



# CHOICES®

**ISSUE DATE SEPT OCT. NOV./DEC. JAN. FEB./MAR. APR./MAY**

A SUPPLEMENT TO *CHOICES*

Turn each issue of *Choices* into hours of instruction! Inside this Teacher's Edition you'll find:

- 5 Lesson plans
- 22 Discussion questions
- 5 Classroom activities
- 3 Reproducible sheets
- 12 Resources

47 ways to support and enrich your curriculum

**TURN THE PAGE AND BEGIN YOUR LESSON PLAN!**

## THANK YOU FOR USING *CHOICES* IN YOUR CLASSROOM!

**WELCOME TO THE JANUARY 2010 ISSUE OF *CHOICES***, a magazine that covers family and consumer science, health, and life skills.

We have an exciting issue to start the 2010 new year. Listed below are the main feature articles in this issue, along with the family and consumer science standards and health education standards that each article meets. In addition, each feature article contains SAT/ACT vocabulary words.

If you have questions about the content of *Choices*, please contact me at (212) 343-6434 or at [bhugel@scholastic.com](mailto:bhugel@scholastic.com). And go online to check out our new Web site: [www.scholastic.com/choices](http://www.scholastic.com/choices).

Sincerely,  
**Bob Hugel**, Editor

PAGE	CURRICULUM	FEATURE ARTICLE	STANDARDS (see p. T7)	
<b>4</b>	<b>PERSONAL RESPONSIBILITY</b>	<b>The Tough Life of a Teen Mom</b> Jesseca Heatherly gave birth to a baby girl when she was just 17 years old. Read about her struggle to provide a good life for her child. <b>QUIZ:</b> Fill in the blanks to complete these statements.	<b>FCS</b> 1, 4, 6, 7, 12, 13, 15	<b>Health</b> 1, 2, 3, 4, 5, 6, 7
<b>8</b>	<b>SUBSTANCE ABUSE</b>	<b>Generation Rx</b> "Pharming" is the fastest-growing drug problem in the U.S. Meet a teen who is recovering from an addiction to prescription medication. <b>QUIZ:</b> Are these statements true or false?	<b>FCS</b> 2, 3, 6, 7, 12, 13, 15	<b>Health</b> 1, 2, 3, 4, 5, 6, 7
<b>12</b>	<b>FAMILY</b>	<b>Finding a Family</b> Tired of a foster-care system that constantly moved him from one home to the next, Alex Chivescu decided to find a family on his own. <b>QUIZ:</b> Are these statements true or false?	<b>FCS</b> 1, 6, 7, 12, 13, 15	<b>Health</b> 1, 2, 3, 4, 5, 6, 7
<b>15</b>	<b>HEALTH</b>	<b>Your Loss, Your Gain</b> Believe it or not, but the best way to learn how to be a winner in life is to experience what it feels like to fall short of your goals. <b>QUIZ:</b> Fill in the blanks to complete these statements.	<b>FCS</b> 12, 13	<b>Health</b> 1, 2, 3, 4, 5, 6, 7
<b>18</b>	<b>NUTRITION</b>	<b>Big Fat Myths</b> Not all fat in food is unhealthy for the teenage body. Find out which types of fat can help you stay fit and healthy. <b>QUIZ:</b> Fill in the blanks to complete these statements.	<b>FCS</b> 8, 9, 14	<b>Health</b> 1, 2, 3, 4, 5, 6, 7

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## Choices Web Site

Check out [www.scholastic.com/choices](http://www.scholastic.com/choices), the new web site for *Choices* magazine. You'll find this entire teacher's edition, extra worksheets, a list of SAT/ACT vocabulary words that have appeared in *Choices* so far this year, and a recipe that you can follow with your students!



# The Tough Life of a Teen Mom

**SUMMARY:** AFTER DECLINING FOR YEARS, THE TEEN BIRTH RATE IN THE UNITED STATES ROSE IN 2006 AND 2007. THIRTY PERCENT OF GIRLS GET PREGNANT AT LEAST ONCE BEFORE TURNING 20. THIS ARTICLE PROFILES ONE TEEN MOM'S STRUGGLE TO RAISE HER DAUGHTER.

## DISCUSSION QUESTIONS

- **How do you think Jesseca is** handling the responsibilities of being a mother? Do you think she is doing the best she can? Why or why not?
- **The article says that Bella's dad** contributes financially to his daughter. What else could he be doing for his child that he isn't doing? Why don't you think he's more involved with Bella's life?
- **Jesseca beat the odds; she** graduated from high school and is attending community college. How important is that for her future and Bella's future? What do you think their lives would be like if Jesseca hadn't graduated from high school?

- **Jesseca advises teens to wait** until they are adults to have kids. Do you think most teenagers understand the value in waiting until later in life to become a parent? Why or why not?

## ADDITIONAL ACTIVITY

**Teaching point:** *This writing activity will build students' writing skills and help them understand the difficulties of teen parenthood.* Tell students to make an hour-by-hour list of what they did for the 24-hour period that began last Saturday at 7 a.m. and ended last Sunday at 7 a.m. Then have them write a paragraph describing how their

day would have been different if they had had a baby to care for.

## RESOURCES

**Online information:** The National Campaign to Prevent Teen and Unplanned Pregnancy's Web site: [www.thenationalcampaign.org](http://www.thenationalcampaign.org) The organization also has a companion Web site for teens: [www.stayteen.org](http://www.stayteen.org). The Web site Pregnant Teen Help is also an excellent resource for both teens and adults. The site includes information on abstinence and adoption. Go to [www.pregnantteenhelp.org](http://www.pregnantteenhelp.org).



# Generation Rx

**SUMMARY:** ABUSE OF PRESCRIPTION MEDICATION IS THE FASTEST-GROWING DRUG PROBLEM IN THE U.S. THIS ARTICLE EXPLAINS WHY EASY ACCESS TO THESE TYPES OF DRUGS IS MAKING TEENAGERS VULNERABLE TO BEING HARMED BY THEM.

## DISCUSSION QUESTIONS

- **Were you aware of the dangers** of abusing prescription drugs before you read this article? What did you learn from this story?
- **Sarah was very active in extra-**curricular activities while she became a drug addict. Does it surprise you that she was able to handle all of her activities while also abusing drugs? Why or why not?
- **In the article, Chrissy describes** tricking doctors into giving her and her friends prescription drugs. Are doctors acting responsibly when they give out drugs in this manner? Explain your answer.

- **What do you think of teens who** sell prescription drugs to their peers?
- **What responsibility do parents** have to prevent their kids from raiding the medicine cabinet and getting their hands on prescription drugs?

## ADDITIONAL ACTIVITY

**Teaching point:** *This activity will help students understand how dangerous prescription-drug abuse can be.* Divide students into small groups and have each group make posters describing the dangers of abusing prescription drugs. Encourage students to use the information in the article, online and from the list of

prescription drug dangers on the *Choices* magazine Web site: [www.scholastic.com/choices](http://www.scholastic.com/choices) to help make the posters.

## RESOURCE

**Online information:** The Office of National Drug Control Policy has a terrific Web site where you can download a report on teens and prescription drug abuse, learn how to properly dispose of expired prescription medication, and learn how you can report an illegal sale of pharmaceutical drugs. Go to [www.whitehouse.gov/drugpolicy/drugfact/prescr\\_drug\\_abuse.html](http://www.whitehouse.gov/drugpolicy/drugfact/prescr_drug_abuse.html).



## FAMILY PG. 12-14

# Finding a Family

**SUMMARY:** IT IS RARE FOR TEENAGERS TO GET ADOPTED, BUT THIS ARTICLE PROFILES ALEX CHIVESCU, WHO BEAT THE ODDS WHEN HE DECIDED TO GO OUTSIDE THE SYSTEM AND FIND A FAMILY ON HIS OWN TO ADOPT HIM.

### DISCUSSION QUESTIONS

- **The article says that most families who want to adopt children don't want to adopt teenagers.** Why do you think this is so? Do you think this is fair? Why or why not?
- **Are you surprised that Alex was able to maintain a high grade point average while in high school?** Do you think you could have done the same in his situation?
- **Alex says that he will "always love and support" his birth mother.** What do you think about his positive attitude towards her? Does she deserve his love and support? Why or why not?
- **How do you think Alex's**

experience with the foster-care system and with finding a family to adopt him will help him deal with problems and challenges that arise later in his life? Explain your answer.

### ADDITIONAL ACTIVITY

**Teaching point:** *This writing activity will help students understand the challenges Alex faced growing up in different homes.* Ask students to imagine having to deal with a different family or type of living arrangement every one to two years. Ask them how hard it would be for them to move around so often. What would be their biggest challenge? To help show how tough it is to move from

home to home, tell students they can make a list of five things they can take with them each time they move. What would be on their lists? What would they have to leave behind?

### RESOURCES

**Online information:** For more details on Alex's incredible story, check out these links: [www.people/archive/article/0,,20271113,00.html](http://www.people/archive/article/0,,20271113,00.html) [www.cbsnews.com/stories/2009/03/27/assignment\\_america/main4898640.shtml](http://www.cbsnews.com/stories/2009/03/27/assignment_america/main4898640.shtml)  
**Foster Club:** Foster Club is a national network for young people in foster care. Go to [www.fosterclub.com](http://www.fosterclub.com)



## HEALTH PG. 15-17

# Your Loss, Your Gain

**SUMMARY:** NO ONE LIKES TO LOSE, BUT IT HAPPENS TO EVERYONE. THIS ARTICLE EXPLAINS HOW FAILING AT TASKS ACTUALLY HELPS A TEENAGER LEARN HOW TO SUCCEED IN LIFE. NOT WINNING AT EVERYTHING ALSO HELPS PREPARE TEENS FOR THE REALITIES OF ADULTHOOD WHERE SUCCESS IS OFTEN NOT EASY TO SEE.

### DISCUSSION QUESTIONS

- **Have you ever experienced a situation where you had been used to succeeding and then suddenly began failing?** If so, how did you handle it?
- **Cody says, "No matter how talented you are, you can always improve."** What do you think he means?
- **The article says that it's not healthy or realistic to define your self-worth based on how you do in a competition.** What do you think that means?
- **Tori Bowden dealt with her struggle with math by avoiding the problem.** How successful was her strategy? What do you think she should have done?

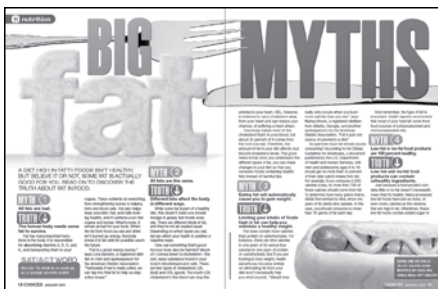
### ADDITIONAL ACTIVITY

**Teaching point:** *This writing activity will help students gain perspective on their own experiences with winning and losing.* Ask students to write about a time when they lost a competition or did poorly on a test or project and did not handle failing well. Have them write down how they could have reacted differently so that the experience of losing would not have been so hard.

### RESOURCES

**Article.** *NCAA Champion Magazine* has an interesting article on the effects of winning and losing. To read the

story go to [www.ncaachampionmagazine.org/Championship%20MagazineStory/ArticleListings/tabid/61/articleType/ArticleView/articleId/45/Default.aspx](http://www.ncaachampionmagazine.org/Championship%20MagazineStory/ArticleListings/tabid/61/articleType/ArticleView/articleId/45/Default.aspx)  
**Online information:** For great examples of sportsmanship among athletes, check out these two articles:  
[http://latimesblogs.latimes.com/olympics\\_blog/2008/08/torres-helps-al.html](http://latimesblogs.latimes.com/olympics_blog/2008/08/torres-helps-al.html)  
[www.usatoday.com/sports/olympics/beijing/swimming/2008-08-15-phelps-100-butterfly-N.htm](http://www.usatoday.com/sports/olympics/beijing/swimming/2008-08-15-phelps-100-butterfly-N.htm)



# Big Fat Myths

**SUMMARY:** MANY PEOPLE MISTAKENLY BELIEVE THAT ALL FAT IS BAD FOR THE HUMAN BODY. THIS ARTICLE EXAMINES FIVE MYTHS ABOUT FAT IN FOOD AND EXPLAINS HOW CONSUMERS CAN EDUCATE THEMSELVES SO THAT THEY GET HEALTHY FATS INTO THEIR RESPECTIVE DIETS.

## DISCUSSION QUESTIONS

- **Before reading the article, did you think all fat in food was bad for you? Did the information in the article change your mind? Why or why not?**
- **What is the difference between LDL cholesterol and HDL cholesterol? Which one is better for your body? Explain your answer.**
- **The article offers teens a formula to determine how many grams of fat they are getting from the food they eat. Do you think it's realistic to expect teens to use the formula? Why or why not?**
- **What is an example of a fat that is healthy for the body? Why is it healthy?**

• **Is there a fat that is both good and bad for the body? Why is it a healthy fat? Why is it an unhealthy fat? Explain your answer.**

## ADDITIONAL ACTIVITY

**Teaching point:** *This activity will help students comprehend the concepts in the article while also fostering their creativity.* Ask students to bring in their favorite processed snacks, or bring in different types of packaged snack foods yourself. Using the information on each package's label, have students compare the fat content of the different foods. Ask your class to determine which of the snack

foods is the healthiest in regard to fat and which is the least healthy.

## RESOURCES

**Online information:** Read a list of the 88 worst fast foods for your health. Go to [www.acaloriecounter.com/fast-food-trans-fat.php](http://www.acaloriecounter.com/fast-food-trans-fat.php).

**Web site & book:** To see photographs of incredibly fatty foods, go to <http://thisiswhyyourefat.com>. Among the unhealthy foods shown are tacos, pizzas, cakes, hot dogs, and casseroles. The site has a companion book: ***This Is Why You're Fat: Where Dreams Become Heart Attacks*** by Jessica Amason and Richard Blakeley (HarperStudio, 2009).

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# Prescription Drugs: The Facts

**DIRECTIONS:** After reading “Generation Rx,” on pages 8 to 11 of this issue of *Choices*, answer these questions to see how much information you remember and how well you understood the vocabulary. Answers are on page T7.

- About \_\_\_\_\_ kids and teenagers between the ages of 12 and 17 abused prescription drugs in 2007.
  - 1 million
  - 2 million
  - 5 million
  - 7 million
- Prescription drugs are safe only if they are taken under the supervision of a \_\_\_\_\_.
  - doctor
  - nurse
  - friend
  - parent
- In some cases, all it takes to overdose from prescription medication is to swallow \_\_\_\_\_.
  - one pill
  - two pills
  - three pills
  - four pills
- \_\_\_\_\_ of teens who abuse prescription drugs admit to stealing the medications from friends and family members.
  - 10 percent
  - 25 percent
  - 50 percent
  - 70 percent
- The practice of taking prescription drugs to get high is called \_\_\_\_\_.
  - boosting
  - farming
  - pharming
  - surfing
- According to a survey done by the Substance Abuse and Mental Health Services Administration (SAMHSA), \_\_\_\_\_ of all teens believe it's not risky to abuse prescription drugs.
  - a quarter
  - half
  - two third
  - three quarters
- Sarah was addicted to prescription drugs, but she limited her abuse to only two types of medications.
  - true
  - false
- Sales of prescription drugs have increased by \_\_\_\_\_ since 1990.
  - 50 percent
  - 100 percent
  - 200 percent
  - 400 percent
- A common place to get prescription drugs illegally is \_\_\_\_\_.
  - at school from peers trying to sell the medications
  - from the medicine cabinet of someone's home
  - from a pharmacy after getting a prescription from a doctor
  - both a and b
- Many teens may be tempted to abuse prescription medication because \_\_\_\_\_.
  - they think the drugs are safer than street drugs
  - they can often get the drugs from their own home
  - they can get them from their friends
  - all of the above



# Understanding “Finding a Family”

**DIRECTIONS:** After reading “Finding a Family,” on pages 12 to 14 of this issue of *Choices*, answer these questions to see how much information you remember and how well you understood the vocabulary. Answers are on page T7.

- While in the foster-care system, Alex Chivescu lived in \_\_\_\_\_.
  - group homes
  - the homes of individual families
  - shelters
  - all of the above
- After being in a car accident, Alex’s \_\_\_\_\_ was diagnosed with bipolar disorder, an illness that causes sudden mood changes and uncontrollable behavior.
  - father
  - uncle
  - mother
  - grandmother
- In an effort to encourage Alex’s efforts to attend college, Jim and Suzanne Bante bought him a \_\_\_\_\_.
  - new suit to wear to college interviews
  - new car to take to college
  - new hat to keep up with the latest fashion trends
  - a new pair of shoes to wear to college interviews
- According to a court order, Alex has to wait until he is 22 years old to get in contact with his birth mother.
  - true
  - false
- When he was adopted, Alex officially became the Bante’s \_\_\_\_\_ child.
  - first
  - second
  - fourth
  - fifth
- The stress of living in different places during his teenage years led Alex to do poorly in school.
  - true
  - false
- In all, Alex lived in \_\_\_\_\_ different places between the ages of 9 and 17.
  - six
  - seven
  - eight
  - nine
- Alex’s determination to have a better life as an adult is paying off, as he is currently attending college at \_\_\_\_\_.
  - Yale University
  - Cornell University
  - New York University
  - Harvard University
- Once social services took Alex out of the home he shared with his mother, Alex never lived with her again.
  - true
  - false
- When he decided to find a family to take him in, Alex used \_\_\_\_\_ as his main source to find the home he needed.
  - word-of-mouth
  - the Internet
  - the foster-care system
  - his cell phone

# ANSWERS

## p. 7: Test Yourself

1. highest      3. her daughter
2. abandoning   4. increased

## p. 11: Test Yourself

1. false      3. false
2. true      4. true

## p. 14: Test Yourself

1. false      3. true
2. false      4. true

## p. 17: Test Yourself

1. failure; 2. happy; 3. always

## p. 20: Test Yourself

1. HDL; 2. more; 3. unhealthy

## p. T-5: Prescription Drugs: The Facts

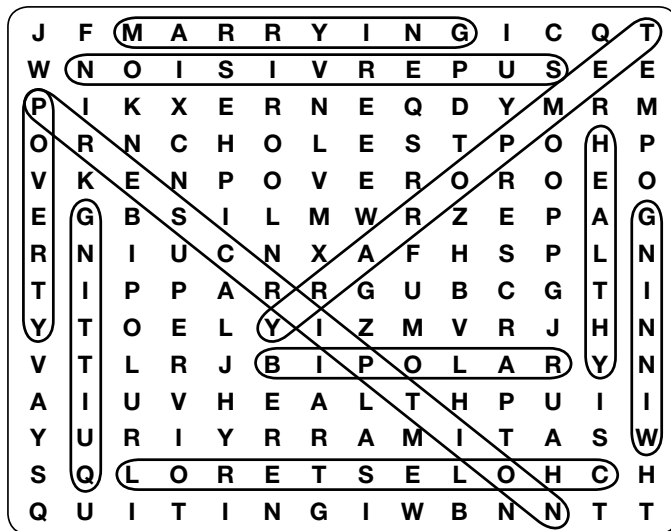
1. b      6. b
2. a      7. b
3. a      8. d
4. d      9. d
5. c      10. d

## p. T-6: Understanding "Finding a Family"

1. d      6. b
2. c      7. c
3. a      8. d
4. b      9. b
5. d      10. b

## p. T-8: The Hunt Is On

1. supervision
2. cholesterol
3. quitting
4. marrying
5. temporary
6. prescription
7. healthy
8. winning
9. poverty
10. bipolar



## NATIONAL STANDARD FAMILY & CONSUMER SCIENCE: FCS

<p>FCS1. Career, community, family          FCS2. Consumer, family          FCS3. Consumer services          FCS4. Early childhood          FCS5. Facilities management          FCS6. Family          FCS7. Family, community          FCS8. Food production, services</p>	<p>FCS9. Food sciences, nutrition          FCS10. Hospitality, tourism          FCS11. Housing, interiors          FCS12. Human development          FCS13. Interpersonal relationships          FCS14. Nutrition and wellness          FCS15. Parenting          FCS16. Textiles, apparel</p>	<p>Teachers can obtain a copy of the national standards by contacting the American Association of Family and Consumer Sciences. The address is 1555 King St., Alexandria, VA 22314. Phone: (800) 424-8080. The standards are also posted at the National Coalition for Family &amp; Consumer Sciences Education's Web site: <a href="http://www.facse.org/nat.htm">www.facse.org/nat.htm</a></p>
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## NATIONAL STANDARDS FOR HEALTH EDUCATION: HEALTH

<p>H1. Comprehend concepts related to health promotion and disease prevention.          H2. Demonstrate the ability to access valid health information and health-promoting services.          H3. Demonstrate the ability to practice health-enhancing behaviors and to reduce health risks.</p>	<p>H4. Analyze the influence of culture, media, technology, and other factors on health.          H5. Demonstrate the ability to use interpersonal communication skills to enhance health.          H6. Demonstrate the ability to use goal-setting and decision-making skills to enhance health.</p>	<p>H7. Demonstrate the ability to advocate for personal, family, and community health. Teachers can obtain a copy of the standards by contacting the American School Health Association (ASHA). Phone: (330) 678-1601. Web site: <a href="http://www.ashaweb.org">www.ashaweb.org</a>.</p>
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# The Hunt Is On

**DIRECTIONS:** How closely did you read the five feature articles (“The Tough Life of a Teen Mom,” “Generation Rx,” “Finding a Family,” “Your Loss, Your Gain,” and “Big Fat Myths”) in this issue of *Choices*? Find out by

filling the blanks in each sentence using the word list. Use each word once. Then find the words in the puzzle and circle them. Words are listed horizontally, vertically, diagonally, and backward. Answers are on page T7.

**1** Prescription drugs are safe only if taken under a doctor’s \_\_\_\_\_.

**2** About 25 percent of the \_\_\_\_\_ in your body comes from the food you eat.

**3** Faced with the option of \_\_\_\_\_, both Madi Carleton and Cody Wilkins decided to keep participating in their respective sports—and their decisions paid off.

**4** Only 20 percent of teen mothers end up \_\_\_\_\_ the fathers of their children.

**5** Foster families take \_\_\_\_\_ care of kids whose own parents are not able to raise them.

**6** More teens abuse \_\_\_\_\_ drugs than any illegal drug, except marijuana.

**7** Fat in food helps keep a person’s skin, hair, nails, bones, and internal organs \_\_\_\_\_.

**8** The euphoria that comes with \_\_\_\_\_ doesn’t last because there is always another game, competition, or challenge to be met.

**9** Teen mothers are more likely to live in \_\_\_\_\_ than teenage girls who wait until they are adults to have kids.

**10** After being in a car accident, Alex Chivescu’s mother was diagnosed with \_\_\_\_\_ disorder, a condition that hindered her ability to take care of her son.

## WORD List

- poverty
- prescription
- winning
- cholesterol
- healthy
- marrying
- bipolar
- quitting
- supervision
- temporary

J	F	M	A	R	R	Y	I	N	G	I	C	Q	T
W	N	O	I	S	I	V	R	E	P	U	S	E	E
P	I	K	X	E	R	N	E	Q	D	Y	M	R	M
O	R	N	C	H	O	L	E	S	T	P	O	H	P
V	K	E	N	P	O	V	E	R	O	R	O	E	O
E	G	B	S	I	L	M	W	R	Z	E	P	A	G
R	N	I	U	C	N	X	A	F	H	S	P	L	N
T	I	P	P	A	R	R	G	U	B	C	G	T	I
Y	T	O	E	L	Y	I	Z	M	V	R	J	H	N
V	T	L	R	J	B	I	P	O	L	A	R	Y	N
A	I	U	V	H	E	A	L	T	H	P	U	I	I
Y	U	R	I	Y	R	R	A	M	I	T	A	S	W
S	Q	L	O	R	E	T	S	E	L	O	H	C	H
Q	U	I	T	I	N	G	I	W	B	N	N	T	T