# Health and Wellness

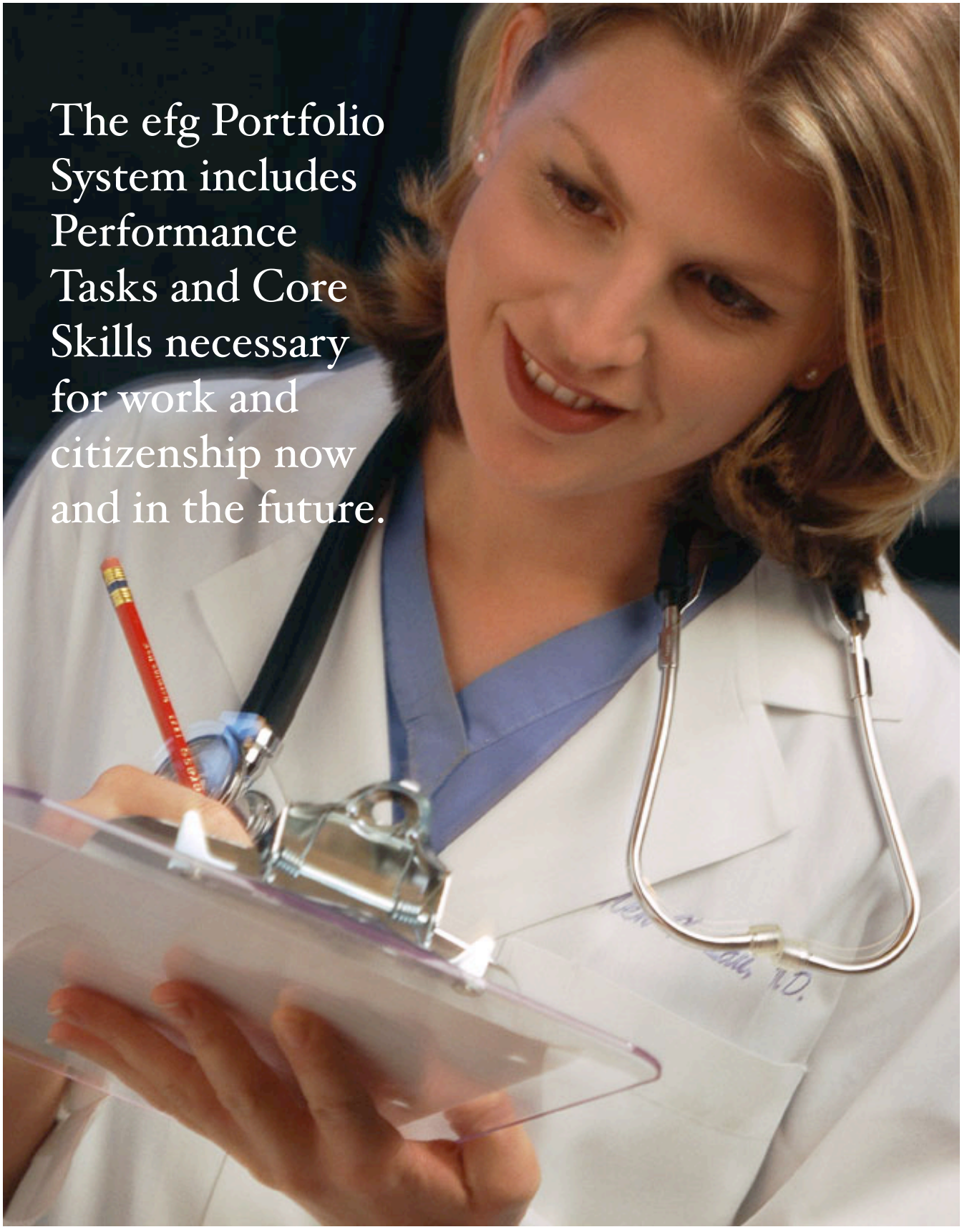
## Well Into the Future

### WHAT WILL BE LEARNED

The Well into the Future project will help you understand personal responsibility related to wellness and healthy lifestyles. It will provide you with information about health and wellness issues in the world today and scientific discoveries that cure disease and improve overall health. It will provide you with an opportunity to create a personal health and wellness plan for the future.

## Vocabulary

- AMBULANCE
- EAR
- NO SMOKING
- ATTITUDE
- EARDRUM
- NURSE
- BACTERIA
- EXERCISE
- NUTRITION
- BLOOD VESSELS
- EYES
- OPTIMISM
- CALORIES
- FAT
- PREVENTION
- CARTILAGE
- FIRST AID
- SAFETY
- CELL
- FRUIT
- SKELETON


The efg Portfolio System includes Performance Tasks and Core Skills necessary for work and citizenship now and in the future.

RESEARCH LOCATIONS/BOOKS

American Heart Association - http://www.americanheart.org/

American Lung Association - http://www.lungusa.org/

The American Society for Microbiology - http://journals.asm.org/

America's Health Network - http://www.ahni.com/

Bio Online (biotechnology) - http://www.bio.com/

Blue Mountain Arts - Cards - http://www.bluemountain.com/

Centers for Disease Control and Prevention (CDC) - http://www.cdc.gov/

Children's Health Center - http://www.chw.org/

Eonlinedrugshop (online pharmacy) - http://www.eonlinedrugshop.com/

Fitness Online - http://www.fitnessonline.com/

Health Information from the National Institutes of Health - http://www.nih.gov/

Healthtouch Online - http://www.healthtouch.com/

Keypals - http://www.teaching.com/keypals/

Mayo Clinic Health Oasis - http://www.mayoclinic.com/

The Salk Institute for Biological Studies - http://www.salk.edu/

The Scripps Research Institute - http://www.scripps.edu/

The Society of Toxicology - http://www.toxicology.org/

Thinkquest - A Short History of Medical Careers - http://www.thinkquest.org/

Web66 - International Registry of Schools on the Web - http://www.web66.com/

WholeLiving - http://www.wholeliving.com/

World Health Organization (WHO) - http://www.who.int/en/

http://www.cancer.org

http://www.notobacco.org/

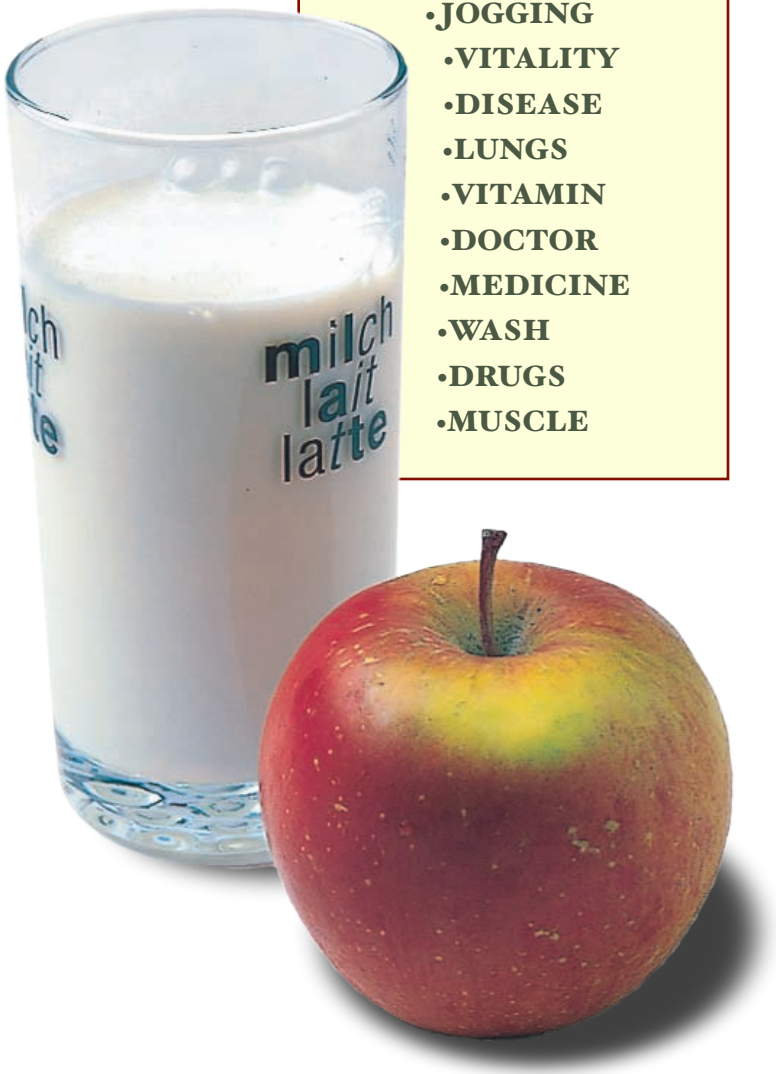
http://www.anti-smoking.org/

Read about health issues around the world.

World Health Organization (WHO) - http://www.who.int/en/

# Vocabulary

- CIRCULATION
- HOSPITAL
- TEETH
- DENTIST
- HYGIENE
- VEGETABLE
- DIGESTION
- JOGGING
- VITALITY
- DISEASE
- LUNGS
- VITAMIN
- DOCTOR
- MEDICINE
- WASH
- DRUGS
- MUSCLE



Conduct a mathematical analysis of the cost of drugs or health care.

Eonline drugshop (online pharmacy) - http://www.eonlinedrugshop.com/

Find a map, graph, or chart about the effects of smoking.

Centers for Disease Control and Prevention (CDC) - http:// www.cdc.gov/

World Health Organization (WHO) (charts, graphs--US) - http://www.who.int/en/

Look for information about diseases in another country.

Centers for Disease Control and Prevention (CDC) - http:// www.cdc.gov/

Research changes in health care and immunization.

Centers for Disease Control and Prevention (CDC) - http:// www.cdc.gov/

Identify the technologies used to cure disease.

Bio Online (biotechnology) - http://www.bio.com/

Create an original get well card for a sick child or elderly person

Blue Mountain Arts (check cards for ideas) - http://www.bluemountain.com/

Write a report about the value of exercise and good nutrition.

Fitness Online - http:// www.fitnessonline.com/

Ask students at another school about the food in their cafeteria.

Keypals - http://www.teaching.com/keypals/

Web66 - International Registry of Schools on the Web - http://www.web66.com/

Investigate ways to improve health conditions in poor areas of the world.

World Health Organization (WHO) - http://www.who.int/en/

Centers for Disease Control and Prevention (CDC) - http://www.cdc.gov/

List the health careers that are mentioned on these "links."
Thinkquest - A Short History of Medical Careers - http://www.thinkquest.org/

Use this information to solve questions on the weekly Project Event. (See accompanying links list.

## TEST SITES

21st Century Academy, Chattanooga, TN
Thomas Elementary School, Flagstaff, AZ
Akiachak High School, Akiachak, AK
Washington County Schools, Plymouth, NC
Jacksonville Community College Dept. of Nursing, Jacksonville, FL
Sabin Magnet School, Chicago, IL
Vista Verde Elementary School, Irvine, CA
Seventh Day Adventist School, U.S.

## POSSIBLE PARTNERSHIPS

Newspaper and magazine articles
Health Journals
FDA
City Council
Local television and radio stations
National Geographic
Hospitals
Kids on the Block
Chamber of Commerce
Physical therapists
Fire departments
Doctors and dentists
Science Centers
Medical research centers
Exercise clubs
Paramedics
Red Cross
Health food stores and restaurants

# Life2Learning Lessons

1. **NUTRITION**
2. **SAFETY**
3. **PERSONAL HYGIENE**
4. **EXERCISE AND FITNESS**
5. **COMMUNICABLE DISEASE / CHRONIC ILLNESS**
6. **TOBACCO AND YOUR HEALTH**

***Lesson 1***

## Nutrition

### P1. READING

Create a dictionary of the following vocabulary words. Add other relevant words based on your lesson research.

- Food
- FDA
- Carbohydrate
- Groups
- Sodium
- Calories
- Cholesterol
- Agriculture
- Vitamins
- Saturated
- Fat
- Protein
- Nutrition
- Daily
- Calcium
- Dietary
- Iron
- Fiber
- Percent
- Value

### P2. MATH

Compare the number and percentages of the caloric or fat content of 10 different foods. What measurements are used to communicate nutritional facts on a food product label?

### P3. MAPS/GRAPHS/CHARTS

Graph the revised US Department of Agriculture dietary recommendations for children, youth and adults. How do these change as you grow older?

### P4. WORLD LANGUAGE

Write the names of 5 fruits and vegetables in 3 different languages – make a picture dictionary, using these translations, to be used by younger children.

### P5. SCIENCE

Identify foods or food groups that are identified on menus due to common human allergies. Identify the six nutrients that the body needs.

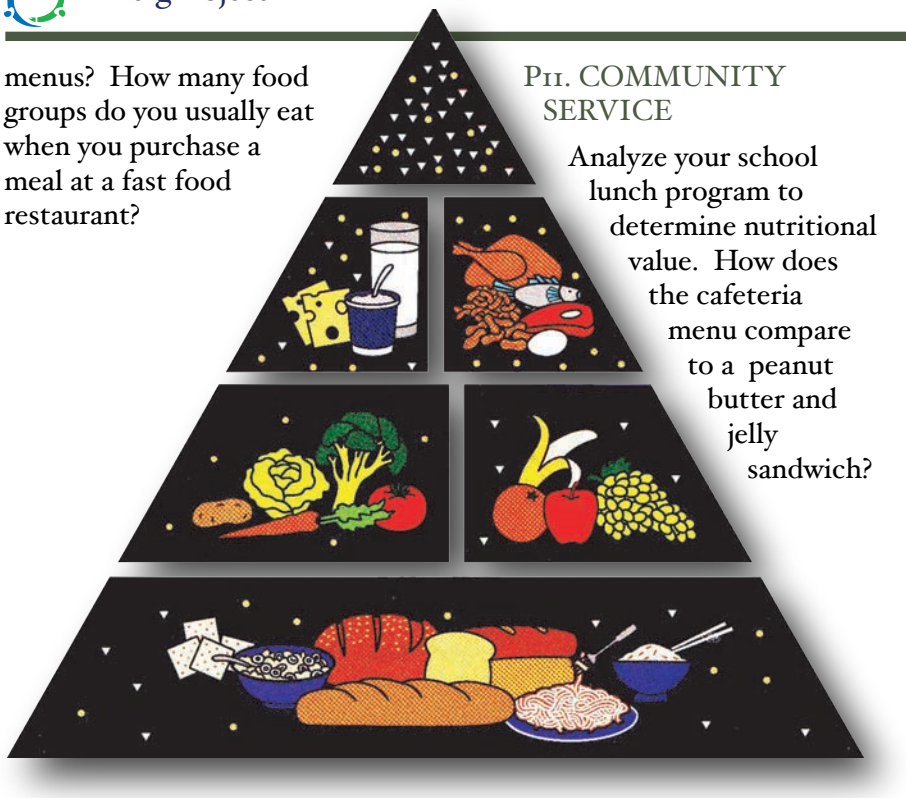
### P6. SOCIAL STUDIES

Research the labels on various brands of food products. Are these labels standard for the nutritional facts? How do companies advertise food products based upon nutritional facts?


### P7. HEALTH/ FITNESS

How and why have fast food restaurants changed their

menus? How many food groups do you usually eat when you purchase a meal at a fast food restaurant?



P11. COMMUNITY SERVICE

Analyze your school lunch program to determine nutritional value. How does the cafeteria menu compare to a peanut butter and jelly sandwich?

P8. TECHNOLOGY

How is technology used to measure, report and advertise the nutritional value of foods? Can you find and compare nutritional information on the web sites of major food companies?

P9. CREATIVE EXPRESSIONS

Create a brochure of the food pyramid identifying the recommended daily servings.

P10. CAREERS

Identify the careers represented in one major food company such as McKee Foods Corporation. What types of skills are necessary to get these very different jobs?

P12. WRITING

Write a plan that identifies the steps you intend to take to improve your diet.

P13. PRESENTATION

Present your school lunch analysis to the PTA, School Board or cafeteria manager.

***Lesson 2***

# Safety

P1. READING

Write a sentence describing how the following words relate to safety.

- Helmet
- Rules
- Life Preserver
- Shin Guards
- Electricity
- Bottle Tops
- Medicine
- Car Seat
- Seat Belt
- Cross Walks
- Traffic
- Fire
- Danger
- Strangers
- Threats
- Bicycle
- Bike Lane
- Skateboard
- Swimming
- Pedestrian

P2. MATH

Research liability insurance companies that sell policies to organizations, homeowners and car owners to pay for the cost of accidents. How much does this insurance cost? It is required by law to have this insurance?

P3. MAPS/GRAPHS/CHARTS

On a United States map identify the states that have bicycle helmet laws. Compare this to ages of children that must ride in special car seats.

P4. WORLD LANGUAGE

Research international safety signs. Are they in word or symbols? Why would symbols be used to convey information?

### P5. SCIENCE

Identify the scientific knowledge and research that is used to create automobile air bags and seat belts. What scientific principles are used in medicine bottle tops? What safety service does the FDA provide?

### P6. SOCIAL STUDIES

Does your school or community have a Neighborhood Watch program? Can you identify rules to follow when meeting a stranger in the neighborhood? Identify the items in your home that should be locked, contained or covered to keep babies and children safe.

### P7. HEALTH/ FITNESS

Compare safety laws on land and water in your state.

### P8. TECHNOLOGY

What precautions should you use when researching on the Internet? If your school issued an "Internet Drivers License", what rules would be established for "driving" the World Wide Web?

### P9. CREATIVE EXPRESSIONS

Create a water safety poster that could be used at a local swimming pool or beach.

### P10. CAREERS

Name as many careers as possible that provide for the safety of humans.


### P11. COMMUNITY SERVICE

Organize a bicycle / skateboard safety day at your school. Create a fire exit plan for your home.

### P12. WRITING

Write a letter to your local police station, fire station, or newspaper editor and ask about the three primary safety concerns in your community.

### P13. PRESENTATION

Present your safety information to a Boys and Girls Club, YMCA, YWCA or Service Club.

***Lesson 3***

# Personal Hygiene

### P1. READING

Describe good personal hygiene using the following words.

- Cleanliness
- Nails
- Hair
- Bacteria
- Wash
- Comb
- Teeth
- Dentist
- Soap
- Gel
- Deodorant
- Brush
- Clean

- Clippers
- Mouthwash
- Germs
- Infection
- Bath
- Shower
- Toothpaste
- Bubble Bath
- Product
- Shampoo
- Laundry

### P2. MATH

Compare the cost and size of multiple brands of shampoo, soap, toothpaste, or deodorant. Calculate the difference and percentages been low and high.

### P3. MAPS/GRAPHS/CHARTS

Graph the different brands, of each product, based on cost and size

### P4. WORLD LANGUAGE

Identify the personal hygiene items in your study that were produced in another country. Is the name of the product in the language of that country?

### P5. SCIENCE

Compare ingredients in four brands of toothpaste, deodorant, or soap. Are the percentages the same or different? Do they all have the same ingredients? How do baby products differ adult products? What does anti bacterial mean?

### P6. SOCIAL STUDIES

Compare the advertising of 3 brands of the same product to determine what they promise their product will accomplish.

### P7. HEALTH/ FITNESS

How long should it take to wash your hands to remove all germs?

### P8. TECHNOLOGY

Research the web site of a company that produces personal hygiene products. What types of information do they provide the customer about their products? Do they make guarantees?

### P9. CREATIVE EXPRESSIONS

Create a logo, package design and advertisement for a new toothpaste company.

### P10. CAREERS

Identify the personal hygiene laws that employees in restaurants, doctors offices and hospitals must observe.

### P11. COMMUNITY SERVICE

Help a young child wash their hands before they eat. Check to be sure you have soap in the bathrooms at your school.

### P12. WRITING

Write a paragraph comparing the long term affects of good and bad personal hygiene.

### P13. PRESENTATION

Present a personal hygiene plan to a dentist, school nurse, or students in another classroom.

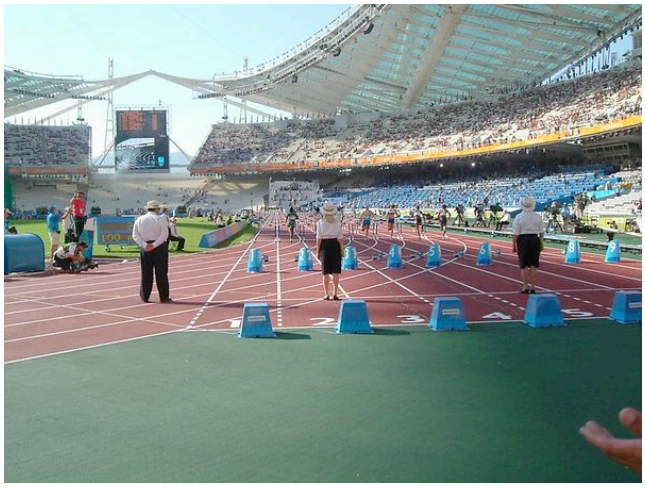
***Lesson 4***

# Exercise and Fitness

## P1. READING

Use these vocabulary words in your research

- Heart
- Lungs
- Gym
- Bicycle
- Dance
- Pedometer
- Cross Country
- Push Ups
- Calisthenics
- Exercise
- Fitness
- Tread mill
- Pulse
- Beat
- Blood Pressure
- Sports



## P2. MATH

How long is a marathon in miles and kilometers? What is the length of different races in track and the Olympic Games?

## P3. MAPS/GRAPHS/CHARTS

Find locations on the map for major marathons and bicycle races in the world.

## P4. WORLD LANGUAGE

Compare sports, races or exercise habits in three different countries. Are there common words that originated in one country but have become the international word?

## P5. SCIENCE

How does exercise affect your heart and lungs? What tools would you use to measure pulse, heart beat and lung capacity?

## P6. SOCIAL STUDIES

Identify sports that improve fitness and people will play for the rest of their lives. Are you learning these sports in school today?

## P7. HEALTH/ FITNESS

Interview senior citizens and ask what they wish they had done differently in life long fitness. Develop a personal fitness plan for the next 10 years.

## P8. TECHNOLOGY

How have television, videos and recordings emphasized fitness? How has technology helped to improve exercise equipment?

## P9. CREATIVE EXPRESSIONS

Create a poster for a Jog a Thon, Turkey Trot, or Cross Country race.

## P10. CAREERS

Identify the careers that require excellent physical fitness. Do companies or organizations provide physical training and exercise facilities for people in these careers to stay in shape?

## P11. COMMUNITY SERVICE

Identify organizations that use “runs” to raise money for charity or a good cause. Can you participate in one of these events?

## P12. WRITING

Write a report about a form of exercise explaining why you believe that it is a good way to stay fit long term.

## P13. PRESENTATION

Present information to a classroom or community group about a fitness plan or event.

***Lesson 5***

# Communicable Disease / Chronic Illness

## P1. READING

- Disease
- Chronic
- Communicable
- Immune
- System
- Asthma
- Chicken Pox
- AIDS
- Air Quality
- Measles
- Muscular
- Diabetes
- Drugs
- Medicine
- Germs
- Tuberculosis
- Flu
- Colds
- Polio
- Immunization
- Cancer
- Heart
- Penicillin
- Lungs
- Blood
- Pathogen
- Bubonic Plague

## P2. MATH

Compare the numbers of people who have died in epidemics over the years. Are these diseases still prevalent in the world today? Identify the cost of the drugs or health equipment necessary for a particular disease. What is the difference in cost between a generic drug and a brand name drug?

## P3. MAPS/GRAPHS/CHARTS

Using a world map, identify the major diseases present in the world today.

## P4. WORLD LANGUAGE

Research areas of the world that have epidemics now or had them in the past. What languages are spoken in that part of the world. Can you make a health information sign in that language? Would you use words or symbols?

## P5. SCIENCE

What are the connections between air quality and asthma? Can you analyze the components of an inhaler? Identify the differences between communicable and chronic

diseases. Are there diseases that have been irradiated due to immunization?

### P6. SOCIAL STUDIES

Identify famous scientists who have invented drugs or immunizations for disease. When did they live and where did they work?

### P7. HEALTH/ FITNESS

Identify the disease that affects the most children today. Does this vary from country to country?

### P8. TECHNOLOGY

How has technology helped people with asthma or diabetes control their disease? What tools are available today, that were not available years ago?

### P9. CREATIVE EXPRESSIONS

Can you write a disease prevention poem or perform music that helps raise awareness of the problem.

### P10. CAREERS

What types of preventative measures do the police and paramedics use when treating a person in an accident.

### P11. COMMUNITY SERVICE

How have world governments and charitable organizations helped people in a health disaster? Research the work of the Red Cross in a particular area of need. Can you raise funds for a health disaster in your community or the world?

### P12. WRITING

Write a report about all aspects of a disease or health condition. Provide five primary sources of information including an interview with someone who has the disease / condition and the latest technology or research that is helping combat the problem.

P13. PRESENTATION

Present your report at a health fair in your school or community.

***Lesson 6***

# Tobacco and Your Health

P1. READING

Can you use these words to write a paragraph about tobacco?

- Tobacco
- Health
- Age
- Inhale
- Lungs
- Peer
- Carcinogen
- Breathe
- Addiction
- Chewing
- Habit
- Nicotine
- Wellness
- Brands
- Second hand
- Smoking
- Pressure
- Heart
- Smoke
- Cigar
- Cigarette
- Lifestyle
- Condition
- Regulations
- Choice
- Advertising
- Research
- Fitness
- Prevention
- Mouth
- Stress
- Brain

P2. MATH

How much does a pack of cigarettes cost today? If you smoke one pack per day, how much will this cost in a year? In ten years? Does smoking affect the cost of health insurance? What other costs can you identify in relation to tobacco and smoking?

P3. MAPS/GRAPHS/CHARTS

Can you map or graph the numbers of people, by age, that

are smoking today? Where did you get your information? Is the use of tobacco decreasing or increasing? Can you chart or graph the locations in your community where it is acceptable to smoke?

P4. WORLD LANGUAGE

Can you identify the international no smoking sign? Are there other international signs that communicate specific information without using words? Why is it important to have this type of signage?

### P5. SCIENCE

What is nicotine? What affect does it have on your lungs? If you chew tobacco does it affect any part of your body? Can you identify studies of the brain and how stress might be a factor in smoking?

### P6. SOCIAL STUDIES

Can you research the smoking requirements in buildings and public locations in California? How do these compare to other states? Are there different rules in other countries? Why did airlines eliminate smoking?

### P7. HEALTH/ FITNESS

How many diseases or health conditions can you identify that are negatively affected by smoking. Are there cures for these health problems? Are your prevented from receiving certain treatments if you smoke?

### P8. TECHNOLOGY

How is technology used to promote tobacco and smoking? Has this changed with new technologies such as the Internet? How have regulations changed the way that smoking is advertised?

### P9. CREATIVE EXPRESSION

Could you create a badge for this lesson that could be presented to students when they complete their tobacco research?

### P10. CAREERS

Can you identify the careers that are associated with tobacco and treating people with health


problems that are accelerated by smoking?

### P11. COMMUNITY SERVICE

Can you create a poster or write an advertisement for a newspaper or TV program that defines the adverse affects of smoking?

### P12. WRITING

Can you create and implement a personal wellness plan for the next ten years of your life? How would you identify ways to avoid substances and lifestyles that threaten major body systems so that you can maintain a healthy body?

### P13. PRESENTATION

Could you interview a person who has smoked throughout their life and find out the advantages and disadvantages that they have had as a result of this habit?

# Primary Content

### P1 READ TO UNDERSTAND ABOUT HEALTH AND WELLNESS

1. Recognize, sound, spell and write the health and wellness vocabulary words

2. Identify correct meaning of words and sentences

3. Write health and wellness vocabulary words in sentences

4. Identify main idea, important elements and sequence of events in stories and articles about health and wellness

### P2 CONDUCT A MATHEMATICAL ANALYSIS OF HEALTH AND WELLNESS

1. Use numbers to count, and identify health and wellness information

2. Use math to measure height

3. Use math to compare health and wellness information or solve a health and wellness problem

4. Understand money amounts and costs associated with different types of dental work

### P3 CREATE MAPS, GRAPHS AND CHARTS ABOUT HEALTH AND WELLNESS

1. Read and interpret maps, tables, graphs and charts

2. Construct graphs, tables, and charts from given health and wellness information (blood pressure, height, weight, etc.)

3. Create a map of health facilities in your region

4. Analyze information presented in maps and graphs of health and wellness

### P4 COMMUNICATE HEALTH AND WELLNESS INFORMATION IN ANOTHER LANGUAGE

1. Recognize a few health and wellness vocabulary words in another language

2. Recognize all of the health and wellness vocabulary words in another language

3. Speak and write health and wellness vocabulary words in one other language.

4. Label health and wellness pictures and charts using words in another language

### P5 CONDUCT A SCIENTIFIC RESEARCH ABOUT HEALTH AND WELLNESS

1. Generate reasonable scientific explanations for illnesses more likely to occur in pre-teen or teen years

2. Use scientific method to understand fitness benefits

3. Interpret scientific data about the success of immunizations

4. Conduct a scientific investigation of environmental effects on health and wellness

### P6 CONDUCT A SOCIAL STUDIES INVESTIGATION ABOUT HEALTH AND WELLNESS

1. Identify and exhibit good citizenship in regard to local medical facilities

2. Identify and explain historical historical events related to health and wellness in your community

3. Identify different vitamins and supplements and how they are sold

4. Evaluate discoveries, inventions, and innovations related to health and wellness

### P7 INVESTIGATE THE HEALTH ISSUES RELATED TO HEALTH AND WELLNESS

1. Understand appropriate types of fitness and nutrition programs for adolescents

2. Understand the reasons why fitness and nutrition are important

3. Identify a method for improving awareness of appropriate fitness and nutrition

4. Create a health poster related to fitness or nutrition

### P8 UNDERSTAND THE TECHNOLOGY APPLICATIONS WITH HEALTH AND WELLNESS

1. Learn how to use basic technology tools associated with health: stethoscope, thermometer, blood pressure cuff, etc

2. Understand the purpose for a variety of technology tools in hospitals

3. Analyze health and wellness information information using a technology tool

4. Record health and wellness information using computers, the Internet, and digital equipment

### P9 PRODUCE A CREATIVE EXPRESSION ABOUT HEALTH AND WELLNESS THROUGH ART, MUSIC OR DRAMA

1. Research various health and wellness creative expressions such as art, music, dance, and drama

2. Analyze, interpret or create a health and wellness picture, poster or mural

3. Perform a dance about health and wellness

4. Present an original health and wellness related work of art or photography to an audience or in an exhibit

### P10 INVESTIGATE CAREERS ASSOCIATED WITH HEALTH AND WELLNESS

1. Identify the multiple careers associated with health and wellness

2. Investigate changes in health and wellness careers over time

3. Determine skills necessary for each career

4. Summarize one health and wellness related career that is interesting

### P11 COMPLETE A HEALTH AND WELLNESS RELATED COMMUNITY SERVICE

1. Demonstrate understanding for the need for community service within the health field

2. Identify ways that people can provide service in hospitals or assisted care facilities

3. Determine various health and wellness service options in your community

4. Complete a service project

### P12 WRITE A REPORT ABOUT HEALTH AND WELLNESS

1. Create a health and wellness dictionary with definitions

2. Present health and wellness information in a paragraph or report

3. Include accurate information and the most important ideas in your research

4. Use complete sentences, correct spelling, correct punctuation, appropriate capitalization

### P13 MAKE A HEALTH AND WELLNESS PRESENTATION FOR A JURY USING MULTI MEDIA TOOLS

1. Organize a health and wellness presentation for an audience

2. Develop charts or materials to portray information

3. Deliver presentation smoothly without notes

4 Use appropriate vocal inflections and verbal expressions

# Intermediate Content

### P1 READ TO UNDERSTAND ABOUT HEALTH AND WELLNESS

1. Read myths, legends, literature, informative articles, and biographies about health and wellness

2. Read from dictionaries, encyclopedias, atlases, newspapers, periodicals, reports, resource books, annual reports and the Internet to gather specific information about health and wellness

3. Identify details and specific information about health and wellness

4. Summarize, compare, contrast and draw conclusions from health and wellness facts

### P2 CONDUCT A MATHEMATICAL ANALYSIS OF HEALTH AND WELLNESS

1. Understand and use fractions and decimals to solve health and wellness problems

2. Measure height, weight, blood pressure and temperature of a classmate

3. Use mathematics to solve complex health and wellness problems

4. Calculate costs associated with health insurance

### P3 CREATE MAPS, GRAPHS AND CHARTS ABOUT HEALTH AND WELLNESS

1. Explore health and wellness issues using maps, graphs and charts

2. Recognize conflicting messages conveyed through graphical representations

3. Use graphics to present comparative information, interpretations, and analyses of health and wellness

4. Use maps to locate hospitals in your community or region

### P4 COMMUNICATE HEALTH AND WELLNESS INFORMATION IN ANOTHER LANGUAGE

1. Follow simple directions in another language

2. Recognize health and wellness vocabulary words in two or more languages

3. Construct sentences and write health and wellness reports in another language

4. Speak and write vocabulary words in two or more languages

### P5 CONDUCT A SCIENTIFIC RESEARCH ABOUT HEALTH AND WELLNESS

1. Solve a range of health and wellness related problems using a variety of strategies and procedures

2. Use tools and technology to obtain up to date information about vitamins and supplements

3. Understand the importance of science research in combating disease

4. Survey and interpret the macro-ecological issues related to health and wellness

### P6 CONDUCT A SOCIAL STUDIES INVESTIGATION ABOUT HEALTH AND WELLNESS

1. Understand cultural and economic barriers to good health care in other countries

2. Identify the laws that pertain to health and wellness

3. Determine how news sources report fact and opinion about health and wellness

4. Identify multiple historical facts about a particular disease over time

### P7 INVESTIGATE THE HEALTH ISSUES RELATED TO HEALTH AND WELLNESS

1. Identify health problems and disease in your area and in other parts of the world

2. Understand the need for preventative health care

3. Identify safety rules related to health and wellness in the workplace

4. Identify locations in the world that have created new medications not yet available in the U.S.

### P8 UNDERSTAND THE TECHNOLOGY APPLICATIONS WITH HEALTH AND WELLNESS

1. Identify appropriate communication tools for accessing up to date health and wellness information

2. Find health and wellness information on the efg world wide web site

3. Present health and wellness information using multi media tools and world wide web applications

4. Research health and wellness issues by asking questions of others using communication tools

### P9 PRODUCE A CREATIVE EXPRESSION ABOUT HEALTH AND WELLNESS THROUGH ART, MUSIC OR DRAMA

1. Use creative expression to convey multiple and divergent perspectives of health and wellness use

2. Research the historical perspective on a particular work of art that features health and wellness

3. Review, create or perform a musical work that represents health and wellness

4. Create a photo album depicting health and wellness use in your part of the world

### P10 INVESTIGATE CAREERS ASSOCIATED WITH HEALTH AND WELLNESS

1. Identify education necessary to obtain the skills for a health and wellness related career

2. Interview or "job shadow" various people in different health and wellness careers

3. Investigate geographic location for specific health and wellness careers

4. Research economic benefits from various careers

### P11 COMPLETE A HEALTH AND WELLNESS RELATED COMMUNITY SERVICE

1. Identify a volunteer opportunity or a service in the community related to health and wellness

2. Develop goals for the service and a timeline to complete the assistance

3. Complete a service of short duration associated with health and wellness

4. Analyze the value of the service that was provided

### P12 WRITE A REPORT ABOUT HEALTH AND WELLNESS

1. Organize health and wellness information, explanations and supporting details

2. Write unified and well-formed paragraphs which develop specific health and wellness information

3. Write a report using notes, interviews, pertinent data and multiple sources of health and wellness information

4. Use transitions from one subtopic to the next

### P13 MAKE A HEALTH AND WELLNESS PRESENTATION FOR A JURY USING MULTI MEDIA TOOLS

1. Create a chart, exhibition or Power Point presentation about the health and wellness study

2. Demonstrate clear connections to the oral presentation

3. Include one or more areas of emphasis and all important information

4. Respond to questions from the audience

# Advanced Content

### P1 READ TO UNDERSTAND ABOUT HEALTH AND WELLNESS

1. Read about key health and wellness issues around the world

2. Analyze motive, point of view, conflicts and solutions related to health and wellness issues

3. Determine which ideas are accurate and complete. Distinguish fact from opinion

4. Answer health and wellness questions in a manner that is plausible, logical, clear and well-supported

### P2 CONDUCT A MATHEMATICAL ANALYSIS OF HEALTH AND WELLNESS

1. Using mathematics compare the quality and quantity of health insurance available in your area

2. Calculate costs associated with developing a fitness center for your community

3. Analyze the contributing factors to that cost

4. Compare the cost between different communities, states or countries

### P3 CREATE MAPS, GRAPHS AND CHARTS ABOUT HEALTH AND WELLNESS

1. Create and use maps around the world identifying countries with large outbreaks of disease

2. Identify countries or world regions that have health issues similar to our own

3. Graph or chart changes in immunization requirements in the past compared to the present

4. Use graphs and charts to communicate mathematical interpretations

### P4 COMMUNICATE HEALTH AND WELLNESS INFORMATION IN ANOTHER LANGUAGE

1. Answer health and wellness questions in another language

2. Access world wide health and wellness information by communicating with a person in another language

3. Label health and wellness products in another language

4. Write a summary of your health and wellness presentation in another language

### P5 CONDUCT A SCIENTIFIC RESEARCH ABOUT HEALTH AND WELLNESS

1. Describe plants that are beneficial to people's health

2. Demonstrate an understanding of energy production or use related to health and wellness

3. Research pollution or a disaster and its effects on the health of the area's population

4. Understand the relation of human needs for health care and the resultant effects on the ecosystem

### P6 CONDUCT A SOCIAL STUDIES INVESTIGATION ABOUT HEALTH AND WELLNESS

1. Demonstrate knowledge of national and world laws governing health and wellness

2. Compare health care options in your community from the past to the present

3. Identify the relation of world wide transportation to health and wellness

4. Create a 5 year analysis of the health effects of smoking on a global basis

### P7 INVESTIGATE THE HEALTH ISSUES RELATED TO HEALTH AND WELLNESS

1. Investigate health standards in another country

2. Demonstrate knowledge of CPR and first aid

3. Describe how community health care agencies function in your community

4. Determine if health insurance is a factor in obtaining proper health care in your community

### P8 UNDERSTAND THE TECHNOLOGY APPLICATIONS WITH HEALTH AND WELLNESS

1. Produce effective and accurate multi media presentations about health and wellness research

2. Create a CD ROM, Power Point presentation or world wide web site about health and wellness use in your area

3. Evaluate two or more technology tools used in a hospital emergency room

4. Present a plan for improving technology use in a fitness center

### P9 PRODUCE A CREATIVE EXPRESSION ABOUT HEALTH AND WELLNESS THROUGH ART, MUSIC OR DRAMA

1. Categorize art or music related to health and wellness

2. Compile an historical timeline of music related to health and wellness

3. Create a logo or brochure for a product, company or organization related to health and wellness use

4. Analyze a video depicting information about health and wellness

### P10 INVESTIGATE CAREERS ASSOCIATED WITH HEALTH AND WELLNESS

1. List the careers or jobs that pertain to health and wellness

2. Create a newspaper ad for employees for a health and wellness related company or organization

3. Compile a personal resume of your employability skills

4. Investigate quality tools and personal responsibility necessary for particular careers in health and wellness

### P11 COMPLETE A HEALTH AND WELLNESS RELATED COMMUNITY SERVICE

1. Complete a service project related to a nursing home, hospital, or senior citizen center

2. List the results and identify the persons or locations that have benefited from the work

3. Create and distribute an evaluation form for a person or organization to complete

4. Develop a plan for maintaining the improvement in the future

### P12 WRITE A REPORT ABOUT HEALTH AND WELLNESS

1. Use the complete and accurate form required for the task (e.g., title page and bibliography)

2. Use illustrations, graphs and charts to complement and explain the ideas in the text

3. Use headings and subheading to represent the appropriate levels of organization and describe the

health and wellness information adequately and accurately

4. Produce an attractive, neat and easily read report that conveys all aspects of the health and wellness project

### P13 MAKE A HEALTH AND WELLNESS PRESENTATION FOR A JURY USING MULTI MEDIA TOOLS

1. Make a health and wellness presentation using appropriate technology and multi media tools

2. Exclude extraneous details

3. Respond appropriately to questions from the jury or audience

4. Modify presentation to reflect audience questions and interest

# Expert Content

### P1 READ TO UNDERSTAND ABOUT HEALTH AND WELLNESS

1. Read multiple sources of information, such as books, reports, newspapers and the Internet, about the past, present and future of issues related to health and wellness

### P2 CONDUCT A MATHEMATICAL ANALYSIS OF HEALTH AND WELLNESS

1. Create a mathematical analysis of one aspect of health and wellness over time. This could be analyzing costs of fitness centers, health insurance, hospitalization, immunization, the Red Cross, etc.

### P3 CREATE MAPS, GRAPHS AND CHARTS ABOUT HEALTH AND WELLNESS

1. Demonstrate knowledge of health organizations in the world by drawing on a blank globe or creating a 3 dimensional world model or diorama

### P4 COMMUNICATE HEALTH AND WELLNESS INFORMATION IN ANOTHER LANGUAGE

1. Interview someone from another country, in their language, and record their response to health and wellness related questions

### P5 CONDUCT A SCIENTIFIC RESEARCH ABOUT HEALTH AND WELLNESS

1. Survey a defined area of land or water that is represented in health and wellness. Interpret the macro-ecological surrounding including possible pollution. Include a detailed description of the plants and animals affected

### P6 CONDUCT A SOCIAL STUDIES INVESTIGATION ABOUT HEALTH AND WELLNESS

1. Conduct an economic examination of health and wellness programs in a business, city, state or region over a 7 - 10 year time frame and present 3 scenarios for the future

### P7 INVESTIGATE THE HEALTH ISSUES RELATED TO HEALTH AND WELLNESS

1. Conduct a thorough analysis of the major health issues in your area

### P8 UNDERSTAND THE TECHNOLOGY APPLICATIONS WITH HEALTH AND WELLNESS

1. Analyze three health and wellness technologies that have evolved over time

### P9 PRODUCE A CREATIVE EXPRESSION ABOUT HEALTH AND WELLNESS THROUGH ART, MUSIC OR DRAMA

1. Create a work of art featuring one aspect of health and wellness

### P10 INVESTIGATE CAREERS ASSOCIATED WITH HEALTH AND WELLNESS

1. Analyze 3 separate careers in a health and wellness related industry and compare skills, educational requirements, economic benefits, and geographic locales

### P11 COMPLETE A HEALTH AND WELLNESS RELATED COMMUNITY SERVICE

1. Organize a health fair in your school or community. Create advertising for the event, coordinate the service project, identify number of participants and report results

### P12 WRITE A REPORT ABOUT HEALTH AND WELLNESS

1. Write a complete report with chapters describing research in each portfolio category, a table of contents, and a bibliography of books, periodicals, newspapers and Internet sites

### P13 MAKE A HEALTH AND WELLNESS PRESENTATION FOR A JURY USING MULTI MEDIA TOOLS

1. Present the health and wellness project to a real or digital audience providing an opportunity for questions and responding with accurate answers. Post project on a world wide web site

# efgStandards

## HEALTH AND WELLNESS

*efgProject™ Portfolio*

This Chapter provides the content standards that can be applied "Health and Wellness" Project to insure that students are learning necessary skills to increase achievement on standardized tests.

### CONTINUOUS LEARNING RUBRICS IN 13 CONTENT AREAS

### P1.00 READING

Read up to date, real world information to understand the "Health and Wellness" Project

### P1.01

Recognize, sound, spell and write "Health and Wellness" Project words

### P1.02

Identify correct meaning of words and sentences

### P1.03

Read myths, legends, literature, informative articles, biographies, autobiographies, historical fiction, dramas, and folk tales appropriate for the "Health and Wellness" Project

### P1.04

Read from dictionaries, encyclopedias, atlases, newspapers, periodicals, reports, resource books, annual reports and the Internet to gather specific "Health and Wellness" Project information

### P1.05

Identify main idea, important elements and sequence of events in books and documents

### P1.06

Identify details and describe setting and characters

### P1.07

Identify primary relationships such as cause and effect

### P1.08

Summarize, compare and contrast items and draw conclusions from given facts

### P1.09

Analyze motive, mood, point of view, conflicts and solutions.

### P1.10

Determine which ideas are accurate and complete. Distinguish "Health and Wellness" fact from opinion

### P1.11

Answer Project questions in a manner that is plausible, logical, clear and well-supported by evidence from the reading

### P1.12

Make connections to other works written by the same author, reporter, scientist or military expert

P2.00 MATH

Conduct real world math applications for each "Health and Wellness" Lesson

P2.01

Use numbers to count, and identify location

P2.02

Perform mathematical procedures efficiently, accurately, and completely

P2.03

Use whole numbers to add, subtract, multiply and divide

P2.04

Understand and use fractions and decimals to understand "Health and Wellness" Project information

P2.05

Understand money amounts and value throughout "Health and Wellness"

P2.06

Measure height, weight, volume, and temperature

P2.07

Use mathematics to solve complex "Health and Wellness" problems

P2.08

Represent mathematical findings, data, and relationships in reasonable and effective ways

P2.09

Use tools appropriately to understand and communicate mathematical ideas and solutions

P2.10

Solve a range of "Health and Wellness" problems, indexed by complexity, using real-world and theoretical information and a wide range of procedures or strategies

P2.11

Analyze, draw conclusions, and make mathematical generalizations about the "Health and Wellness" Project

P2.12

Connect mathematical solutions to the original "Health and Wellness" Project and extend to "next step" investigations

P3.00 MAPS/GRAPHS/ CHARTS

Create geographic and graphical representation of "Health and Wellness" Project details

P3.01

Read and interpret tables, graphs and charts

P3.02

Construct graphs, tables, charts and grids from given information

P3.03

Analyze information and solve problems presented in graphic representation

P3.04

Explore "Health and Wellness" ideas, issues, and relationships through graphics

P3.05

Recognize conflicting information conveyed through graphical representation

P3.06

Make judgments about the appropriate use of graphs and charts to represent information

P3.07

Find specific "Health and Wellness" Project locations on a local, state, national and world map

P3.08

Use maps to understand historical and current events and to research "Health and Wellness" issues

P3.09

Use and create product, resource, health condition and population maps

P3.10

Identify geographic connections between the U.S. and other countries

P3.11

Demonstrate "Health and Wellness" knowledge of physical, political and cultural geography by drawing on a blank globe, creating a graph or chart, or building a 3 dimensional model or diorama.

P3.12

Make Project information explicit by using maps and graphics to highlight "Health and Wellness" ideas and interpretations

## P4.00 WORLD LANGUAGE

Understand and communicate "Health and Wellness" Project information in another language

P4.01

Recognize a few "Health and Wellness" Project vocabulary words in another language

P4.02

Recognize all of the "Health and Wellness" Project vocabulary words in another language

P4.03

Speak and write vocabulary words in one other language.

P4.04

Follow simple directions in the language.

P4.05

Construct sentences and write reports in another language

P4.06

Recognize all of the "Health and Wellness" Project vocabulary words in two or more languages

P4.07

Speak and write vocabulary words in two or more languages

P4.08

Construct sentences and write reports in two or more languages.

P4.09

Understand implications, can draw appropriate inferences and answer questions in the language.

P4.10

Access information and communicate in person or on the internet in other languages.

P4.11

Complete the entire "Health and Wellness" project and portfolio of work in another language.

P4.12

Demonstrate understanding of project words in 5-10 other languages

## P5.00 SCIENCE

Apply scientific research to the "Health and Wellness' Project

P5.01

Generate reasonable explanations of scientific ideas

P5.02

Use scientific models to make sense of the "Health and Wellness" Project information

P5.03

Interpret data and formulate hypotheses that are testable

P5.04

Create justification appropriate to scientific research

P5.05

Solve a range of science problems using a variety of strategies and procedures

P5.06

Use tools and technology to obtain up to date information and communicate ideas about the "Health and Wellness" Project

P5.07

Display a depth of understanding of important science content and ideas

P5.08

Demonstrate the ability to survey a defined area of water or

air, biologically, chemically and physically, and interpret its affect on health conditions.

P5.09

Describe a human body in detail identifying organs, bones and systems.

P5.10

Demonstrate an understanding of the role energy plays in "Health and Wellness"

P5.11

Demonstrate knowledge of bacteria and germs and their effect on the human body

P5.12

Understand the relation of human needs in the "Health and Wellness" Project and the resultant effects on the ecosystem

## P6.00 SOCIAL STUDIES

Apply social studies concepts to the "Health and Wellness" Project

P6.01

Identify and exhibit good citizenship, responsibility, and cooperation while working on the "Health and Wellness" Project

P6.02

Identify and explain historical events that effect the "Health and Wellness" Project

P6.03

Explain "Health and Wellness" products, medicines and services and how they are produced, advertised, and obtained

P6.04

Evaluate the influence of discoveries, inventions, and innovations on the "Health and Wellness" Project.

P6.05

Understand cultural diversity in the "Health and Wellness" Project: families, schools, neighborhoods, cities or countries

P6.06

Identify the laws that pertain to people and the "Health and Wellness" Project

P6.07

Determine how news sources reflect fact and opinion about the "Health and Wellness" Project

P6.08

Conduct an economic examination of a community and identify how resources are used to meet the health needs of the people

P6.09

Demonstrate knowledge of local, state, national or world governments the role they play in the "Health and Wellness" Project

P6.10

Understand the relationship between the past, present and future by thoroughly examining a "Health and Wellness" Project disease, current event, disaster, or resource.

P6.11

Demonstrate knowledge of global interdependence by creating a 5 year global analysis of a "Health and Wellness" Project condition, resource or technology.

P6.12

Create a 10 year personal wellness plan

## P7.00 HEALTH / FITNESS

Incorporate all aspects of health and fitness appropriate for the "Health and Wellness" Project

P7.01

Understand the basic elements of good health

P7.02

Explain the structure and functions of the human body

P7.03

Establish a life long fitness plan

P7.04

Demonstrate teamwork

P7.05

Identify health problems and disease both locally and throughout the world

P7.06

Understand the need for immunizations and preventative health care for a rural area and their families

P7.07

Calculate the cost of health care products and health insurance

P7.08

Identify locations in the world that are sources for medicines

P7.09

Understand environmental issues relation to health

P7.10

Describe health care agencies in a city

P7.11

Investigate the latest in technology advances for health care

P7.12

Identify safety issues related to health

P8.00 TECHNOLOGY

Use all forms of technology tools to access, manage and communicate "Health and Wellness" Project information

P8.01

Recognize a range of technological tools and understand technological advances in the "Health and Wellness" Project

P8.02

Understand the general purposes for a variety of technology tools

P8.03

Identify appropriate technological tools for solving simple and routine problems in the "Health and Wellness" Project

P8.04

Demonstrate basic operational skills for computers, the internet, digital equipment, microscopes and other health tools

P8.05

Identify appropriate communication tools for accessing up to date information and solving complex problems in the "Health and Wellness" Project

P8.06

Demonstrate ability to present "Health and Wellness" Project information using multi media tools and world wide web applications.

P8.07

Interact with others, in the health industry using communication tools

P8.08

Obtain "Health and Wellness" Project information using all forms of communication tools including the Internet.

P8.09

Make appropriate, reasonable and efficient connections between technologies and health needs.

P8.10

Produce effective and accurate multi media presentations appropriate for a specific audience such as CD ROMS, DVD's, Power Point presentations, and World Wide Web sites

P8.11

Evaluate two or more technology or communication tools used in health care organizations today

P8.12

Reflect upon current technology and communication tools and present a plan for the next generation of such tools

P9.00 CREATIVE EXPRESSION

Use visual art, graphic design, film, or music to creatively present "Health and Wellness" Project information

P9.01

Research various creative expressions such as visual art, music, dance, and theater

P9.02

Analyze, interpret, create or perform a particular work of art in the "Health and Wellness" Project

P9.03

Present work of art to an audience or at an exhibit

P9.04

Understand personal, family, community, and military health issues and representations

P9.05

Use creative expression to convey multiple and divergent perspectives of the "Health and Wellness" Project

P9.06

Research the historical perspective on a particular work of "Health and Wellness" art or creative expression

P9.07

Review, create or perform a musical work that is related to the "Health and Wellness" project

P9.08

Uses creative expression to portray the "Health and Wellness" Project digitally

P9.09

Demonstrate understanding of world health issue through story telling, music, visual arts, dance, drama, clothing and food preparation.

P9.10

Investigate all aspects of an artistic organization and report findings

P9.11

Evaluate the role of creative expression in the world today

P9.12

Describe the value of one type of art, design, music, film, theater or dance for the "Health and Wellness" Project

P10.00 CAREERS

Investigate and understand the careers associated with the "Health and Wellness" Project

P10.01

Investigate changes in these careers over time

P10.02

Identify the multiple careers associated with the "Health and Wellness" Project

P10.03

Determine skills necessary for each "Health and Wellness" Project career

P10.04

Identify one health career or organization and research it in depth

P10.05

Identify education necessary to obtain the skills for that particular career or a job in that organization.

P10.06

Interview or "job shadow" various people in different health careers.

P10.07

Investigate geographic location for specific health careers

P10.08

Research economic benefits from various careers

P10.09

Create a World Wide Web site or advertisement presenting an exercise or physical fitness career.

P10.10

Create a health chart, logo, or brochure for the health office in a school or a health organization .

P10.11

Create a personal biography resume of your employability skills

P10.12

Identify the personal responsibility skills necessary for particular "Health and Wellness" Project careers

P11.00 COMMUNITY SERVICE

Apply what you have learned in the "Health and Wellness" Project by providing service to others

P11.01

Demonstrate understanding for the need for service.

P11.02

Identify various ways that people volunteer in your school

P11.03

Determine various service options in your community

P11.04

Identify a type of service for the "Health and Wellness" Project

P11.05

Determine the various volunteer opportunities

P11.06

Develop goals for the service and a timeline to complete the assistance.

P11.07

Complete a service, of short duration, associated with the "Health and Wellness" Project

P11.08

Analyze the value of the service that was provided

P11.09

Plan a lengthy service project with definable results.

P11.10

Identify the persons or locations that will benefit from the service to be provided

P11.11

Create an evaluation form or response letter for recipient or organization receiving the assistance.

P11.12

Develop a comprehensive list of service opportunities for the "Health and Wellness" Project

P12.00 WRITING

Write about all aspects of the "Health and Wellness" Project using real world information from multiple sources including the Internet

P12.01

Present a wide range of information about the "Health and Wellness" Project

P12.02

Include accurate information and the most important ideas about the "Health and Wellness" Project

P12.03

Use complete sentences, correct spelling, correct punctuation, appropriate capitalization

P12.04

Compose meaningful text applying knowledge of grammar

P12.05

Present information and relationships with explanations and supporting details and the "Health and Wellness" Project

P12.06

Write unified and well-formed paragraphs that present relevant content and specific information

P12.07

Use transitions from one subtopic to the next

P12.08

Write report using notes, interviews, pertinent data and multiple sources of "Health and Wellness" Project information

P12.09

Use the complete and accurate form required for the task (e.g., title page and bibliography)

P12.10

Use illustrations, graphs and charts to complement and explain the ideas in the text.

P12.11

Use headings and subheading to represent the appropriate levels of organization and describe the contents adequately and accurately

P12.12

Produce an attractive, neat and easily read report or document that conveys all aspects of the "Health and Wellness" project

P13.00 PRESENTATION

Present "Health and Wellness" Project work to a real or digital audience

P13.01

Develop presentation and topic that are appropriate to the audience

P13.02

Deliver presentation smoothly without notes

P13.03

Organize a focused presentation

P13.04

Use appropriate vocal inflections and verbal expressions.

P13.05

Evoke interest and attentiveness from the audience

P13.06

Demonstrate clear connections to the "Health and Wellness" Project

P13.07

Include one or more areas of emphasis

P13.08

Include all important information.

P13.09

Exclude extraneous details

P13.10

Use appropriate technology and multi media tools

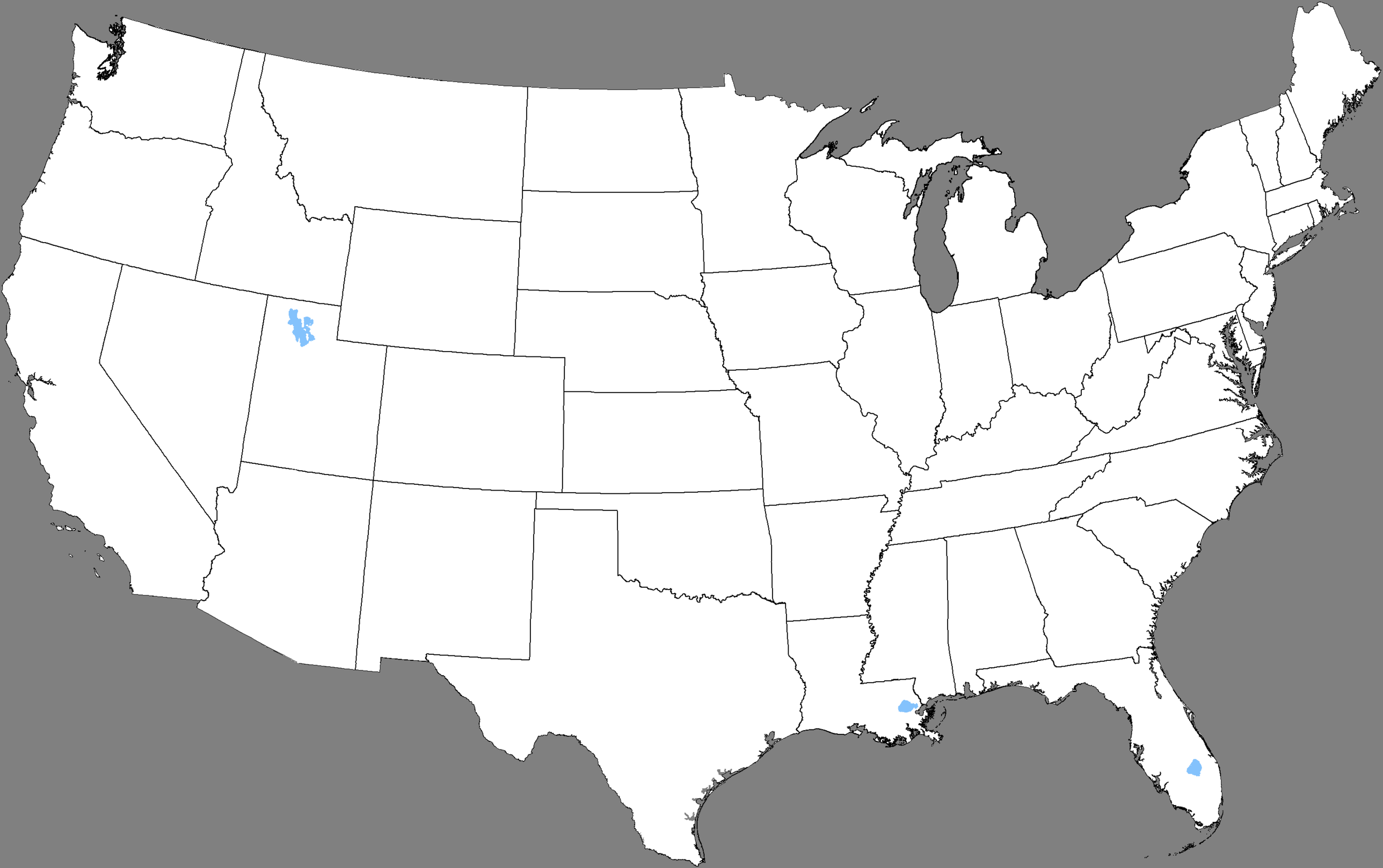
P13.11

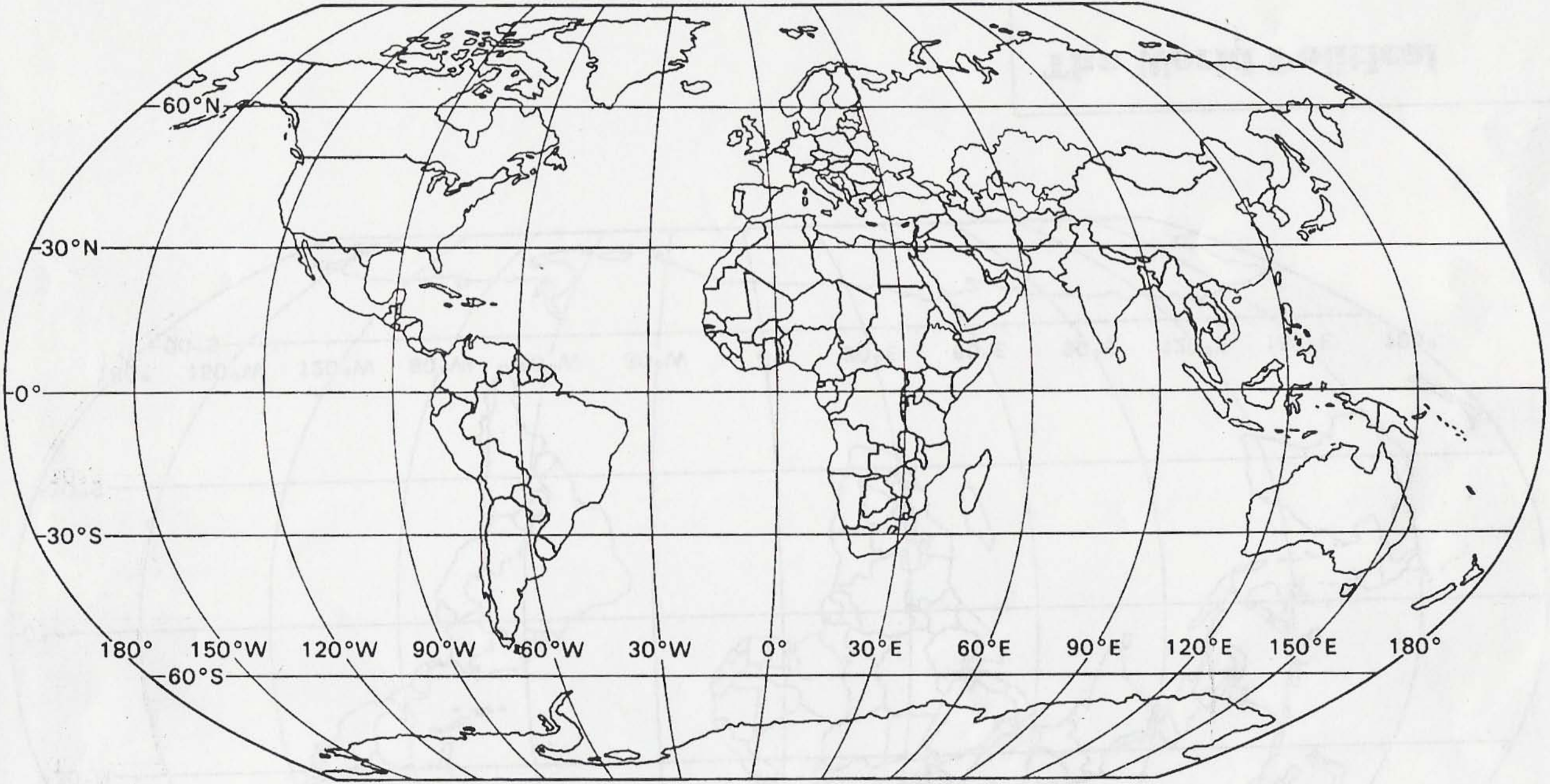
Respond appropriately to questions

P13.12

Modify "Health and Wellness" Project presentation to reflect audience questions and interest

*All or some of these standards can be identified based upon student level of learning and the "Health and Wellness" Project Content and Lessons. These all connect to state and national standards used on standardized measurements. They also promote student research, problem solving, data analysis, record keeping, portfolio products and digital presentations. These are all real Life2Learning skills.*

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