a grocery list for him that includes the total amount of each item Monster would need for all three days. Keep in mind—Monster should be getting all of the appropriate daily allowances for each food group.



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