

NAME: \_\_\_\_\_

MARKING PERIOD \_\_\_\_\_

## HEALTH MENU



Mental Emotional Health, Interpersonal Communication and Relationships  
Common Core: 9.MEH.1.1, 1.2, 2.1, 2.2 & 9.ICR. 1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.2, 3.1, 3.2, 3.3, 3.4

### CHEF CHOICES:

Discovery Education: [www.discoveryeducation.com](http://www.discoveryeducation.com)

Username: studentID#ucps Password: studentID#

SMORE: <http://smore.com/>

Animoto: <http://animoto.com/>

Storybird: <http://storybird.com/>

GoAnimate: <http://goanimate4schools.com/school/mrhs>

### WEBSITES:

The center for Eating disorders [www.eatingdisorder.org](http://www.eatingdisorder.org)

ANRED: Anorexia Nervosa and related Eating Disorders [www.anred.com](http://www.anred.com)

American Anorexia and Bulimia Association [www.aabainc.org/home.html](http://www.aabainc.org/home.html)

Eating Disorders Awareness and Prevention [www.edap.org](http://www.edap.org)

## Appetizers.

### GATHERING CONTENT (maximum 100 points) GREEN LAYER

1. Complete stress test and controlling my stressors worksheet **10 points**
2. Define the following words: **20 points**

|                                       |                     |                                      |                     |
|---------------------------------------|---------------------|--------------------------------------|---------------------|
| <i>Conflict</i>                       | <i>Bulimia</i>      | <i>Anxiety</i>                       | <i>phobia</i>       |
| <i>Anorexia</i>                       | <i>Bully</i>        | <i>Stress</i>                        | <i>Binge eating</i> |
| <i>Depression</i>                     | <i>Stereotype</i>   | <i>Prejudice</i>                     | <i>psychologist</i> |
| <i>Empathy</i>                        | <i>Perspective</i>  | <i>Responsibility</i>                | <i>Acceptance</i>   |
| <i>Courage</i>                        | <i>Perseverance</i> | <i>Clique</i>                        | <i>therapy</i>      |
| <i>Unique</i>                         | <i>Diversity</i>    | <i>Tolerance</i>                     | <i>Resolve</i>      |
| <i>Post-Traumatic Stress Disorder</i> |                     | <i>Obsessive Compulsive Disorder</i> |                     |
3. Watch the Eating Disorders: Profiles of Pain video ([www.discoveryeducation.com](http://www.discoveryeducation.com)) and complete guide. **10 points**
4. List and DESCRIBE 12 different types of mental disorders (Pages 225-229 in health text book) **20 points**
5. Write a "pretend" newspaper article on Eustress and Distress of stress and how to relieve stress **10 points**
6. Plan your own personal calendar to help with stress management- Use the "Week at a glance" template found on Moodle **10 points**

7. Read the "Signs of Excessive Anxiety" worksheet and then answer each of the scenarios on the worksheet "Is this Individual Experiencing Normal or Excessive Anxiety?" **10 points**
8. Watch the Teen suicide video: a permanent solution to a temporary problem video on Discovery Education ([www.discoveryeducation.com](http://www.discoveryeducation.com)) and complete video guide **10 points**
9. Compile a list (at least 5) **local** resources (*addresses and phone numbers*) for suicide prevention. (i.e. Mental health professionals, school counselors, hospital emergency rooms, suicide hot lines and local authorities) **10 points**
10. Watch the video: Reality Matters: Body Image: Extreme Measures on Discovery Education ([www.discoveryeducation.com](http://www.discoveryeducation.com)) and complete guide. **10 points**
11. Watch the video: Managing Your Health: Depression on Discovery Education ([www.discoveryeducation.com](http://www.discoveryeducation.com)) and complete guide. **10 points**
12. Watch the video: Reality Matters Stress and Anxiety on United Streaming ([www.discoveryeducation.com](http://www.discoveryeducation.com)) and complete guide. **10 points**
13. List 10 signs or symptoms that may identify someone with an eating disorder. **10 points**
14. List 10 signs or symptoms that may identify someone who is contemplating suicide. **10 points**
15. List 10 strategies that can help relieve stress. **10 points**
16. Find a story online, magazine, or book on someone who has been bullied and answer the following questions: 1. What happened? 2. How did this story make you feel? 3. What would you have done to help this victim? **10 points**
17. Compare and Contrast Bulimia and Anorexia using a Venn Diagram **10 points**
18. List and describe the PHYSICAL EFFECTS, MENTAL/EMOTIONAL EFFECTS and the 3 SOURCES/CAUSES OF STRESS (pages 202-204 in text book) **10 points**

## *Entrees:*

### **APPLYING CONTENT (maximum 100 points) YELLOW LAYER**

Please refer to the YELLOW LAYER Project rubrics for grading/scoring

1. Create an Animoto video on a Unit 1 topic. **25 points**
2. Create a SMORE flyer on a Unit 1 topic. **15 points**
3. Create a Storybird book on a Unit 1 topic **25 points**
4. Create a GoAnimate video at least 30 seconds on a Unit 1 topic **25 points**
5. Create a Tri-fold pamphlet (**15 points**) OR a poster (**10 points**) on how to stop or confront a bully and how to resist negative peer pressure.
5. Create a Tri-fold Pamphlet (**15 points**) OR poster (**10 points**) on Teenage Suicide Prevention
6. Public Service Pamphlet on Eating Disorders **15 points** OR Create an informative poster on eating disorders. **10 points**
7. Create a children's book with ILLUSTRATIONS (pictures) that contains at least 10 pages on one of the following the topics: stress, depression, or conflict resolution. **25 points**
8. Create a pamphlet on stress **15 points** OR Create an informative poster on stress **10 points**

9. Create a Google Doc presentation on Unit 1 topic and share it with teacher (Kim.cooke@ucps.k12.nc.us) **25 points**

## *Desserts:*

Evaluating/Analyzing Content (maximum points 50 points) RED LAYER

Please refer to the RED LAYER SCORING RUBRIC

***Write a detailed response paper explaining your belief and support it with research. All red layer questions must accompany a TREE MAP. All essays must be submitted on***

***[www.turnitin.com](http://www.turnitin.com)***

1. In your opinion, do you think a mental illness is considered a disease?  
**50 points**
2. Do you think technological advances cause more or less stress on people?  
Defend your answer. **50 points**
3. Do you believe that mental disorders are a disease and you need to seek medical help or do you think people are just seeking attention and can stop on their own whenever they want? **50 points**
4. According to the World Health Organization (WHO), 1 in every 4 people, or 25% per cent of individuals, develops one or more mental disorders at some stage in life.  
In your opinion, do you think mental illness is overestimated in America?  
**50 points**
5. Should someone with a mental illness be imprisoned (go to jail) for a crime they commit? **50points**
6. Medication has been proven to help people with depression. Do you think that JUST prescribing medicine is the best method to cure their depression?  
**50 points**
7. Do you consider depression a DISEASE? Why or why not? **50 points**
8. In your opinion, why do you think some parents exhibit "Sport Rage" at their child's athletic events? **50 points**
9. In your opinion, do you think teenagers are more stressed out than their parents? Why or why not? **50 points**

### **DUE DATES:**

**80 points:** \_\_\_\_\_

**160 points:** \_\_\_\_\_ (encouragement letters go home)

**250 points:** \_\_\_\_\_

**Notebook Check:** \_\_\_\_\_

**3 week Test:**

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**Go to PE:**

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