**Health in Our Hands - supply list \***

\* Links are example of appropriate supplies

● **General for curriculum**

○ (Optional) 2-pocket folder (1/student)

○ Post-it boards (1/teacher)+ 3x3 Post-it notes (2-3/class)

● **Learning Set 2**

○ Diagnosing Diabetes kits (1 per group of 2-3 students)

http://www.sciencetakeout.com/product/diagnosing-diabetes/

● **Learning Set 3**

○ Small ziploc baggie of pony beads (packaged by class, for groups of 2 students) ■ 2 blue beads

[https://www.amazon.com/Darice-06121-2-03-Count-BeadsOpaque/dp/B004B7G73C/ref=sr\_1\_11?ie=UTF8&qid=1485962147&sr=8-11&keywords=red+pony+beads](https://www.amazon.com/Darice-06121-2-03-Count-BeadsOpaque/dp/B004B7G73C/ref%3Dsr_1_11?ie=UTF8&qid=1485962147&sr=8-11&keywords=red+pony+beads)

○ 8 black beads

[https://www.amazon.com/dp/B004B7G782/ref=twister\_B01C7OIF1W?\_e+ncoding=UTF8&th=1](https://www.amazon.com/dp/B004B7G782/ref%3Dtwister_B01C7OIF1W?_e+ncoding=UTF8&th=1)

○ 1 yellow bead

[https://www.amazon.com/Darice-06121-2-06-Count-Beads%20Opaque/dp/B004LI7Y92/ref=pd\_sim\_201\_4?\_encoding=UTF8&pd\_rd\_i=%20B004LI7Y92&pd\_rd\_r=W8X04SVCKTZY2FF3GMZF&pd\_rd\_w=J4zbp&p%20d\_rd\_wg=uAHMw&psc=1&refRID=W8X04SVCKTZY2FF3GMZF](https://www.amazon.com/Darice-06121-2-06-Count-Beads%20Opaque/dp/B004LI7Y92/ref%3Dpd_sim_201_4?_encoding=UTF8&pd_rd_i=%20B004LI7Y92&pd_rd_r=W8X04SVCKTZY2FF3GMZF&pd_rd_w=J4zbp&p%20d_rd_wg=uAHMw&psc=1&refRID=W8X04SVCKTZY2FF3GMZF)

○ 1 red bead

[https://www.amazon.com/Darice-06121-2-01-Count-Beads%20Opaque/dp/B004B7EDC4/ref=pd\_bxgy\_201\_3?+\_encoding=UTF8&refRID=BJ4F9TC8P2EMP8TVVYXA&th=1](https://www.amazon.com/Darice-06121-2-01-Count-Beads%20Opaque/dp/B004B7EDC4/ref%3Dpd_bxgy_201_3?+_encoding=UTF8&refRID=BJ4F9TC8P2EMP8TVVYXA&th=1)

○ Cups (3/group of 4)

○ [https://www.amazon.com/Disposable-Bathroom-Mouthwash-Drinking-Picnic/dp/B0924JNTPC/ref=sr\_1\_4\_sspa?keywords=dixie+cups&qid=1663085280&sr=8-4-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExT09ZUFU0OU1FVDRRJmVuY3J5cHRlZElkPUExMDM3ODk5MUFFSkdCSEkwTDhENCZlbmNyeXB0ZWRBZElkPUEwMDY0MTU5MkZBTENYNDZQVkQxTSZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=](https://www.amazon.com/Disposable-Bathroom-Mouthwash-Drinking-Picnic/dp/B0924JNTPC/ref%3Dsr_1_4_sspa?keywords=dixie+cups&qid=1663085280&sr=8-4-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExT09ZUFU0OU1FVDRRJmVuY3J5cHRlZElkPUExMDM3ODk5MUFFSkdCSEkwTDhENCZlbmNyeXB0ZWRBZElkPUEwMDY0MTU5MkZBTENYNDZQVkQxTSZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=)

● **Learning Set 4** - no lesson-specific supplies needed

● **Learning Set 5 - 4 food groups; up to 8 groups total. Each group needs a Ziploc of sugar; one tsp measure, and 2 clear cups. We recommend about 3 students per group.**

* Sugar - 10-pound bag/teacher divided into freezer bags for student groups (3-4 students/group) each group needs approximately 11/4→ 11/2 cups of sugar.
* Cups - clear; 16 cups per teacher (2-3 per group)
* Gallon-size freezer bags - 8 per teacher (for 8 groups)
* Tsp measures; 8 per teacher (for 8 groups, 1 tsp per group)
* (Optional) Snacks and drinks can be supplied along with food labels for analysis (students bring and/or teacher provide)
* (Optional) Healthy snack for class consumption

● **Learning 6** – Up to 7 Poster boards for Community Action projects per class [https://www.amazon.com/Pacon-Presentation-Board-Tri-FoldBoards/dp/B003ALTLM4/ref=sr\_1\_fkmr2\_3?s=officeproducts&ie=UTF8&qid=1505847205&sr=1-3-fkmr2&keywords=TriFold+Board%2C+36+in.x48+in](https://www.amazon.com/Pacon-Presentation-Board-Tri-FoldBoards/dp/B003ALTLM4/ref%3Dsr_1_fkmr2_3?s=officeproducts&ie=UTF8&qid=1505847205&sr=1-3-fkmr2&keywords=TriFold+Board%2C+36+in.x48+in).