

Health Story Answer Key

Level .7 An Obese Life

1. Jon wants to go to the park because it's a nice day, and he wants to play with his mom.
2. Jon is talking with his mom.
3. Mom cannot spend time with Jon because she is too tired. Her obesity makes her tired and often causes her to be short of breath.
4. Mom wishes she felt rested and healthy enough to take Jon to the park and play with him there.
5. Mom's wish could come true if she lost weight.

Too Much Sitting

1. Ron sits almost 14 hours each day.
2. Ron sits on the sofa and a chair at his home; he sits on the bus; he sits at his work desk; he sits in the break/lunch room.
3. Ron's back aches.
4. Ron talks with a friend about his back pain.
5. Ron could have less pain if he did less sitting. He needs to stand, walk and move more.

Level 1.0 In Need of More Sleep

1. Pam works two jobs six days a week, plus she is the mom of two young children.
2. Short means abrupt or quick to anger.
3. Pam wants more sleep because she feels that being well-rested will allow her to feel better and to be a kinder mom.
4. Pam finds help on the Internet.
5. Pam may try any of the following tips: use less or no caffeine, stretch, walk, read a book, do some deep breathing.

Less Screen Time, More Family Time

1. Pat, a Head Start teacher, shared the TV research with Jeff.
2. Watching too much TV can cause kids to be overweight, can affect their learning and sleep, and can cause them to make bad choices.
3. Jeff limits his children's screen time because he wants them to be healthy, to do well in school, and to behave well.
4. The new screen time limit is one hour per day.
5. Yes, less screen time has been a good thing for Jeff and his kids. They do more things together like ride bike, read books, play games, and talk and smile more.

Level 1.0	Madge is Stressed Out	<ol style="list-style-type: none"> 1. Single means only one, or one. Madge is the only parent in the home. 2. Madge is stressed out because she works long hours at her full time job, parents three children, prepares all of the family's meals and manages the household. 3. Madge is stressed out. She feels tired and unhappy. 4. Madge calls her friend Paige. 5. Madge could feel less stressed out by doing more walking or other forms of daily exercise, eating less junk food, and talking with friends.
Level 1.5	Good Nutrition	<ol style="list-style-type: none"> 1. Jane wants to lose weight. 2. Jane's doctor helps her by suggesting she eat more healthy/good foods and less junk food. He lists specific types of healthy/good food and specific types of junk food. 3. Good foods include: fruits, vegetables, whole grains, chicken, fish, and water. 4. Junk food is food that has a lot of sugar, salt, oil, fat, or caffeine in it. 5. Jane plans to practice good nutrition by eating more good food and less junk food.
	Healthy Teeth	<ol style="list-style-type: none"> 1. Mai's mother helps Mai have healthy teeth by reminding Mai to brush and floss her teeth twice a day. 2. Mai brushes and flosses her teeth twice a day. 3. Her routine of brushing and flossing lasts about two to three minutes. 4. The house rule that helps Mai have good oral health is teeth must be brushed before hearing a bedtime story. 5. Mai sings the A, B, C Song to herself because it helps her not rush through brushing and flossing.
	Violence at Home	<ol style="list-style-type: none"> 1. Josh loves his mom and dad. 2. Yelling woke Josh, most likely his dad's yelling. 3. Josh is sad and scared when his parents fight. 4. Josh cried because his dad was yelling at his mom and calling her names. 5. Josh or Mom could contact a friend, family member, police officer, or teacher for help.
	Water – It's Good for You	<ol style="list-style-type: none"> 1. Water is a good drink because it contains no sugar, fat or caffeine. 2. Bea buys her drink at a store. 3. She has five choices of drinks: soda, milk, iced tea, juice and water. 4. Soda and juice have sugar. 5. Tea has caffeine.

Level 2.0 Teething

1. Some signs of teething may include: swelling of the gums, little white dots forming in the mouth, a lot of drooling and chewing on things, and fussiness.
2. To help a teething baby you can rub the baby's gums, give the baby something safe to chew on, and/or give appropriate pain medicine to the baby.
3. A teething baby may be fussy because teething can be painful for babies.
4. Drool means to have liquid from one's mouth drip down one's face.
5. A baby will likely get his or her first tooth between the ages of six and twelve months.

Level 3.0 Bee Stings

1. Most stings are caused by yellow jackets. Bees, wasps and hornets can also sting.
2. A doctor should be called if the swelling at the place of the sting lasts for more than one day or if it is very painful. Call 911 if the victim of a sting suffers an allergic reaction that results in breathing and/or swallowing difficulties.
3. To avoid bee stings, wear dull or light colored clothing and always wear shoes outside. Also, do not let children play near flowers.
4. To treat a bee sting: scrape off the stinger, rub the sting for 20 minutes with a cotton ball that has baking soda and water on it, put ice on it for 10 minutes, and/or take pain reliever.
5. Fatal means deadly or causing death.

Level 4.0 An ER Visit

1. The ER is the place to go when immediate medical help is needed; it is the abbreviation for "Emergency Room."
2. The ER should be used when medical help is needed right away such as after an accident, for a life-threatening illness, or when middle of the night medical care is necessary.
3. The ER should not be used for colds, sore throats, or more common illnesses that are not life-threatening and do not require immediate attention.
4. Immediate means happening right away, without delay.
5. In addition to the ER, people can receive help at a clinic or Urgent Care.

Level 4.0 Safe Travel with Baby

1. No, it is not okay to take a baby out of his/her car seat on long trips; it is not safe.
2. Learners' opinions; answers may vary.
3. When traveling with a baby, pack the following: diapers, wipes, extra clothes, water, food, snacks, toys, and baby's medicine. Other items may include outlet plugs, safety locks, baby gate and portable crib.
4. By calling their host, the Kims knew what to expect in terms of a sleeping area for their baby, plus they knew the host would begin baby-proofing her home before the Kims arrived.
5. String should never be used for tying toys near a baby because it could strangle the baby.

Level 5.0 Environmental Health

1. An unhealthy environment would be inhabited by pollution, pests, mold, and litter. It would not be a healthy place to live or work.
2. A healthy environment would be clean – clean air to breathe, clean area to walk and play, clean place to eat, sleep and work.
3. Mold is most likely to be found in bathrooms and kitchens. Mold can be kept out of homes by keeping floors and other surfaces (like counter tops) clean.
4. Cleaning products should be stored in a high, safe place out of children's reach because some products contain poisonous chemicals.
5. Parents can involve their children in good environmental health by enlisting their help with household chores and by modeling recycling efforts and picking up trash found in the neighborhood.
6. Model means to be an example, to show someone how to do something.

Potty Time

1. Prepare means to get ready for something.
2. When potty training their child, parents should avoid: forcing a child to stay on the potty, getting upset or punishing a child for having accidents, training at too early of an age when a child is not yet ready, referring to poop as yucky, expecting the child to stay dry every night or when traveling away from home.
3. Diapers should be used for naps, bedtime and travel away from home because sleeping and night time control usually take much longer than day time training.
4. An incentive is something that makes a person want to do more or work harder. Examples of an incentive include special treats and prizes.
5. Incentives can be used in potty training when a child has success using the potty or when a child stays dry for a specific period of time.

6. A good time to try using the potty is after naps and meals or when a diaper has been dry for a while.
7. Learners' opinions; answers may vary.
8. The parents' attitude is most important in the potty training process.

Level 6.0 A Call to the Doctor

1. It is important to listen carefully because clinics sometimes have recorded messages that require a person to select a specific number based on the reason for calling.
2. Regular means normal or standard; happening in the same way (seeing the same doctor at each visit).
3. A person might call a doctor's office to schedule an appointment, ask a question about a medical issue or ask a question about medication.
4. The caller phoned the clinic because her daughter had a sore throat and temperature for two consecutive days.
5. The caller needed to tell the receptionist her reason for calling (daughter's symptoms), name of daughter's regular doctor, and daughter's first and last name.
6. If a person does not have a regular doctor he could find a nearby doctor in the phone book, on the Internet, or by contacting his health insurance company.

Exercise for Kids

1. Sedentary means remaining in one area; accustomed to sitting and little exercise.
2. Examples of sedentary activities include watching TV and playing video games.
3. Childhood obesity is a concern in the United States because its rate has more than doubled in the past 30 years.
4. Adults can help kids get more exercise by:
 - a. Limiting the amount of time kids spend doing sedentary activities.
 - b. Encouraging kids to be active.
 - c. Exercising more themselves – modeling the behavior they want to see more of.
5. Fun "kid exercise" may include: biking, dancing, jumping rope, hiking, swimming, and participating in team sports.
6. Benefits of exercise include: stronger muscles and bones, less likely to be overweight, decrease in the risk of type 2 diabetes, may lower blood pressure and cholesterol, better sleep, happier state of mind, and better stress management.
7. Kids should get one to two hours of exercise each day.

Level 6.0**Sudden Infant Death Syndrome (SIDS)**

1. The causes of SIDS are unknown.
2. Exposed means to become subject to something; to have it have a potential impact on you.
3. Answers may vary. The “Back to Sleep” campaign may have been effective because the slogan is catchy and easy to remember.
4. Risk factors for SIDS include sleeping face down and being exposed to cigarette smoke. To help prevent SIDS: put babies to sleep on their backs, use tight fitting bedding on cribs that are especially designed for babies, breast feed, don’t let baby’s room get too hot, do not allow smoking around baby, and keep stuffed animals and pillows out of baby’s crib.
5. Greater awareness and education about SIDS has greatly reduced the number of cases.
6. A baby’s face and loose bedding items such as pillows and stuffed animals coming into contact with each other could result in the baby’s breathing to be hindered and for his/her breathing to even stop. Baby could be smothered by them.

Level 6.5**Early Signs of Autism**

1. Sam’s parents were concerned about his development because he did not respond to his name, and he did not like interacting with other children or playing with his parents.
2. The causes of Autism are unknown.
3. Assess means to test or evaluate someone.
4. Mild means moderate in type, not strong or extreme; whereas severe is just the opposite. Severe means strong or intense.
5. Some signs of Autism are: little or no eye contact, language delay, not responding to name, repeating actions or words, displaying hand flapping and/or toe walking, regression or loss of skills, demonstrating inappropriate play or behavior, rocking or banging head, spinning, not meeting development milestones, under or over-reaction to sensory input, and preferring to be alone.
6. Early intervention is important because “the sooner a child with Autism is diagnosed, the sooner he or she can start receiving special services and help that will lead to greater success for the child and family.”
7. If you suspect your child has Autism, consult a doctor.

Level 7.0 Signing with Baby

1. In the case of baby sign language, the phrase “has been around forever” means that it is not a new concept; it has existed for a long time.
2. Parents and caregivers can learn to teach babies to sign by participating in a class at a local hospital or school, or by researching books or websites on the topic.
3. Infants can learn to sign before they can speak because they develop the fine muscles in their hands before they develop those required for speech.
4. The caregiver simply needs to model the sign along with speaking the word at the appropriate time. This needs to be repeated many times.
5. A resource is something or someone you can go to for help or support.
6. It is helpful to teach babies sign language because it makes communication between adults and babies easier. In addition, sign language contributes to the goal of language acquisition.
7. Model means to show someone how to do something.

Level 7.5 Fever in Children

1. A fever is a body temperature that is higher than normal. Fevers are usually caused by an infection; fevers fight off infection in the body.
2. If a child’s fever is over 104.0° Fahrenheit (40.0° Celsius) 30 minutes after medicine is given, the child should be given a sponge bath. A sponge bath involves placing a child in a few inches of lukewarm water and sponging off the child with the water.
3. Answers will vary.
4. Two other strategies that can be used to treat a fever are wearing light clothing and drinking lots of healthy liquids.
5. A doctor should be called if the child with the fever is less than 3 months of age, if the child’s fever is over 105° Fahrenheit, or if the child with the fever has a seizure.
6. Dosage is the amount of medicine given to a patient. Proper dosage can be determined by carefully reading the label on the medicine bottle or by calling a doctor.
7. The body’s normal temperature is 98.6° Fahrenheit (37.0° Celsius) when taken by mouth.

Level 7.5 First Trip to the Dentist

1. Learners' answers may vary since it is question of opinion; however, according the story text, it is never too early to start good oral health.
2. The primary purpose of the first visit is to get the child comfortable and prepared for his or her next visit.
3. Children should visit the dentist every six months.
4. A dentist that has experience working with children or a pediatric dentist is the best choice for a first dental visit. These dentists know how to make children and parents feel comfortable. Pediatric dentists serve only children and often have offices designed just for kids.
5. Things that will probably happen on a child's second dentist visit include:
 - a. Teeth cleaning and flossing
 - b. Fluoride treatment
 - c. Examination by the dentist
 - d. X-rays of the mouth
6. Dental x-rays are done to check for cavities and to ensure that all permanent teeth are in place.
7. Majority means more than half.

Level 8.0 Keeping Children Safe
in the Car

1. Minnesota law requires that children under the age of 4 be restrained in a car seat.
2. Car seat safety is important because car accidents are the leading cause of death for children.
3. Children must be over the age of 1 and over 20 pounds in order to face forward in a vehicle.
4. Children should never be placed in the front seat of a motor vehicle because air bags can cause serious injury and even death.
5. Some common mistakes people make with their car seats include: not using car seats in accordance with the age recommendations, not understanding and/or abiding by the car seat laws, and, not installing car seats correctly.
6. If a person has questions about proper car seat installation, he/she should contact the local police department to find out where to have car seats checked in the area.
7. Car seats might be installed incorrectly because of their confusing designs.

Safe Use of Medication

1. Over-the-counter medications are those that can be purchased by anyone at a local drug store or pharmacy; no prescription is necessary to purchase over-the-counter medications.
2. People use medication for chronic health conditions and for illnesses and/or injuries.
3. A person with medication questions could talk to either a doctor or a pharmacist.

4. Possible means “that can/could happen.”
5. A side effect is a secondary effect of a drug; it is something besides the intended effect.
6. Answers may vary.
7. People should know a number of things about medications they are using such as:
 - a. Name of the medication and its purpose.
 - b. When and how it should be taken.
 - c. How long it should be taken.
 - d. Possible side effects of the medication.
 - e. Its safety, if patient is pregnant or breastfeeding.
 - f. Storage of the medication.
8. Stored means “to put away,” often for future use.

Secondhand Smoke

1. The exposure to secondhand smoke is different than the act of smoking itself in that one is exposed to smoke without choosing to smoke.
2. Banned means prohibited, not allowed, ordered not to, or forbidden in an official way.
3. Learners’ opinion; answers may vary.
4. The new laws that have banned smoking in public places have helped reduce the effects of secondhand smoke. “No smoking” in public areas means a secondhand smoke free environment for people in those public spaces.
5. Some of the effects of secondhand smoke include: cancer; damaged heart and blood vessels; increased risk of heart disease, SIDS, ear infections, bronchitis, pneumonia, and asthma; slows the growth of children’s lungs; and, causes coughing, wheezing and shortness of breath.
6. A person could learn more about smoking and secondhand smoke by visiting the website listed in the citation at the bottom of the text page, www.cancer.gov. Interested persons could also contact the U.S. Surgeon General and the U.S. Environmental Protection Agency.
7. As smokers become more knowledgeable about the harmful effects of secondhand smoke, hopefully they will stop smoking around those who do not smoke.