

6th Grade Health Education Alternative Family Life Assignment

There are many different components to a person's wellness. You are going to study one of the components of the wellness wheel: The Physical Domain.

You will read articles associated with Rest, Diet and Exercise to help you create a Power Point to show other teenagers how they can improve their wellness by positively contributing to the Physical Component of the Wellness Wheel.

Day 1: Article 1



PERSONAL HEALTH

How Healthy Are You...Really?

Students read about ways to maintain healthy habits.

Day 2: Article 2



PERSONAL HEALTH, MENTAL...

Do Teens Need Recess?

Students read a debate about adding recess to upper grades.

Day 3: Article 3

How Do You Say Yum Around the World?



Day 4: Article 4



PERSONAL HEALTH

Generation Zzzzzzz

Students read about the teen sleep crisis and learn strategies for getting enough sleep.

Rest, Diet and Exercise

The Way to a Healthier You

Slides	Expectation	Points
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Slide 1: Title Page	Rest, Diet and Exercise Name	2 points
Slide 2: Article 1	<p>How Healthy Are You ...Really?</p> <p>Five key pieces of information that show teens how to make good choices for their overall health</p> <p>Two pictures that add to the information</p>	5 points
Slide 3: Article 2	<p>Kids Need Recess</p> <p>Three key pieces of information that show teens how to make good choices for their overall health</p> <p>One picture that represents an activity you would like to do during recess.</p>	3 points
Slide 4: Article 3	<p>How Do You Say Yum Around the World ?</p> <p>Which country do you think fit best into MyPlate and why?</p> <p>TWO pictures of your favorite healthiest foods</p>	5 points
Slide 5: Article 4	<p>Generation ZZZZZZ</p> <p>List FOUR facts that help teens get more rest</p> <p>ONE picture that shows a healthy choice in how to get more sleep</p>	4 points
Slide 6: Conclusion	<p>Conclusion</p> <p>How do each one of the articles apply to your own life and the choices you make to Rest, Diet and Exercise?</p> <p>Use specific examples</p>	5 points

<p>How Healthy Are You ... Really?</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>SEPTEMBER 2016</p>  <p>PERSONAL HEALTH</p> <p>How Healthy Are You...Really?</p> <p>Students read about ways to maintain healthy habits.</p> </div>	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
<p>Kids Need Recess</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>SEPTEMBER 2017</p>  <p>PERSONAL HEALTH, MENTAL...</p> <p>Do Teens Need Recess?</p> <p>Students read a debate about adding recess to upper grades.</p> </div>	<ol style="list-style-type: none"> 1. 2. 3.
<p>How Do you Say Yum Around the World?</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">  </div>	<ol style="list-style-type: none"> 1. 2. 3. 4.
<p>Generation ZZZZZ</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>SEPTEMBER 2017</p>  <p>PERSONAL HEALTH</p> <p>Generation Zzzzzzz</p> <p>Students read about the teen sleep crisis and learn strategies for getting enough sleep.</p> </div>	