

Blizzard Bag Materials

Teacher: Mrs. Rohrer

Subject: Child Development

Day 1. Use the Internet and identify the four types of parenting styles give a definition and 3 characteristics/examples of each type. The four types of parenting styles are 1.) Authoritative 2.) Permissive 3.) Authoritarian 4.) Neglectful

Day 2 and 3: Use the Internet to help you identify the following child development theorist and then explain what they are known for and their theories in a nutshell. 1) Erik Erikson 2.) Sigmund Freud 3) Piaget 4.) Lev Vygotsky and 5.) B.F Skinner

Teacher: Mrs. Rohrer

Subject: Nutrition and Wellness

Day 1: Use the Internet to help you and answer the following questions on Vitamin D. you may write or type your answers.

1. How does vitamin D play a part in the bone building process?
2. Besides your bones, what else is Vitamin D needed for?
3. Getting enough vitamin D can help lower the chances of what?...
4. What are 3 main reasons why people don't get enough vitamin D?
5. How much vitamin D a day should teens get?
6. List 5 good food sources of vitamin D?
7. Explain why vitamin D is known as the sunshine vitamin?
8. If you think you are not getting enough vitamin D...what are 3 things you can do?

Day 2: Write a reflection paragraph to the following writing prompt. Your paragraph should be 5-7 sentences long.

“The United States has one of the highest obesity rates in the world. Why do you think that is? How would you suggest ways the United States could decrease the obesity rates? Should fast food restaurant be held responsible to some degree? “

Day 3: Use the Internet to help you answer the following questions. Identify what a SUPERFOOD is by definition? List 5 superfoods? Why should someone incorporate more superfoods into their daily diet? What are nutrient dense foods? List 5 nutrient dense foods? What are empty calories? List 5 empty calorie foods?