



HEALTH EDUCATION PROGRAM GUIDE



1030 Old State Road
Park Hills, KY 41011
(859)442-1191
(859) 581-0589 fax
www.nckyahec.org

Hand Washing & Germs



Adapted for all ages, this program is geared towards teaching students the importance of hand washing, the spread of germs, and how universal precautions are used in a health care setting. Glo Germ powder and a black light tests students ability to wash thoroughly. Access to a sink is necessary for this program.

Program length: 30—45 minutes

Program I: Scrubby Bear

Suitable for grades PK—1

Program II: Hand Washing & Germs

Suitable for grades 4—5

Core content: PL-04-1.1.7

Program III: Universal Precautions

Suitable for grades 6—8

Dental Hygiene



With the help of Tilly the Tooth, Mr. Gross Mouth and Mr. Clean Mouth, students will learn how sugars stick to the teeth and how to prevent cavities. Flossing and brushing techniques are discussed and modeled.

The Toothfairy is also available for special appearances!

Program length: 30—45 minutes

Program I: Tilly the Tooth & Friends

Suitable for grades PK—2

Program II: Dental Hygiene

Suitable for grades 3—5

Nutrition



This program introduces students to the new Food Guide Pyramid. Using a large scale display students will learn how to make healthy choices when eating meals and snacking in between. Healthy fast food options can also be discussed. This program can be customized to fit specific classroom needs.

Program length: 30—45 minutes

Program I: Food Guide Pyramid

Suitable for grades K—3

Program II: Whoa, Slow, Go

Suitable for grades 4—5

Skeletal System

There are 206 bones in the adult body. While we won't learn about every bone, students will learn the names and functions of a variety of bones. Each student receives his or her own skeleton to build or a skeleton apron as we discuss the importance of the skeletal system, muscles and joints.

Program length: 45 minutes

Program I: Box O Bones

Suitable for grades 3—6



Digestive System

The human digestive track is 29 feet long and students will take a look at the digestive process using a life-sized model. The role of each major organ is discussed and students will create their own digestive model with play-doh.

Program length: 45 minutes

Program I: Play-doh Digestion

Suitable for grades 3—6

Core Content:
PL-4-N-S-1



Human Anatomy

Students will love our life like models of the body's internal organs. This presentation will be a great beginning or a review of how the human body works and how each organ has a very specific function. Games are incorporated to help students identify location and function of each organ.

Program length: 45 minutes

Program I: Inside Out Anatomy

Suitable for grades 3—6



All programs are offered free of charge and can be adapted to meet specific classroom needs.

Alcohol Awareness



Students learn the serious message about drunk driving in an eye-opening, interactive way. While wearing vision altering goggles, students will “see” how their vision would be affected by alcohol. A short video is also shown enforcing the lesson.

Program I: DW Eyes
Suitable for grades 7—12

Core content:

PL-06-1.1.8
PL-07-1.1.8
PL-08-1.1.8

Program length: 45 minutes

Disability Awareness



This presentation can look at one of two subjects; the body’s aging process or the disabilities that some people face. Students will have the opportunity to experience what blindness, deafness, and other limitations feel like.

Program I: The Bodies Aging Process

Suitable for grades 4—12

Program II: What’s the Difference?

Suitable for grades 4—12

Program length: 30—45 minutes

Health Careers



It’s never too early to think about your future . . . And the future of health care is in need of today’s students. This program looks at the variety of jobs found in a hospital and other health care settings. From doctor to nurse, to therapist to radiologist, this program is designed to get students interested in a career in healthcare!

Program I: The Great Hospital Adventure (used with puppets)

Suitable for grades 1—3

Program II: Health Careers

Suitable for grades 4—12

Core Content :

PL-04-4.1.2 PL-06-4.12
PL-07-4.12 PL-08-4.12
PL-HS-4.17

Program length: 30—45 minutes

For further information or to schedule a presentation:

Please contact the North Central AHEC Office

(859) 442-1191

www.nckyahec.org