

NAME: _____ MARKING PERIOD _____

Unit 3 HEALTH MENU



Personal Consumer Health and Nutrition

9.PCH 1.1, 1.2, 1.3, 1.4, 1.5, 1.6 1.7, 2.1, 2.2 3.1, 3.2, 9. NPA 1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 3.1, 4.1, .4.2, 4.3

CHEF CHOICES: Web links/Resources

American Heart Association: www.americanheart.org
American Cancer Society: www.cancer.org
Real Age: www.realage.com
My Plate www.choosemyplate.gov
Susan G. Komen (Breast Cancer) www.komen.org
Discovery Education: www.Discoveryeducation.com
Username: studentmrhs
Password: video
GOAnimate: www.goanimate.com
Animoto: www.animoto.com

Appetizers.

GATHERING CONTENT (maximum 100 points) GREEN LAYER

1. Define the following vocabulary words **25 points**

<i>vaccination</i>	<i>saturated fats</i>	<i>trans fat</i>
<i>shock</i>	<i>Immunization</i>	<i>cholesterol</i>
<i>malnutrition</i>	<i>unsaturated fats</i>	<i>minerals</i>
<i>calorie</i>	<i>fructose</i>	<i>nutrients</i>
<i>proteins</i>	<i>carbohydrates</i>	<i>fiber</i>
<i>carcinoma</i>	<i>dietician</i>	<i>pasterurization</i>
<i>folic acid</i>	<i>body mass index</i>	<i>folic acid</i>
<i>abrasion</i>	<i>laceration</i>	<i>puncture</i>
<i>first degree burn</i>	<i>second degree burn</i>	<i>third degree burn</i>
<i>Vitamin D</i>	<i>Vitamin A</i>	<i>Vitamin B</i>
<i>vegetarian</i>	<i>Chronic Disease</i>	<i>Communicable disease</i>
2. Complete the internet scavenger hunt **15 points**
3. Plan a day's diet (breakfast, lunch, dinner, and a list of acceptable snacks) for a 36 year old male, who is 45 pounds overweight, has high blood pressure, high cholesterol, and is at-risk for diabetes. Please include all the food ingredients and directions. **20 points**
4. Practice the steps to CPR and perform the steps (in front of the teacher) IN ORDER (without a cheat sheet) for credit. **10 points**

5. List and summarize 5 weight loss programs. 15 points
6. Create an Emergency First Aid Kit with at least 10 items that you would include in the kit. (you can list these items on paper) 10 points
7. Watch FOOD INC. and complete guide. (this will be done in class) 10 points
8. Go to <http://www.choosemyplate.gov/physical-activity/why.html> and list why physical activity is important, what could more likely happen if you are not physically active and the 4 types of physical activity and why it is beneficial 10 points
9. Go to www.choosemyplate.gov, click on supertracker and use Food-A-Pedia to list all the foods you typically consume in 1 week and record the amount of calories for each food item 10 points
10. Go to www.choosemyplate.gov and list 10 tips on how you can eat better on a budget 10 points
11. Go to www.choosemyplate.gov and list 10 tips for weight management
12. Obesity has tripled over the last 30 years. List 10 reasons for this growing trend 10 points
13. Find the most "absurd" diet that has been created and submit details for credit 5 points
14. List 15 factors that can contribute to breast cancer. 10 points
15. Create a 'Word it Out' www.worditout.com with at least 100 words that are associated with Unit 3 10 points
16. List how to prevent injuries associated with ATV's and motorcycles. 10 points
17. Summarize a story found online that someone's life was taken because of skin cancer 10 points

Entrees:

APPLYING CONTENT (maximum 100 points) **YELLOW:** Refer to presentation rubrics for scoring guide

1. Create a tri-fold pamphlet (15 points) or poster (10 points) on the procedures for organ donation, local and state resources and benefits".
2. Approximately 500,000 Americans die each year from Heart Disease. Create an informative tri-fold pamphlet (15 points) or poster (10 points) on heart disease.

3. Create a "Eat This, Don't Eat That" Google Doc presentation and share it with the teacher 25 points
4. Create a SMORE flyer on a UNIT 3 topic. 15 points
(10 facts, 3 pictures, 2 websites)
5. Create a "Gluten Free" recipe book with 10 recipes. List all ingredients and directions 20 points
6. Create a Storybird book on a Unit 3 topic. 25 points
7. Create a tri-fold pamphlet (15 points) or poster (10 points) on the dangers of skin cancer and how to be more "sun safe".
8. Create a GoAnimate video on a Unit 3 topic. 25 points
9. Create an Animoto video on a Unit 3 topic 25 points
10. Create a first aid guide on how to care for the following common injuries: animal bite, concussions, insect bites or stings, nosebleeds, objects in the eye, muscle cramps, spinal injury, sprains, poisoning, punctures, heat stroke, second degree burn, severe bleeding, hypothermia, head trauma 15 points
11. Create a Student Board Build on Discovery Education on a unit 3 topic 25 points

Username=studentid#ucps
Password=studentid#

Desserts:

EVALUATING/ANALYZING CONTENT (maximum 50 points) **RED**

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

1. In your opinion should society take responsibility for obesity? Defend your answer. 50 points
2. In your opinion, do you consider obesity a disease? Defend your answer. 50 points
3. Why do you think so many people fail when going on a diet? 50 points
4. In your opinion, should insurance companies charge more for people who are extremely obese? Should they charge more for people who smoke? Should they charge more for people who live a risky lifestyle (ride motorcycles, go skydiving, mountain biking, etc...)? 50 points

5. Do you think parents are negligent by providing "junk food" to their obese child? 50 points
6. In your opinion, why are 1 out of 3 children in NC overweight? 50 points
7. In your opinion, what can we do to reduce the obesity rate among children and adults in the U.S.? 50points
8. In your opinion, do you think Physical Education should be required all 4 years to graduate in NC? 50 points

NOTE: 3 week HEALTH TEST will be on: _____
(Maximum 25 points)

NOTE: Notebook check will be on _____ (Maximum 25 points)

NOTE: Switch to PE on _____

Due Dates:

80 points by _____
160 points by _____
250 points by _____