

# Materials

The materials used in the *Michigan Model for Health™* are categorized into three types:

- **Health Education Resources:** Materials obtained from your Regional Health Coordinator, regional materials center, or ordered from the vendor\*
- **Teacher Manual Resources:** Materials found in the manual, such as student worksheets, teacher references, and so on
- **Supplied by the Teacher:** Materials typically found in the classroom or school, such as pencils, writing paper, art supplies, and so on

\* If you have questions about any of the materials used in the *Michigan Model for Health™* or how to obtain them, phone the Michigan Model for Health Clearinghouse. They will help you locate what you need.

Phone: 888-517-6195

This list includes all of the materials needed for this personal healthy and wellness unit. Following each item listed, the number of the lesson(s) where the item is used is indicated for your reference.

MATERIALS	LESSON NUMBERS		
	1	2	3
<b>Health Education Resources</b>			
• Book: <i>Germs Make Me Sick</i> , by Melvin Berger (Extension Activity)	X		
• CD: "Cover Your Mouth," <i>Learning Basic Skills Through Music</i>	X		
• Bulletin Board Heading: "Cover Your Sneeze," Michigan Model for Health Clearinghouse	X		
• Book: <i>The Berenstain Bears Go to the Doctor</i> , by Stan and Jan Berenstain (Extension Activity)	X		
• Video [DVD]: <i>Keeping Clean</i> , (17 minutes), School Media		X	
• Poster: "Keep G-E-R-M-S Away," Michigan Model for Health Clearinghouse		X	
• CD: "Keep the Germs Away," <i>Learning Basic Skills Through Music</i>		X	
• Book: <i>Those Mean, Nasty, Dirty, Downright Disgusting, Invisible Germs</i> , by Judith Rice (Extension Activity)		X	
• Book: <i>Make Way for Tooth Decay</i> , by Bobbi Katz (Extension Activity)			X
• Poem: "Crocodile's Toothache" from the book, <i>Where the Sidewalk Ends</i> , by Shel Silverstein (Extension Activity)			X
• Model: Toothbrush			X
• Model: Teeth			X

MATERIALS	LESSON NUMBERS		
	1	2	3
<b>Teacher Manual Resources</b>			
<b>Materials to Duplicate</b>			
• Student Worksheet: "Hand Washing Certificate"		X	
• Family Resource Sheet: "Preventing the Spread of Germs"		X	
• Family Resource Sheet: "When to Keep Children Home From School"		X	
• Family Resource Sheet: "Smiles All Around"			X
<b>Teacher Keys and References</b>			
• Teacher Reference: "How Do Immunizations Work?"	X		
• Teacher Reference: "Proper Hand Washing"		X	
<b>Supplied by the Teacher</b>			
<b>Equipment</b>			
• CD player	X	X	
• AV equipment		X	
<b>Miscellaneous</b>			
• Box of tissue	X	X	
• Balloon, one large	X		
• Glitter or flour	X		
• Chart paper (Suggestion; Extension Activity)	X		
• Ball of yarn or string (Extension Activity)	X		
• Atomizer (Extension Activity)	X		
• Green food coloring (Extension Activity)	X		
• Water	X		X
• Paper towels (Extension Activity)	X		
• Paper plates, one per student (Suggestion)	X		
• Construction paper	X	X	
• Scissors	X		
• Stapler	X		
• Art supplies	X		
• Vinegar	X		X
• Red food coloring, several drops (Extension Activity)	X		
• Large clear glass jar (Extension Activity)	X		
• Baking soda (Extension Activity)	X		
• Flour, one tablespoon		X	
• Dark-colored balloon (Extension Activity)		X	

MATERIALS	LESSON NUMBERS		
	1	2	3
• Flour to coat students' hands (Extension Activity)		X	
• White paper (Extension Activity)		X	
• White crayons (Extension Activity)		X	
• Watercolors (Extension Activity)		X	
• White tempera paint		X	
• Crayons or markers		X	
• Sink with running water		X	
• Soap		X	
• Pictures of a shark and an alligator			X
• Four jars, each large enough to hold an egg and liquid to cover it			X
• Two raw eggs			X
• Two hard-boiled eggs			X
• Labels for jars			X
• Dark soda pop			X
• Tea, coffee, other substances that stain (Extension Activity)			X
• Toothbrush (Suggestion)			X
• Toothpaste (Suggestion)			X
• Child-sized toothbrushes, one per student (Extension Activity)			X
• Floss			X
• Rope, six to eight feet (Extension Activity)			X

