

Work On It

Pair 

In this activity, you will examine remedies suggested by different people to keep your body healthy.

Materials for each pair

- books, the Internet
- family, friends, and other health-care providers

Procedure

- 1 In your notebook, draw a table like the one on the right.
- 2 Complete your table. Use books, the Internet, and other sources of information. Ask friends and family members to share remedies. If possible, talk to your family doctor or to one of the individuals or organizations you researched in the last lesson.
- 3 Share your table with the class.
- 4 Compare your table with the tables of others. Did your classmates have different remedies? Did they have more responses in some categories than in others? Which type of remedy do they use to treat each problem?
- 5 Which type of remedy do you use to treat each problem? Would you and your family be willing to try remedies from other categories? Why or why not?

Problem	Your family's remedy	Physician's remedy	Traditional or natural remedy
Cold			
Headache			
Skinned Knee			
Stress			



Communicate

Write

1. a) Reread the story on page 9. List the remedies given to the boys for their stomach aches. What advice are the boys given to avoid stomach aches and to be healthy?
b) Think about a time when you had a stomach ache. What caused it? How did you treat it?

Build On What You Know

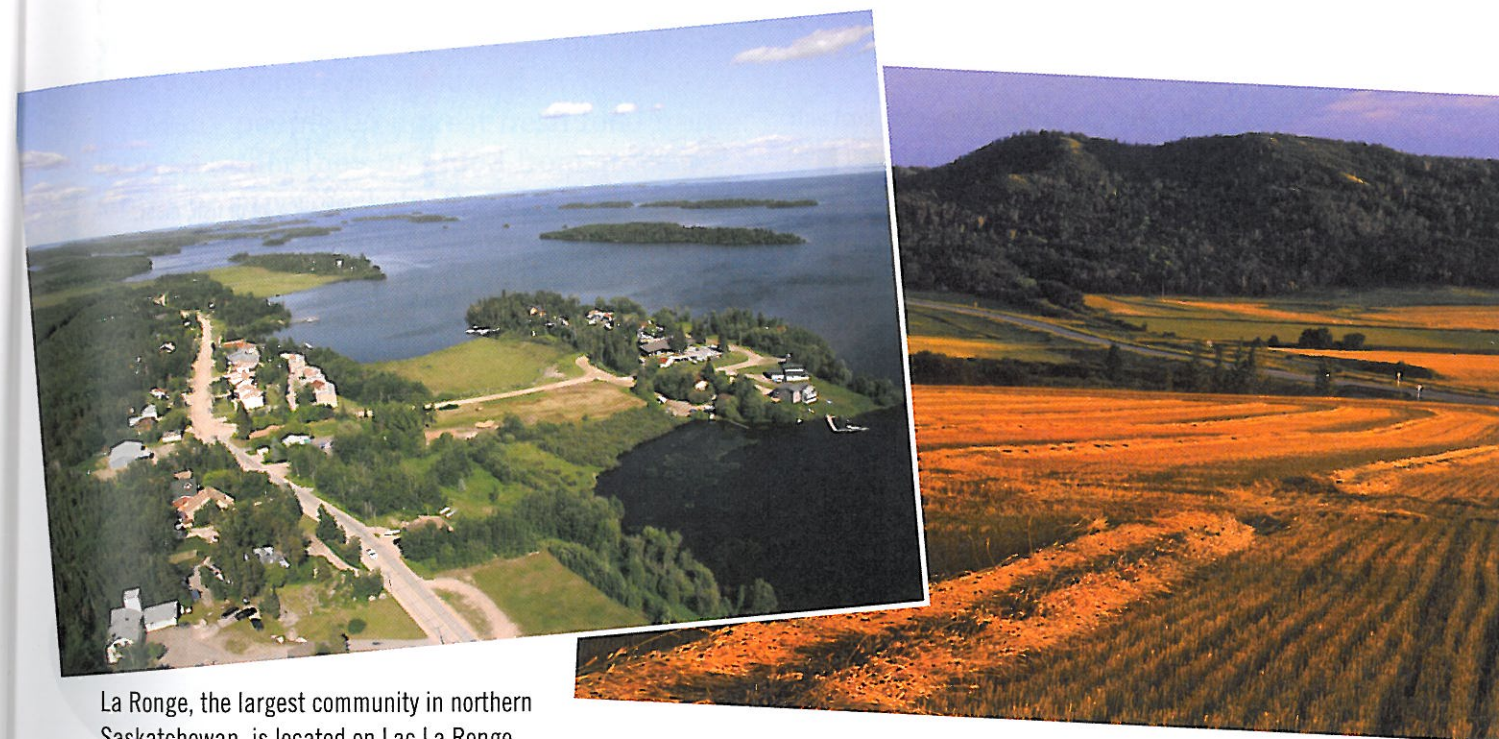
People have learned a lot about keeping the body healthy from many different cultures. Choose two cultures to research. In your Medical Journal, write about each culture's beliefs about staying healthy and their remedies or treatments for an unhealthy body.

3 Food Choices

GOAL To examine how and what people eat

◀ GET STARTED

Imagine that you are about to eat your favourite snack. Your choice makes your friend wrinkle her nose in distaste. What people eat depends on their personal tastes, allergies or intolerances, ethical beliefs, and cultural or religious customs. Food choices also depend on what is readily available in a community, such as fish in communities near rivers or lakes, or wheat in a farming area.



La Ronge, the largest community in northern Saskatchewan, is located on Lac La Ronge.

Saskatchewan is nicknamed Canada's Breadbasket because much of its land is used for farming.

What You Eat Depends on Where You Live

In Saskatchewan, common food choices are cereal grains, beef, fish, and milk. Most of southern Saskatchewan is prairie. Wheat fields and cattle ranches cover huge stretches of our flat land. Farmers also produce oats, barley, rye, flaxseed, canola, peas, and potatoes. They raise poultry and produce milk. Saskatchewan's many forests and lakes make hunting and fishing another source of food. In Saskatchewan's northern lakes, fishers can catch a variety of fish such as whitefish, walleye, lake trout, Arctic grayling, and northern pike.