

# HEALTH PROJECT RECORD

Check all that apply to your project this year. You may be able to check items in units other than the one you took this year, if they apply.

## Unit A – First Aid in Action

Tracked the most common injuries in my family

Assembled my own first aid kit based on my findings

Designed my own first aid instruction book

Interviewed a health professional: \_\_\_\_\_

Made my own butterfly bandages

Made my own Antiseptic Wash

Learned that the Heimlich is a technique used for \_\_\_\_\_ victims

Learned the proper way to warm up before exercising to avoid injury

Can list some parts of the body most likely to sprain or strain:

\_\_\_\_\_

\*\*\*\*\* Learned what to do IF I sprain or strain a body part.

Know what RICE stands for:

R \_\_\_\_\_ I \_\_\_\_\_ C \_\_\_\_\_ E \_\_\_\_\_

Made my own sling

Learned how to treat a nosebleed and when I need to see a doctor

Assessed my home for hazards if I have a younger family member or friend visiting

Learned how to treat stings

Learned how to treat animal bites and when to see a doctor

Learned when to call 911

Learned first aid for burns and when to call 911

## Unit B – Staying Healthy

Completed a self-assessment

Learned the importance of good hand washing techniques

Learned the importance of good hygiene

Learned which foods are considered “power foods” and are good choices for staying healthy

\*\*\*\*\* List examples: \_\_\_\_\_

\*\*\*\*\* Learned how long it takes your brain to get the message that you are full is \_\_\_\_\_ minutes

Learned the importance of eating a good breakfast

I eat a good breakfast (almost) every day

Learned the importance of being active

I am active for about \_\_\_\_\_ minutes per day

List types of activity/exercise: \_\_\_\_\_

**Unit C Keeping Fit**

Developed a Fitness record of my activities

Conducted an interview of a fitness expert

Conduct a survey of your friends and family about what they do to stay fit

List examples of their answers: \_\_\_\_\_

---

---

Tracked how much water I consume in a day

Learned the importance of consuming nutrient rich foods since my body needs 50 different nutrients. List examples: \_\_\_\_\_

---

Learned how to read a nutrient label on the foods I buy and eat

Learned the importance of warming up and stretching prior to exercise

Can calculate my BMI (Body Mass Index)

**All units:** Add anything not covered above that you did this year:

---

---

---

---

---

---

---

---

You may enhance your project record by adding a story, photos (with captions) and/or new clippings.