

# DEAR HEALTHTEACHER WORKSHEET

»» USE THE "DEAR HEALTHTEACHER" LETTERS TO ANSWER THE QUESTIONS.

- 1 Two students have written letters to HealthTeacher. What do they want advice about? **They are worried about standardized tests.**
- 2 In the first letter, what are the three healthy habits a student can do to get ready for a test? **Get lots and lots of sleep, eat breakfast every morning, fire up your brain with exercise.**
- 3 How many hours of sleep do kids your age need? **10 to 11 hours**
- 4 How many hours of sleep do you get? Do you get enough sleep? **Kids who get between 10 and 11 hours of sleep are getting enough.**
- 5 The first letter gives us tips for how to get enough sleep to be ready for a test. If you were going to change your sleep habits, what would you do first? Explain why that is your first choice. **Students can choose from among any of the following and should explain why it is their first choice: Get ready for bed about an hour before bedtime. End screen time an hour before bedtime. Go to bed the same time each night.**
- 6 Why does eating breakfast help people do better on tests? Find details in the first letter that support your answer. **Eating breakfast gives your brain the fuel it needs. Breakfast helps your brain think and remember more. It helps you pay attention and puts you in a good mood. Kids who eat breakfast do better on math and reading tests.**
- 7 HealthTeacher tells Ted E. Ready to eat whole grains, protein and fruit for breakfast. Using this advice, what would you eat for breakfast to do your best on a test? **Breakfast should include a food from each of the following: a whole grain (cereal, bread, oatmeal, or pancakes), a protein (nuts, milk, yogurt, cheese, or eggs) and a fruit or vegetable.**

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**8** HealthTeacher tells Ted E. Ready that exercise can help him do better on tests. If your teacher let you choose, what kind of exercise would you like to do before a test? **The article suggests an exercise like walking, dancing or jogging. Any exercise will be acceptable, though swimming probably isn't practical.**

**9** HealthTeacher talks to Nina about the different signs of test anxiety. List four of the signs. **Any 4 of the following: Panic, fast breathing, headache, sweating, hot or cold hands, dizziness, brain freezing, mind racing.**

**10** Have you ever had test anxiety? If so, what did it feel like?

**11** HealthTeacher gives Nina advice for how to stop test anxiety. What can someone with test anxiety do to calm down? **Take slow deep breaths in through the nose, and slow deep exhales through the mouth.**

**12** Using both letters, list the four healthy habits a student can do to get ready for a test. **Get lots and lots of sleep, eat breakfast every morning, fire up the brain with exercise, and try deep breathing.**

**13** Which healthy habit are you most excited to try? Explain why you chose this one. **There are many options. Have students read their ideas aloud to see which are most commonly chosen by your students.**