

# APPENDIX G

## DISCIPLINARY LITERACY IN HEALTH

### **When health professionals read, they**

---

- Assume an objective stance when reading for information (see empathy item below)
- Read for What (facts), then Why (cause effect relationships), then How (applications)
- Rely on data, sketches, and charts
- Determine validity of sources and quality of evidence
- Seek to understand specialized vocabulary
- Seek to understand science behind information
- Read for details and precise interpretation of concepts
- Look for answers related to relevant questions
- Note new discoveries, findings, and treatments
- Seek to deepen understanding of individuals with physical, emotional, and/or social challenges
- Assume perspective of others when reading to understand social, emotional, and physical challenges
- Make connections to own personal, mental, or physical health

### **When health professionals write, they**

---

- Use precise wording
- Compose in phrases, bullets, graphs, or sketches
- Favor passive voice
- Seek exactness over craft
- Distinguish facts from opinions
- Communicate in a systematic, precise, and objective format
- Consider science and chemistry behind symptoms, feelings, and behavior

### **When health professionals think, they**

---

- Allow curiosity and personal interests to drive learning
- Seek evidence to form theories

- Look for connections and cause-effect relationships
- Understand when they need more data
- Consider new hypotheses or evidence
- Translate data to inform understanding
- Consider interplay of physical, mental, social, and emotional factors
- Apply new information to actions and decisions

## Websites for Teaching Health

---

[http://www.nytimes.com/learning/issues\\_in\\_depth/teenhealth.html](http://www.nytimes.com/learning/issues_in_depth/teenhealth.html)

Part of the Learning Network, this site will take you to articles and lesson plans directly related to teen health issues.

<http://www.pbslearningmedia.org>

This site offers national and international news for students as well as articles in the areas of science and health.

<http://www.npr.org>

The National Public Radio site includes news articles on a variety of topics including science and health.

<http://www.sciencedaily.com>

This popular science news website covers health and medicine.

<http://www.sciencenewsforstudents.org>

This is a great source for psychology, health, and science articles that are current and of high interest.

[https://www.sciencedaily.com/news/health\\_medicine/teen\\_health/](https://www.sciencedaily.com/news/health_medicine/teen_health/)

A resource for high interest articles on health, technology, environment, society, and quirky topics that will be sure to grab the interest of your students.

<https://consumer.healthday.com/espanol/>

This resource for current health news including information on diabetes, mental health, AIDS information, and discussion of clinical trials.

<http://www.healthday.com/lifestyle-news.html>

This website (available in Spanish and English) has one-page articles and videos about current topics such as cyberbullying, sports and adolescent brains, and high-nicotine E Cigs.

<https://www.nutrition.gov/subject/life-stages/teens/tweens-and-teens>

Nutrition.gov is a USDA-sponsored website that offers credible information for healthful eating choices. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers.

<https://www.girlshealth.gov/>

Created to help girls (ages 10–16) learn about health, growing up, and issues they may face such as drugs, alcohol, feelings, relationships, and fitness.

## Book Recommendations for Starting a Classroom Library

---

*Chew On This: Everything You Don't Want to Know About Fast Food* by Charles Wilson and Eric Schlosser. Schlosser's best-selling book, *Fast Food Nation*, was published for adults in 2001. Now he and his coauthor have written a book for young people.

*David and Goliath* by Malcolm Gladwell. This book challenges how we think about obstacles and disadvantages, offering a new interpretation of what it means to be discriminated against, suffer from a disability, lose a parent, or endure any number of other apparent setbacks. Draws on history, psychology, and powerful story-telling.

*Drums, Girls, and Dangerous Pie* by Jordan Sonnenblick. Steven plays drums in the All-City Jazz Band and has a crush on the hottest girl in school, who doesn't even know he's alive. Suddenly Steven's world is turned upside down when he is forced to deal with his brother's illness and his parents' attempts to keep the family in one piece.

*Falling Over Sideways* by Jordan Sonnenblick. Claire's eighth-grade year is not going as she hoped. She is faced with mean girls, boys, and changing friendships. Then her father suffers a stroke, and everything changes. Now Claire must find the strength to handle both the pressures of middle school and an uncertain future.

*The Fault in Our Stars* by John Green. Despite the tumor-shrinking medical miracle that has bought her a few years, Hazel's condition is still terminal. When a new boy suddenly appears at Cancer Kid Support Group, things change.

*The Impossible Knife of Memory* by Laurie Halse Anderson. Anderson takes a look at post-traumatic stress syndrome, specifically regarding soldiers who return home to their families. How will they and their loved ones deal with this phenomenon that impacts so many families?

*It's Not Yet Dark* by Simon Fitzmaurice. In this powerful true story, Simon was diagnosed with ALS, or Lou Gehrig's disease, and given four years to live. He begins to write using an eye-gaze computer and allows us to see life through his perspective. This is an unforgettable book about the power of love, what connects us, and what it means to live life fully.

*Out of My Mind* by Sharon Draper. Eleven-year-old Melody can't walk, talk, or write, because she has cerebral palsy. But she also has a photographic memory; she can remember every detail of everything she has ever experienced. Although most people dismiss her as mentally challenged, Melody refuses to be defined by her disability. This book will change how readers look at people with a disability.

*The Pregnancy Project: A Memoir* by Gaby Rodriguez & Jenna Glatzer. Author details how she was able to fake her own pregnancy and reveals all that she learned from the experience. Gaby's story is about fighting stereotypes, overcoming others' low expectations, and creating the life she wants.

*Skinny* by Donna Cooner. A 300-pound, 15-year-old girl can't shed the image she has of herself so she opts for gastric bypass surgery. Questions about self-acceptance, body image, and the underlying reasons for obesity make this a compelling read for all ages.

*Smashed* by Lisa Luedeke. Katie Martin wants to leave her small-town loneliness behind forever. She is a field hockey star on the fast track to a college scholarship, but her relationship with alcohol has always been a little questionable. Then trouble finds her. This fast-paced novel is about addiction, accountability, and the impact of low self-esteem.

*Speak* by Laurie Halse Anderson. Melinda is an outcast because she busted an end-of-summer party by calling the cops, so now nobody will talk to her. It is through her work on an art project that she is finally able to face what really happened at that terrible party. Themes include dealing with peer pressure and learning how to speak up for oneself.

*Superbug: The Fatal Menace of MRSA* by Maryn McKenna. Medicine disregards it, antibiotics can't control it. MRSA-drug-resistant staph may be the most frightening epidemic since AIDS.

*Turtles All the Way Down* by John Green. This novel goes deeply into issues of obsessive-compulsive disorder told from the point of view of a high school girl.

*The Wild Life of Our Bodies* by Rob Dunn. Read about predators, parasites, and partners that shape who we are today.