

Feeding My Brain

WebQuest Description: A digital space where students will learn about a balanced diet and the benefits that bring to education and learning through life

Grade Level: 9-12

Curriculum: Foreign Language

Keywords: diet, brain function, healthy life, vegetables, fruits, meals, snacks

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WebQuest URL: <http://zunal.com/webquest.php?w=386765>

Introduction

Congratulation! You have just obtained your University degree as a Nutritionist, we are so proud of you. Now as you want to continue learning and knowing the benefits of a balanced diet as much for your body and brain, let's start testing the knowledge that you have accomplished in this area so far. And in order to check your skills, we need you to develop a diet plan for one day, which improves the brain function. Good luck!

Tasks

The task for you, it is to create a balanced diet for one day that improves brain function. (see Process to check the links for more info.) Before that, you have to classify food (healthy and unhealthy food). (see Process to check the link) You will then complete a questionnaire using your personal information about your food daily routine. (see Process to check the link)

Process

1. Your first activity to show your knowledge in the area of a healthy life, it is to choose which foods are more beneficial for your body and brain and which ones are not that much (healthy and unhealthy). Healthy and unhealthy food (link) 2. As a nutritionist you should be conscious that feed changes have to be made by yourself first, so now you have to think about your daily food intake. What do you usually eat for breakfast, lunch and dinner? To achieve that, answer the questions in the following link: What I eat in a day (link) 3. In order to reach your task of making a balanced diet for all meals and snacks that will help you to improve your brain function, you will use the websites provided below. First of all, read the following article about food and brain in the following link: Article (link) Now that you are ready, click the link below and create your diet plan. Don't forget that you need to improve your brain function! Diet plan (link)

Evaluation

This task is evaluated in a formative way, it does not require a grade, but each activity has a time limit to be completed. This with the purpose that the students feel comfortable learning and asking the necessary questions. The teacher monitors the work to make sure that the students achieved the assigned tasks.

Category and Score					Score
				Total Score	

Conclusion

Excellent! you did a great job. At this point, you should know how to make a diet plan for your patients. Keep learning and encourage maintaining a healthy life.

Teacher Page

Teacher page

Standards

1st high level

Credits

Other