

HEALTH EXTRA CREDIT OPPORTUNITIES

Extra credit points are added to your test point total. You can earn a maximum of sixty points. You may do any of these starting today, ending the last week of the semester.

***Yoga, meditation, exercise, dance or martial arts class (5 points each different class)**

Take a class, have the instructor sign a brochure or business card from the studio.

***Nature outing (5 points for each different location)**

Hiking, camping, boating, zoo or any other activity in a natural setting. Bring note from parent. Photos are optional.

***Join a CSA (community supported agriculture) (20 points)**

Support local farmers and receive fresh produce every week.

***Buy raw milk and raw milk foods (10 points)**

Enjoy the most delicious, nutritious milk and dairy. Available at some farmer's markets, health food stores, Whole Foods.

***Visit an organic farm (10 points)**

***Prepare and eat a homemade meal with your family (10 points)**

Use fresh, natural ingredients to make and share a delicious meal.

***Book report (10 points)**

Write a 500-word summary of health-related book. Get approval first.

***Video review (health-related) (10 points)**

Write a 500-word summary of health-related video. Get approval first.

***Volunteer (5 points)**

Volunteer for a community organization/project. Bring signed verification.

***Healthy dining (5 points. Maximum 15 points)**

Eat at a healthy restaurant, and **bring in the menu and receipt showing what you ate.** You can go anywhere that sells healthy food.

***Visit and purchase food from any farmers' market and bring a receipt for fruit, vegetables, nuts, milk, eggs, etc. (10 points for each different market. Maximum 30 points.)** Must be an actual farmers' market, not Whole Foods, Trader Joe's, etc.

***Float Lab.com (30 points)**

This one is VERY cool. Float for one hour or more in a sensory deprivation tank located in Venice. Bring in the receipt. (Go to Floatlab.com for info about the tanks.)

***Slaughter an animal for food: (Fish, shellfish 10 points; chicken, goat, pig 20 points)**

***Tissue (5 points—limit one box)**

***Bring in health-related info (printed) for possible use in class. (2-5 points) Credit is only given if the information is useful.**

***Find answer to a question raised in class and bring in printed findings (5 points)**

***Bring in a healthy food to share with the class. (10 points, one time only)** Check with me first.

***Bring in any purchased product made from recycled materials (5 points, one time only)**

***Other**—to be announced throughout the semester.

***Your own idea for extra credit**--Check with me first to make sure you will get credit.