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| Subject: | Health Education |
| Title: | Emergency Preparedness |
| Grade: | 3-5 |

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| **Standards** | |  |
| 1, 3 | Students will comprehend concepts related to health promotion and disease prevention to enhance health  Students will demonstrate the ability to access valid information and products and services to enhance health | |

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| **Essential Question** |  |
| How can I ensure my family is prepared for the COVID-19 virus outbreak? | |

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| **Rationale** |  |
| It is important that families that are quarantined have food, supplies and stay as healthy as possible in order to optimize your immune system in order to fight off sickness and disease. | |

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| **Tasks** |  |
| Create a plan for your family to have well balanced meals and access to hygienic supplies for a two-week period.   1. Inventory your family’s hygiene supplies like soap, toilet paper and laundry detergent. 2. Inventory your family’s vegetables and fruits and determine their shelf life 3. Log your family’s food intake for one day. 4. Estimate how much soap, toilet paper and laundry detergent that your family uses in one week and create a list of necessary supplies to reduce the spread of germs 5. Create a meal plan for two-weeks and ensure that your meals are well-balanced with green, orange and yellow vegetables, protein, whole grains and fruits. 6. Share with your family your plan and the importance of practicing good hygiene habits and eating a well-balanced diet | |

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