

## Co-Curricular NTI Days 11-20

**NTI 11:** Keep track of the food you eat for one day. At the end of the day, think about what influenced your food choices for that day – your parents, the school menu, advertising, food packaging, convenience, etc. Were the choices you made healthy? How can you make healthy choices every day?

**NTI 12:** List what you had to eat and categorize it in the appropriate food group to form a healthy, well balanced meal.

1. Fruits \_\_\_\_\_
2. Vegetables \_\_\_\_\_
3. Grains \_\_\_\_\_
4. Protein \_\_\_\_\_
5. Dairy \_\_\_\_\_

**NTI 13:** Compare the positive & negative effects of computing technologies on society. **DIRECTIONS:** Read the article. Write which version of community is best and why you think so? 10 sentences or more.

**ARTICLE: Digital narcissism** "At the same time, people have used this willingness to share via technology to forge new definitions of community. "There are certainly different versions of community emerging, and that's facilitated by innovative uses of technology," says Jennifer Earl, associate professor of sociology and director of the Center for Information Technology and Society at the University of California, Santa Barbara.

A hundred years ago, neighbors would come together for a barn raising, willing to put in hard labor because they might need similar help someday. Today, Earl says, technology — whether it's Twitter or e-mails or a viral video appeal — can spur people across the world to the same type of communal action, even if they have no personal connection to the individuals helped or the tasks involved.

"Today, with technology, we can enable people to act collectively across boundaries. And one of the things that is different today isn't that we can just act collectively very quickly, but we act across heterogeneous groups," Earl says."

**NTI 14:** Through art-making, people make meaning by investigating and developing awareness of perceptions, knowledge, and experiences. Students should be able to explain how his/her artistic choices affect an image. Choose TWO ideas and combine them into ONE composition. Color is optional, not required.

**NTI 15:** Use the Internet, if possible, to research what kind of education requirements there are for a career you are interested in. Also, try to find out what kind of skills you might need for that career. Include the following: 1. The career 2. The education requirements 3. Skills needed

**NTI 16:** The Couch Potato Workout

Here is what you do:

1. Choose a show
  2. Watch it
  3. During each commercial break do an exercise (there will be at least 3)
- Here is your workout: DO as many reps as you can during the commercials for each exercise
- Commercial #1 – Incline Push Ups (feet on the couch, hands on the floor)
- Commercial #2 – Regular Push Ups
- Commercial #3 – Decline Push Ups (hands on the couch, feet on the floor)
- Commercial #4 – Planks
- Commercial #5 – Sit ups (Chest touches your knees)
- Commercial #6 – Yoga (Downward dog, cobra) \*The same yoga poses we work on in class.
- After watching the show, write about your experience explaining what you found difficult or easy. What problems you encountered.

**NTI 17: READ THE FOLLOWING INFORMATION ABOUT CYBERBULLYING:**

**\*Here are types of**

**internet danger: a. internet predators b. data theft c. viruses, spyware d. Cyberbullying**

**\*Here is how to protect yourself online: a. Facebook privacy settings b. Have a strong password and do not share it with anyone other than your parents. c. Never agree to meet a stranger you met online. d. Don't open emails from strangers or strange emails with attachments.**

**\*Here are types of information it is not safe to share online: -address -telephone # -birthday -current location/GPS**

**\*Now practice cybersafety by answering the different scenarios on paper**

1.Scenario #1 You are discussing a homework assignment with a friend you met online. They offer to help with it and ask for your phone number. What should you do?

2. Scenario #2 You receive an email from someone you don't recognize with a file attached. What should you do?

3. Scenario #3 While online, you get a message saying you just won a free Nintendo Wii. You just need to give your name, address, and phone number to have it shipped. What should you do?

**NTI 18: Walking Quest:** Take a walking quest at your location, inside or out. Walk for 15 minutes. Sketch at least three interesting objects of interest you see on your quest.

**NTI 19.** Think about where you want to be in 20 years. What kind of a career do you want to have? Will you still live where you do now or do you want to move somewhere else? Do you want to get married? Do you want to have a family? What will be different about you in 20 years? What will have stayed the same about you? 10 sentences or more.

**NTI 20:** Did you know???? • There is an alarming increase in the number of children and adolescents developing Type-2 Diabetes (also termed as adult-onset diabetes) due to being overweight. • The high levels of cholesterol and high blood pressure, that are some of the main risk factors for development of heart diseases, are found in most of the obese children. • Sleep Apnea (interruption of breath while sleeping) is considered as the most severe problem faced by obese children. In rare cases, this sleep apnea may lead to other problems like difficulty in learning and memory. • Obese children are on higher risk of developing, liver diseases, orthopedic problems and asthma. • More than 70% obese adolescents retain their overweight and obese condition even during their adulthood. A healthy lifestyle must be reinforced at home as well as at school. That is why it is so important to start positive exercise habits at a young age.

1. Which fitness fact from above stood out to you? And why?

2. Why do you think it is important to improve muscular strength?

3. What everyday activities/chores do you do that require muscular strength?