SECTION A:

Skull

Mandible

Cervical
vertebrae

Thoracic
vertebrae

Lumbar
vertebrae

Pelvis

Sacrum

Coccyx

Clavicle

Scapula

Sternum

Ribs

Humerus

Radius

Ulna

Carpals

Metacarpals

Phalanges

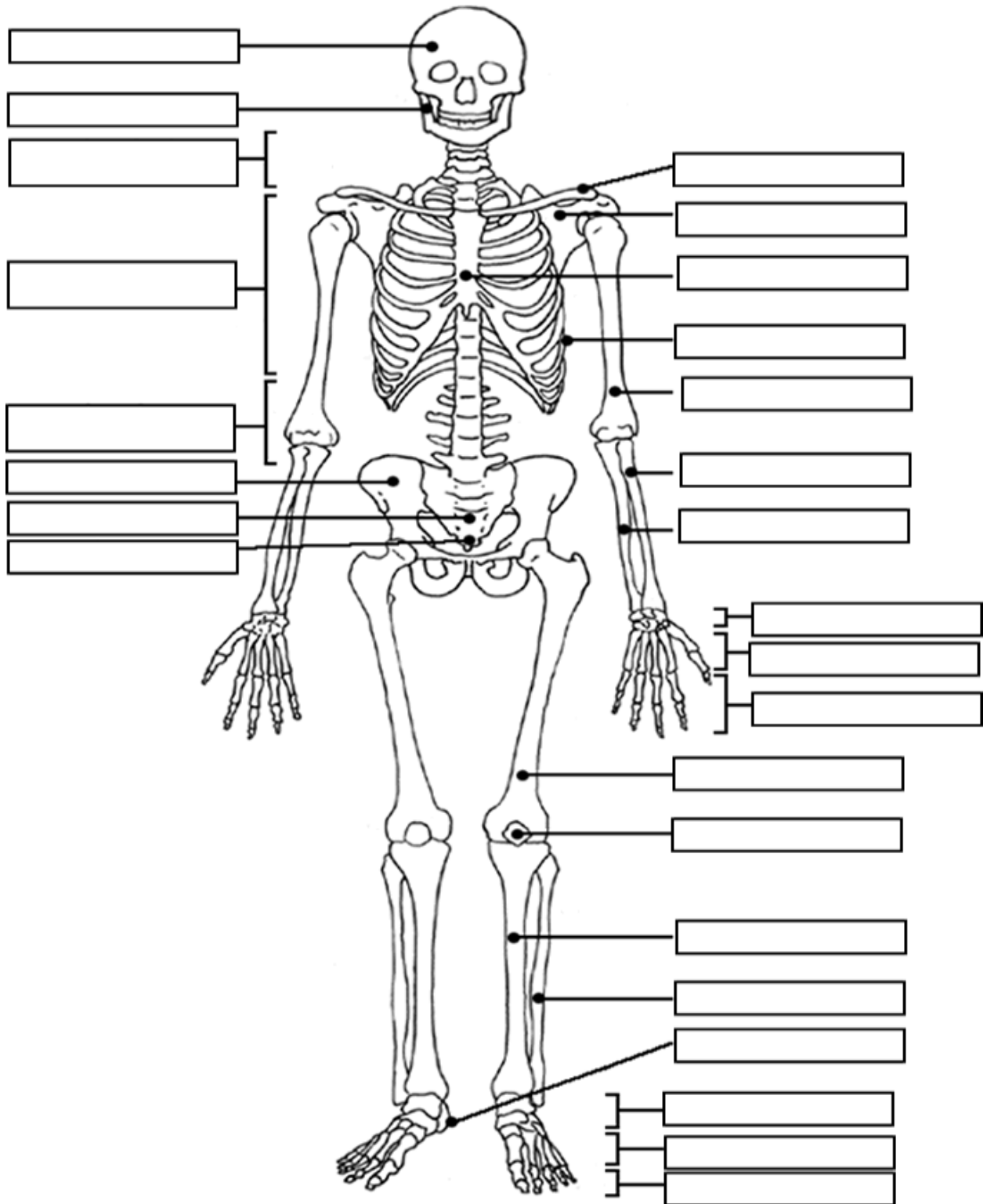Femur

Patella

Tibia

Fibula

Calcaneus

Tarsals

Metatarsals

Phalanges
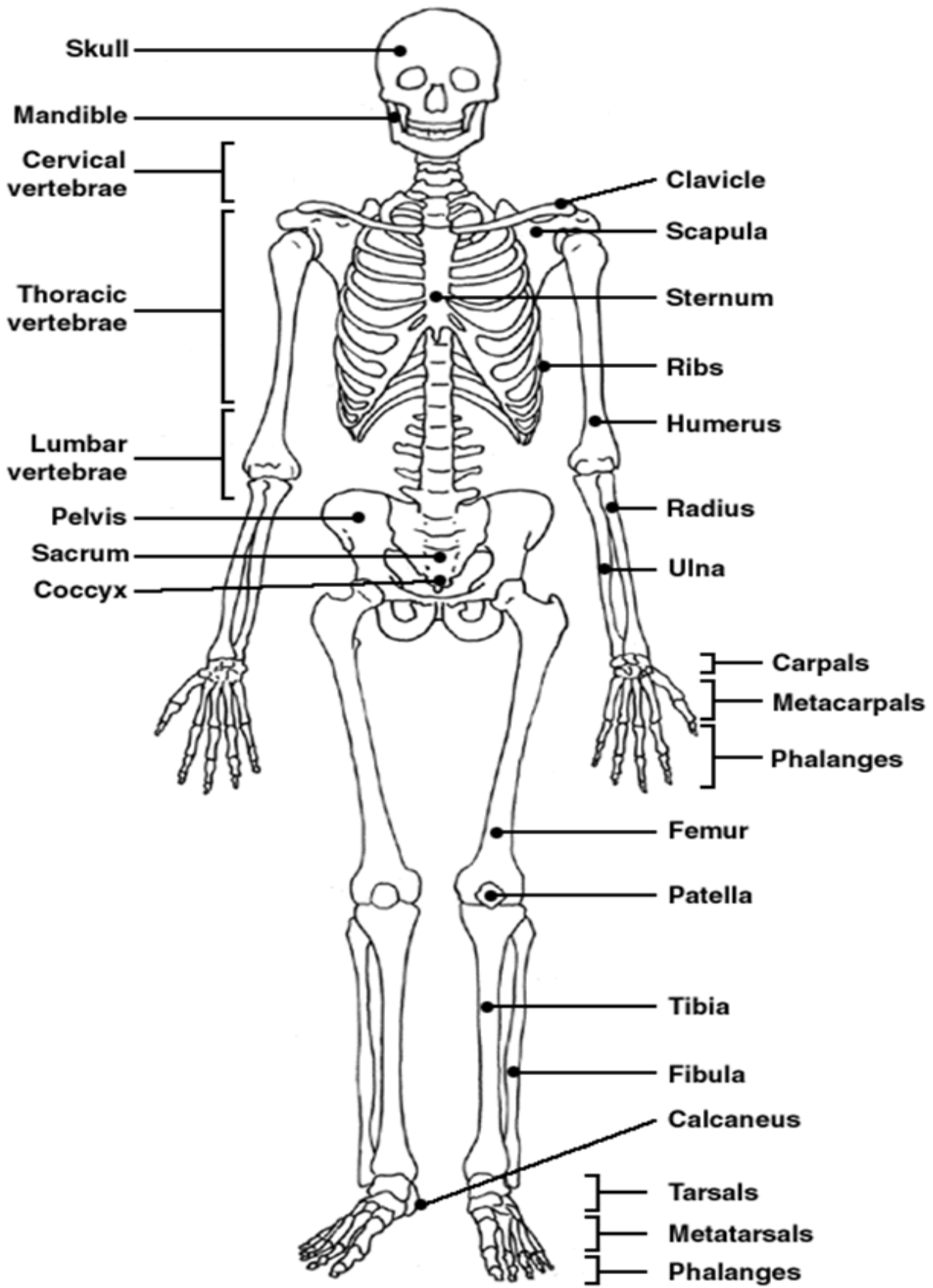
FINDING FOODS

FIND TWO FOOD ITEMS IN YOUR FRIDGE OR PANTRY THAT FIT EACH CATEGORY

HEALTHY FAT

1.
2.

CARBOHYDRATE

1.
2.

PROTEIN

1.
2.

CALCIUM

1.
2.

FIBER

1.
2.

SECTION C:

DOCTOR VISIT CHECKLIST

Pretend to be a doctor and have a Grange member, family member or friend be your patient

What is their height? _____

What is their weight? _____

What is their temperature? _____
**Refer to Step 3

What is their pulse? _____
**Refer to Step 4

What is the lowest line that they could read on the eye chart?
**Refer to Step 5

BOTH EYES_____   LEFT_____   RIGHT_____

Does their spine curve to either side?   YES   NO
**Refer to Step 6

Have they eaten these foods in the past day?
**Refer to Step 7

HEALTHY FATS   (yes) (no)   CALCIUM   (yes) (no)

CARBOHYDRATES   (yes) (no)   FIBER   (yes) (no)

PROTEIN   (yes) (no)