



## St. Anselm School

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## Introduction

The fifth graders in St. Anselm School for the past 8 weeks have been working on a Health project. We had to choose from a list of 5 topics: Nutrition, Smoking, Eating Disorders, Alcoholism, and Hygiene. After we had picked our topics we got started. We researched our topics for what we were going to do whether it be interviews, word searches, word scrambles, pictures, advertisements, surveys, editorials, or research papers. After we worked in the classroom on the laptops, we were ready to start making our finished products in the Computer Room. We worked until we came as close as we could. On the last day, we printed everything and made our corrections. We were glad it was over but we still all had fun working with one another. This was an experience we had in fifth grade we will never forget! - *Elizabeth*



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## Nutrition Word Scrambles

### By: Amy

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1. turgyo

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2. atwre

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3. eeegvbtal

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4. ikml

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5. crbolico

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6. ihfs

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7. eicuj

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8. paarssuga

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9. eidt

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10. tiimnsva

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11. eylrcce

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12. drdiahs

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13. iurtf

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14. aloamte

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15. agrosen

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16. cxreeise

\_\_\_\_\_

17. aanbna

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18. tcoarr

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19. plepa

\_\_\_\_\_

20. eelarc

\_\_\_\_\_



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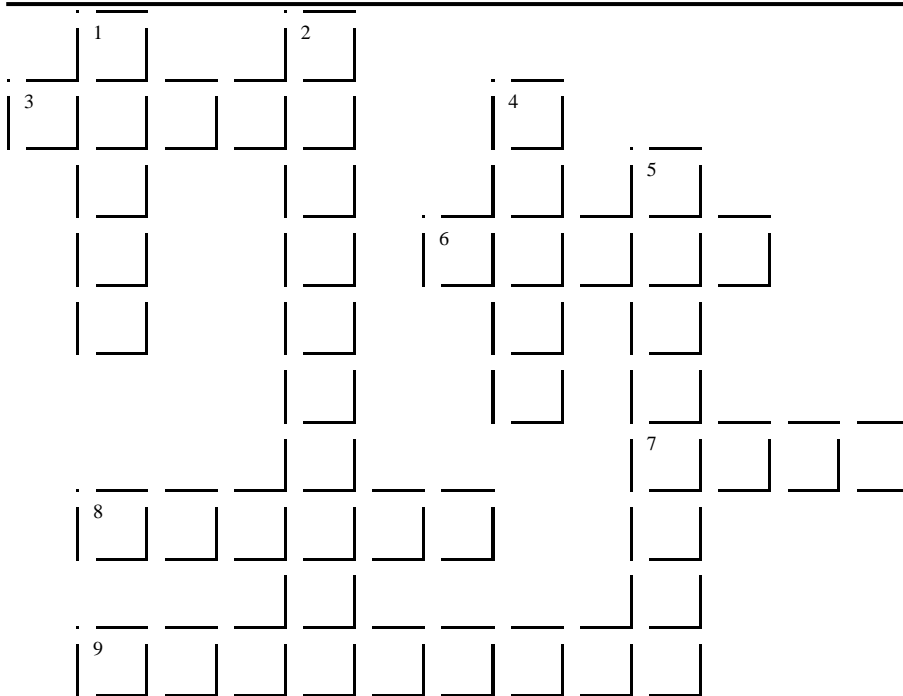
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## Nutrition Crossword By: Kristen



### ACROSS

- 3 You should drink eight glasses of this everyday.
- 6 For a healthy snack you might eat one of these.
- 7 This helps you build strong bones.
- 8 It's a fruit and it's yellow.
- 9 At dinner your mom always tells you to eat a lot of these.

### DOWN

- 1 It's sweet and you should not eat a lot of this.
- 2 Its the most important meal everyday....you eat this every morning.
- 4 The number of meals you should eat every day.
- 5 Nutrients that helps your growth and body activity.



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## Nutrition

**By: Michelle D.**

Nutrition is a very important part of health. In order to be healthy you must eat healthy, be active, and exercise regularly. You should wash your hands before and after every meal. You should have four servings of the fruit and vegetable food group a day. You should also eat breakfast everyday in order to get the energy you need.

Did you know that sorbet is healthier than ice cream? Fat can kill you just as cigarettes can. Carbohydrates all include sugars and starches. Carbohydrates and fats provide you with energy. We cannot live without food and water. Food provides energy for our nerves and our heart that we need to work. The more time you spend watching T.V. the more fat is stored.

Did you know that the average American kid watches two hours of T. V. per day? There are no bad foods only foods that should not be eaten at a certain time of the day. Dairy products provide us with strong bones that hold us up every day. You should eat regular sized meals not large meals, the largest meal you should have is dinner. You should snack smart, and drink plenty of fluids a day. Kinds of nutrition include water, carbohydrates, fats, proteins, minerals, and vitamins.

To stay fit you should eat healthy meals. Be active, drink water and milk often. Eat well so you won't be hungry after every meal. You should eat slowly so you won't be hungry and consume a lot of food. You should brush your teeth as often as possible to keep them clean of germs that can get you sick. You need a small amount of minerals a day. To stay fit you can also play run around, eat fruits, play sports, eat vegetables, jump, and be active.

Some bad habits include watching television, eating ice cream, playing video games, eating fast foods, and drinking too much soda. Some good habits include drinking water, eating fruits, taking walks, and playing sports. A majority of a class of 25 chose healthy snacks and seven children chose unhealthy snacks as a snack after school. I hope my article has influenced you to eat healthy.



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## Interview on Nutrition By: Elizabeth

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### ***Do you eat breakfast in the morning? If so, what do you eat?***

*Dean-* Yes, toast, pancakes, oatmeal, cereal, or chocolate milk.

*Kristen S-* Yes, cereal, juice, or sometimes waffles or pancakes.

*Khaled-* No.

*Fuad-* Yes, cereal, eggs, toast, or a granola bar.

*Liandra-* Yes, pancakes, cereal, or bagels.

*Jessica-* Yes, cereal.

*Jennifer-* Yes, cereal or a bagel.

*Michele-* Yes, bagels, cereal, or a muffin.

*Erica-* Yes, cereal, mostly oatmeal.

*Justin-* Yes, waffles, milk, eggs, or a bagel.

### ***What do you do to build a healthy habit?***

*Elizabeth-* I eat good foods and drink a lot of water

*Kristen-* I eat healthy foods, exercise, and drink water

*Amy-* I eat good foods and drink water

*Kaylee-* I eat good foods and I don't eat a lot of junk food

### ***When do you eat junk food?***

*Kristen-* mostly on the weekends

*Elizabeth-* once in a while

*Amy-* sometimes but not all the time

*Katherine-* a couple a times a day

## Editorial By: Katherine

Kids today watch T.V., play video games and eat candy. What they should do is play catch, ride a bike, and eat healthy food such as fruit. Some kids are overweight by eating too many fats and not enough fruits, meats, and other healthy foods. Adults also don't eat healthy and overweight for the same reason kids are.

What you should do is after you are done with your homework and your chores, run outside for a while. Also, after school or during school eat a healthy snack like an apple or carrot sticks. It's "OK" to eat junk food and candy once or awhile, but too much of it can be a problem.

Most people today complain they are fat, but they still eat more and more food every meal. Most people are over weight because they eat a lot, don't exercise, eat unhealthy, eat snacks everyday after school, or just watch TV or play video games 24/7. I hope you are inspired to eat healthy after reading this article.



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## Hygiene

By: Jennifer and Jessica

We need different kind of hygiene to live. One of them is called dental hygiene, which is taking care of your teeth. It is important to brush your teeth at least three times a day to keep them healthy.

You should not only take care of your teeth just to keep them healthy, but to help stop bad breath. You get bad breath from not brushing or flossing. You should floss after meals because if you don't then food can get stuck in your teeth and also rot after awhile which can cause bad breath.

Skin is also an important part of your body. It is the largest organ in your body. Taking showers is important for keeping your skin clean. You should take a shower every day. If you don't take a shower, you will smell. You should also wash your face every day to avoid pimples. If you don't wash your hands you will get germs. If you get germs, you can get sick. When you get a cut or you scrape your skin, you should wash it. If you don't wash your cut, it will get infected.

As you can see, hygiene is a very important part of everyone's life. It helps you to not only be healthy, but look and feel better. After reading this report hopefully you will think more about washing your skin and teeth.



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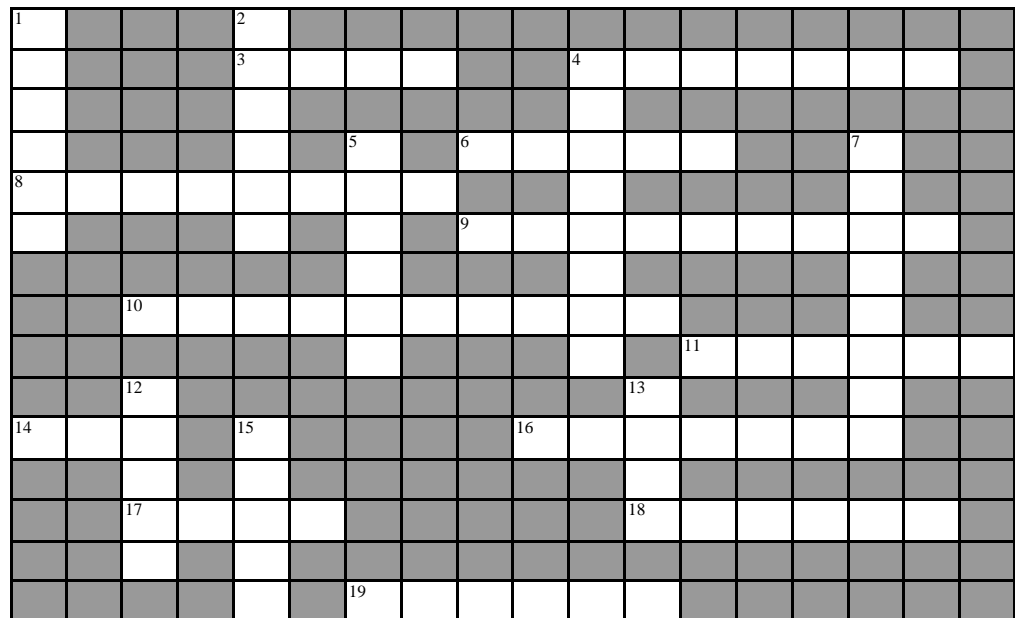
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## Hygiene Crossword Puzzle By: Stephanie



### ACROSS

3. It's on your head
4. You go here when you are sick
6. You use them every second of the day
8. It keeps you clean
9. It's a bad spray for your hair
10. You put it on your toothbrush
11. This comes out of your mouth when you breathe and talk
14. It's a bad hair product
16. You try being this when you are not
17. This covers your bones
18. You do this 3 times a day
19. You use this to clean dirt out of your ear

### DOWN

1. You do this for brighter teeth
2. You do this in the morning and in the night.
4. You go here when you have teeth problems
5. It is in your mouth
7. You go here to buy hygiene products
12. You sometimes do this after eating
13. You do this to objects and to your hygiene
15. It is on your fingers

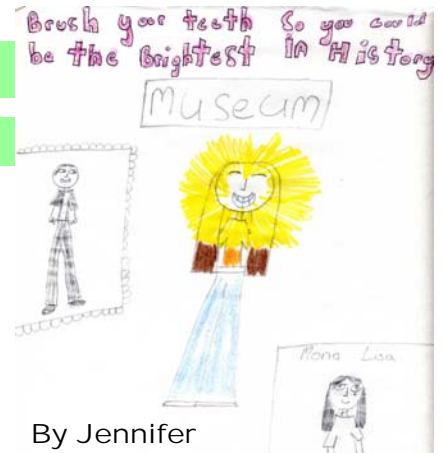




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# Hygiene Editorial By: Liandra



By Jennifer

I like hygiene because it keeps me healthy and clean. You get to buy fancy soaps, nice smelling deodorants, and perfumes to make you smell nice. If you did not clean your body then you would have zits and B.O. (body odor).

You can have fun while washing yourself. Even though most people don't think of hygiene as fun.

When you wash your face and skin you will look better. Looking good and smelling good will stop people from making fun of you and will make you feel better about yourself, but most importantly it gives you more confidence.

You should always put on deodorant before you play sports because you sweat a lot and that means you will smell very bad. If you do not brush or floss your teeth you can get bad breath. You can get bad breath from food that stay in your mouth from about a day or about a week.

If you do not wash your hair you can get lice and if you perm, dye your hair and blow dry your hair too much there is a possibility that your hair can fall out. You should always protect your body.

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# The Truth About Smoking By Michele R.

*SMOKING IS PROBABLY THE WORST THING PEOPLE CAN DO TO THEIR BODIES, YET ALMOST EVERYDAY ABOUT 4,400 KIDS SMOKE. SOME KIDS START BECAUSE THEY'RE CURIOUS, OTHERS START BECAUSE THEY THINK IT MAKES THEM LOOK COOL, AND OTHER KIDS' PARENTS SMOKE WHICH INFLUENCES THEM TO DO THE SAME. OVER SOME TIME THE TOBACCO CAN CAUSE CANCER OR HEART DISEASES. SOME PROBLEMS THAT WILL EFFECT KIDS QUICKLY IS BAD BREATH, YELLOW TEETH, CLOTHES THAT SMELL BAD, THEY'LL GET MORE COLDS AND COUGHS, AND EMPTY WALLETS - TOBACCO PRODUCTS ARE VERY EXPENSIVE.*

*TOBACCO PRODUCTS KILL MANY AMERICANS EACH YEAR. JUST EXACTLY HOW MANY? IN THE U.S., 1,200 PEOPLE DIE EACH YEAR. HOW? WELL, THE NICOTINE AND OTHER POISONOUS CHEMICALS IN TOBACCO CLOG YOUR LUNGS AND IT MAKES IT VERY DIFFICULT TO BREATHE, ESPECIALLY FOR PEOPLE WITH ASTHMA. ALSO, WHEN IT GOES THROUGH YOUR LIVER, ALL THE POISONOUS SUBSTANCES DAMAGE YOUR LIVER. IF YOU SMOKE A LOT YOU'LL DO EVEN MORE DAMAGE.*

*NICOTINE IS A SUBSTANCE FOUND IN THE LEAVES, ROOTS, AND SEEDS OF THE TOBACCO PLANT. PURE NICOTINE IS VERY POISONOUS. EVEN A SMALL AMOUNT OF NICOTINE CAN CAUSE A WEAK PULSE, VOMITING, EXTREME WEAKNESS, AND COULD EVEN KILL YOU. WHEN TAKEN, THE NICOTINE QUICKLY ABSORBED INTO THE BLOOD AND AFTER 8 SECONDS, REACHES THE BRAIN.*



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## Smoking Stinks By Erica

Q: Do you know anyone that smokes? If so, do you know when they started smoking? Is he/she a heavy smoker? Do you know why they smoke? How do you feel about it?

Amy: My aunt used to smoke. No, she's not a heavy smoker.

Julie: My grandfather smokes and he is a heavy smoker.

Ms. Curtiss: My dad and grandma used to smoke. They started when they were 18 years old .

Michelle D.: My mom and aunt are smokers. My aunt was a heavy smoker, she smoked two packs a day. I feel upset when my mom smokes because I learned it could kill her so we made her cut down on smoking, pretty soon we will make her stop completely.

Michele R.: My dad used to smoke. He wasn't a heavy smoker. I felt very upset and tried to convince him about the future.

Madison: My dad used to smoke. He started to when he was 18.

Erica: My dad and my grandpa smokes. Yes, they are heavy smokers. I felt extremely upset. I tried to convince them but they won't listen to me.



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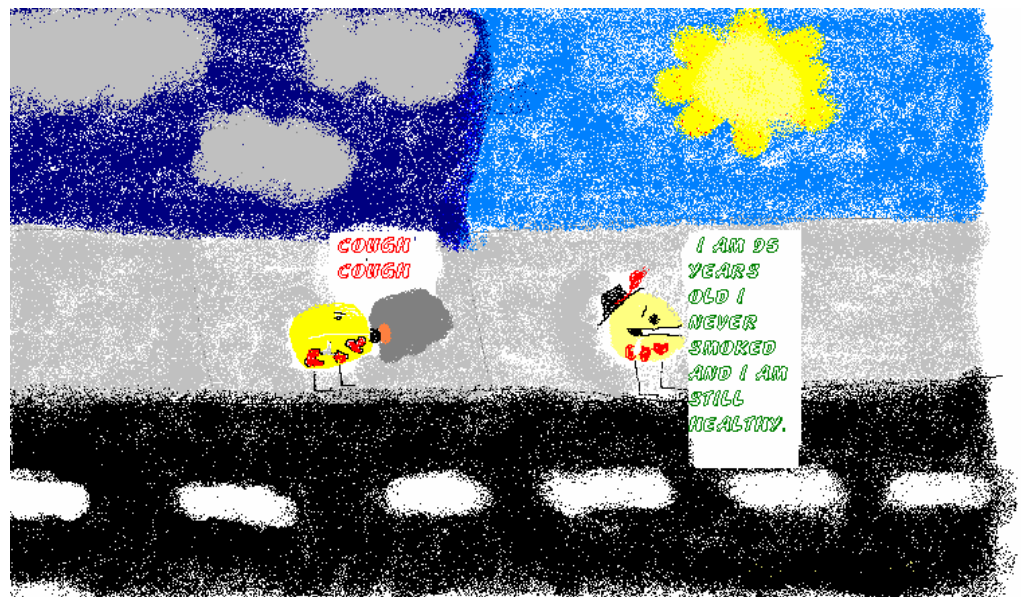
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## Don't Smoke! By Salma

I think that people should stop smoking because it's bad for their health. Smoking can give people serious diseases such as lung cancer, heart disease, and liver cancer. Smoking can also harm other people. People with asthma SHOULD NOT smoke. It is very dangerous for them.

The people with asthma already have infected lungs. If they smoke their infection will get worse. It could cause asthma flare-ups. Many people die every year from this. When people smoke it could harm other people nearby because they also breathe it in and it harms their lungs.

I think we should encourage others to stop. Sometimes kids listen to their friends and do it behind their parents' back. This can cause a big problem. Smoking can make people weak. They can have a fuzzy tongue, they could have black fingernails, and you could cough a lot. I think people should stop and make it a better place to live.



Cartoon About Smoking  
By Madison



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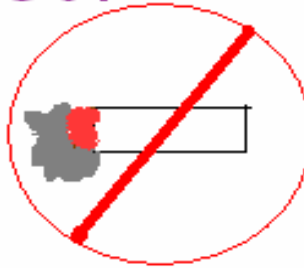
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## The Damage of Smoking By Melba

**Smoking is a  
threat. Think  
of what you  
will get.**



T	B	E	N	Z	E	N	E	C
O	N	O	S	I	O	P	C	I
B	A	I	N	O	M	M	A	G
A	E	M	C	P	K	D	N	A
C	B	N	J	O	H	L	C	R
C	O	A	Z	X	T	S	E	S
O	L	U	N	G	S	I	R	P
W	P	I	P	E	S	I	N	F
Q	R	C	O	C	A	I	N	E

Tobacco  
Nicotine  
Lungs  
Pipes  
Cocaine

Poison  
Cancer  
Benzene  
Cigars  
Ammonia



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# Alcohol

## By: Kevin

Alcohol has methanol, which is toxic. Smashed grains or various fruit juices make it. It slows down the brain and the body's reaction. The formula is  $C_2H_5OH$ . One thousand kids under the age of 21 are sent to hospitals each year for drinking. Around half of the adults admitted to hospitals with headaches are drunk. 7% of drowning accidents and 40% of house fires include alcohol. Drunk drivers kill 16 out of every 60 pedestrians if you are drunk you might do something unsafe like run across a highway. An alcoholic can do other unpredictable things like mumbling, falling over things, and not remembering where you live.

When alcoholics stop drinking, they get something called delirium tremens. Alcohol stops your blood's ability to clot so you won't be able to stop bleeding. You could have a stroke or heart failure. Alcohol Anonymous is a group that helps alcoholics become sober. It has been translated into 43 different languages. They have prayers because some alcoholics want spiritual help. Parents must talk to kids about alcohol before they tune you out.



By: Alec





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## Interview By: Nicholas C.

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***I interviewed my mother because my grandfather was a heavy smoker. I interviewed my dad because his uncle died of smoking. I interviewed them both because they know the effects of smoking.***

Q. Why are alcoholics addicted to alcohol?

A. Alcoholics are addicted to alcohol because it makes them feel good and helps them lose their sense of reality.

Q. If alcoholics know alcohol is killing their body, why do they keep drinking?

A. They can't help themselves they are addicts.

Q. When people join Alcoholics Anonymous how long will it take them to quit drinking?

A. They quit immediately.

Q. What can alcoholics do that could help them quit faster?

A. Stop drinking and start therapy.

Q. When do you think people first get introduced to alcohol?

A. As teenagers. Teenagers get introduced to alcohol through friends and peers.

Q. If you drink a glass of wine every day for a year what will it do to your liver and brain cells?

A. One glass of wine a day is not harmful.

Q. If a man in perfect health gets drunk every night how long will it take until he gets very sick?

A. After 10 years he will get very sick.

Q. Is peer pressure the only reason teens drink?

A. No, teens drink because they like the feeling alcohol gives them.

Q. What happens to you when you are drunk?

A. You lose your sense of balance, equilibrium and do things that you would normally not do.

Q. When you finish a glass of wine do you feel any different?

A. No.

Q. Which type of alcohol affects you most?

A. Vodka because it has the highest alcohol content.

Q. Which helps get rid of alcohol faster the patch or the gum?

A. The patch because it is transdermal.

Q. When you start drinking how long does it before you notice a change in yourself?

A. It depends on your height and weight and how much you drink.

Q. When did you start drinking 21 or over?

A. Over 21.

Q. What do you order in a restaurant, wine or beer?

A. Usually beer.



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# Alcohol Awareness

By: Dean

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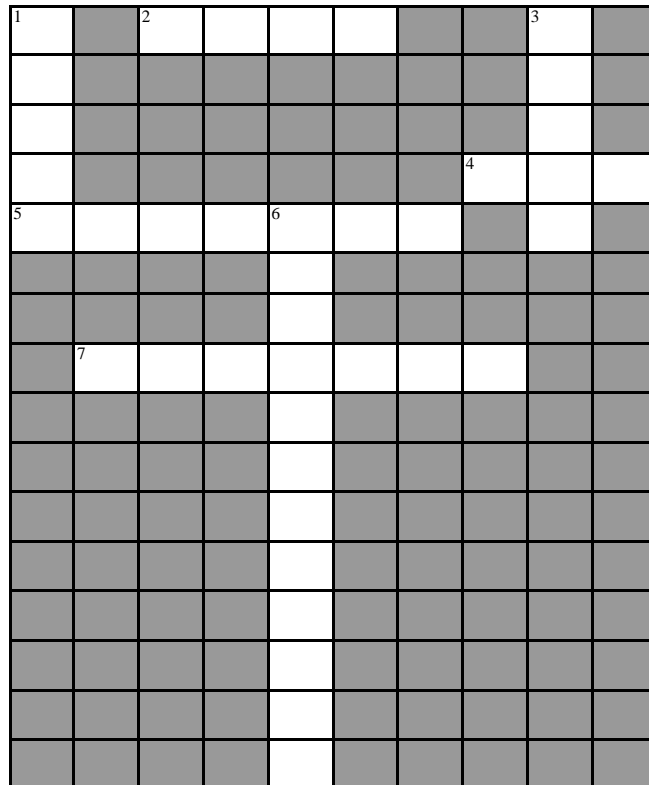
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### ACROSS

2. An alcoholic drink made from grapes which is much better for you than beer, gin and vodka are.

4. A strong, smelly alcoholic beverage used in cocktails.

5. A drink that can kill you if you drink too much of it.

7. all types of alcohol are known as this.

### DOWN

1. A very strong alcoholic beverage that can make you drowsy, and make you mumble.

3. A organ that controls your actions but can be damaged with alcohol.

6. A deadly impact to the heart mostly caused by alcohol.





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# Editorial

## By: Justin

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I believe that alcohol can ruin somebody's life. It can make people drowsy and make the person less active. The alcohol eats at your brain, thus losing your brain cells. This can make an A+ student in school decrease in grades. Alcohols contain fatty acids, making people become overweight. I think alcohol should not have ever been made because many people died because of it. Nobody should drink any alcoholic drinks, unless you drink it once or twice a week. Maybe a glass of wine after a day of work, it can barely affect you.

If you drink a few bottles daily and you just started, I think you made a mistake. It's just the beginning. Soon you'll feel drowsy and lazy. You won't want to go outside anymore, or do any activity. But, if you drive anywhere, and you feel tired and lazy, I suggest you stop immediately. You will get into an accident and you may get injured. But don't forget, you can harm other people, too. You can kill yourself, or you can kill another person. You decide. All I say is, I would pick the non-alcoholic life. But if you do pick the alcoholic life, I just want to remind you, you can cause so much damage from such a little bottle of alcohol.

Now you know what alcohol can do to you, you know how it can affect your social life. You will become lazy and tired, as you know, your friends will get bored of you because you don't want to do anything than mope around. Soon they won't want to get together with you, or you may not want to get together with them if they are going out to the park. Now this is something to think about. Pick a good, healthy life, or pick a boring alcoholic life? Think about it.

It's your choice... I'd pick the nonalcoholic life, will you?

Alcohol = :(    No Alcohol = :)



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## Eating Disorders

### By: Khaled

An eating disorder is a person's unhealthy habit. Anyone can get an eating disorder, but females mostly get eating disorders more than men. 1% of every 100 teenagers get an eating disorder. Eating disorders can also come from traits in your family. Sports can also cause an eating disorder, such as wrestling because you have to be in a different weight class, which will cause you to gain or lose more weight. People can also pressure you to gain or lose more weight because you want to be popular.

Bulimia can cause tooth decay from eating too much food, bulimia and anorexia can cause death by not getting the vitamins, minerals, and nutrients that your body needs. In America, 5 out of every 1 million people will get an eating disorder. There is one difference between anorexia and bulimia. Bulimia is when you eat food but you almost immediately throw it up, and anorexia is when you eat small portions of food, or you don't eat at all.

Some people who have bulimia will stick something down their throat and touch their uvula so they will throw up to lose their weight. People can help for this problem by getting support from families and friends, and they can get shots that would distribute nutrients into their body. An eating disorder is not something you get from a family member, it is a habit or a choice that you make yourself. Eating disorders occur in all ethnic groups and industrialized nations. But most researchers agree that physical, social, cultural, and genetic factors of people's risks. Although the incidence of anorexia and bulimia is small, many adolescents, especially females remain unhappy with their body shape, or weight. Researchers suggest that social pressure to be thin contributes to the cause of an eating disorder.



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## Interview on Eating Disorders By: Fuad

My name is Fuad and I interviewed a girl named Kimberly, a teenager who experienced an eating disorder and got herself out of it with a lot of support from her family and friends.

**Q. What is an eating disorder?**

**A. A person's unhealthy habits dealing with their body.**

**Q. Who can get an eating disorder?**

**A. Anyone, but mostly females.**

**Q. Where does it come from?**

**A. Yourself.**

**Q. When does it become an eating disorder?**

**A. When it interferes with your life.**

**Q. Why do people have eating disorders?**

**A. Self control.**

**Q. How do you fix an eating disorder?**

**A. A lot of support from your family and friends.**

H	W	D	G	H	A	D	X	A	S
F	A	F	S	D	G	J	T	A	S
S	E	A	T	D	A	F	O	C	A
E	G	M	R	J	N	J	O	E	L
V	N	I	A	F	O	S	T	D	C
I	I	L	I	L	R	D	H	H	T
T	B	Y	T	B	E	D	D	T	H
A	T	K	S	A	X	S	E	O	G
X	X	H	T	J	I	S	C	O	I
A	F	H	X	D	A	H	A	T	E
L	G	N	I	L	T	S	E-	R	W

1. Eating Disorders 2. Family 3. Weight  
Classes  
4. wrestling 5. death  
6. Anorexia  
7. Laxatives 8. Pressure  
9. Binge 10. Traits  
11. B E D 12. Tooth  
Decay 13. unhealthy 14.  
Females 15. Male 16.  
Bulimia

**Word Search  
By: Dylan**



# St. Anselm School

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## Editorial on Eating Disorders By: Nicholas D.

I think eating disorders are bad because they interfere with your life too much, by making you withdraw from social activities. Also you constantly keep going to the bathroom.

The loss of muscle from an eating disorder will cause a person not to be able to jog or work out too much. If you have an eating disorder you might stay inside for long periods of time out of concern of your symptoms.

In order to get help for an eating disorder, you need to get a lot of support from your family, friends, and outside counseling. So if you are overweight don't worry about it just work out.

### Bulimia

Bulimia is a disease in which a person has an unstable appetite, so this person makes excuses to go to the bathroom immediately after meals to throw up what they have just eaten. This person also eats huge amounts of food but doesn't gain weight because of what they do. A person who has Bulimia takes laxatives to try to lose weight they also stick their fingers down their throat in order to vomit.

### Anorexia

A person who has anorexia drops their weight to about 20% below the normal weight. This person also denies feeling hungry. A person with anorexia eats little amounts of food, and sometimes nothing, even though they feel hunger. This person exercises quite a bit each day. As you can see a person with Anorexia has a poor self-image of themselves.





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## Interview on Hygiene By: Stephanie

Name of person interviewed: Vita Jimenez

I am a publisher. I own my own company called Rain Drop Publishing. I also write books. I have a daughter that goes to St. Anselm. I also have another daughter that goes to Poly Prep.

1. How often do you wash your hands?

Before a meal and after a meal. Also after using the bathroom

2. How do you care for your hygiene?

Taking a shower and washing my hands

3. Where do you buy products for hygiene?

Going to the pharmacy.

4. How often do you take a shower?

Every day in the morning and in the night

5. How often do you wash your hair?

Every time I take a bath

6. How often do you brush your teeth?

In the morning and in the night

7. Do you floss after eating?

Yes, after every meal

8. Do you go to the dentist?

Yes, all the time

9. Do you put gel or hair products in your hair?

No, that is bad for your hair