

# Ms. Lorena Gonzalez-Velasco River Trail School Nurse



It should take about **30** minutes to complete this lesson

## What you will need:

iPad

## Directions to Students/Supervising Adult:

Health Promotion information from your School Nurse

Click on a video and learn about Asthma, Food Allergies, ADHD and keeping Healthy

Asthma: How asthma medications are taken

[https://youtu.be/nDxWPzUZM\\_M](https://youtu.be/nDxWPzUZM_M)

What is Asthma?

[https://youtu.be/Et\\_alsghel8](https://youtu.be/Et_alsghel8)

What is a Food Allergy?

<https://youtu.be/CnxzZXjbddk>

Why do allergic reactions occur?

<https://youtu.be/WByv4pJeNTk>

How to keep friends with food allergies safe.

<https://youtu.be/cdxnSBoWQoo>

How to avoid cross contamination

<https://youtu.be/dP2IJYlhw00>

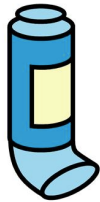
ADHD and the brain (3.26)

<https://youtu.be/u82nzTzL7To>

What's it like to have ADHD? (2.15min)

<https://youtu.be/HI7Ro1PUJmE>

Protect Don't Infect: Germ Wars



[https://youtu.be/jDwrTJ9qqPM?](https://youtu.be/jDwrTJ9qqPM?list=PLCE456C9B6CDA12D4)



[list=PLCE456C9B6CDA12D4](https://youtu.be/jDwrTJ9qqPM?list=PLCE456C9B6CDA12D4)

Germ smart-wash your hands

<https://youtu.be/NoxdS4eXy18>

The food label and you: Game Show Review (are you smarter than a food label?)

[https://youtu.be/DjFVOZ\\_ALuM](https://youtu.be/DjFVOZ_ALuM)



**Here is how to turn your work in for class credit:**

- Next time you are in the health office let us know what you learned from the video.