

CONTENTS

PREFACE V

ACTIVITIES

1	Portable First Aid Kit	2
2	Stethoscope	4
3	Puppets	6
4	Beanbags	8
5	Health Balls	10
6	Stress Balls	12
7	Germs Under the Black Light	14
8	Alcohol Goggles	16
9	DUI Game Kit	18
10	Bottles With Impact	20
11	Breathless Cigarettes	22
12	Smokeless Tobacco Can	24
13	Homemade Phlegm	26
14	Tobacco Tar	28

CONTENTS

15	Stinky Beanbag	30
16	Clogged Arteries	32
17	Components of Blood	34
18	Organ Vest	36
19	Model Lungs	38
20	MyPyramid Pocket Chart	40
21	Healthy Placemat	42
22	Simulation of Fat	44
23	Simulation of Sugar	46
24	Food Portion Kit	48
25	Portion Plates	50
26	A Pound of Fat	52
27	Fat Vest	54
28	Dice	56
29	Inexpensive Teaching Props	58

APPENDIX 61

ABOUT THE AUTHOR 65