

What are the things you and your family do to stay healthy and to keep from getting sick?



For homework *tonight*, we want you to take pictures showing things you and your family do to *stay healthy* and to *keep from getting sick*.

Instructions:

1. You will get a digital camera to use for this homework assignment. Please treat it carefully. It can be easily broken if dropped.
2. You will also get a sheet to fill out about each picture you take. On the sheet, there are three examples to help you understand what you should do.
3. Take as many pictures as you like but **please take at least eight**.
4. Before bringing the camera back to school, **share your pictures with your parent or guardian** and delete any that they do not want you to bring to school. They can also help you think of other things you might take a picture of.
5. **Please bring the camera back the very next day**. This is very important so that another student can use it for this assignment.

Some things to remember:

- ✓ Do NOT include people's faces in the pictures. If you want to take a picture of someone actually doing something, you could take a picture of someone as long as you don't include his or her face in the picture. Or, you could have someone take a picture of you doing the activity. You can take pictures anywhere you have permission but please only take pictures in places that allow cameras.
- ✓ Be sure to fill out the sheet explaining what pictures you take, where you take them, what activities the pictures help explain, and how those activities help you stay healthy and/or keep you from getting sick. We have given you three examples so you know how to fill out the sheet. You can also include pictures of things your family *used to do* in the past.

Don't forget to do this homework tonight and bring the camera back to school tomorrow so that another student can use the camera.

What are the things you and your family do to stay healthy and keep from getting sick?

As you take your pictures, please fill out the following chart. We have given you three examples.

<i>What is this picture?</i>	<i>Where did you take this picture?</i>	<i>What activity does this picture explain?</i>	<i>How does this activity help you stay healthy and/or keep you from getting sick?</i>
1. This is a picture of a bottle of vitamins.	This was in my bathroom.	I take a vitamin every morning.	I take vitamins so that my body has everything it needs to do its job, even if I don't eat all of the types of foods I should.
2. This is a picture of a shot.	This is a picture of a magazine ad.	I get a flu shot every year.	I get a flu shot every year so that I hopefully don't get the flu.
3. This is a picture of me making tea.	My brother took this picture of me in the kitchen of our house.	My family drinks this tea that we get from a store in our neighborhood.	My grandmother says that this tea helps people not catch the flu.
4.			
5.			