

Healthy eating is Key!

WebQuest Description: Welcome to Health and Nutrition where "Healthy eating is Key!"

Grade Level: 9-12

Curriculum: Health / PE

Keywords: My Plate, Healthy Lifestyle, Nutrition, Nutrients

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WebQuest URL: <http://zunal.com/webquest.php?w=396241>

Introduction

Do you know what a balance diet consist of? Many persons often either eat to much or to little of different foods. But most of the time our diets mainly contains unhealthy foods. This can eventually affect our bodies in so many negative ways. Did you know that both healthy eating habits and physical activity are the two major keys in life? Often we rarely exercise and eat junk foods or skip meals which can lead to major health concerns and malnutrition. We know that the junk foods and fast foods are not good for us. Therefore, this Web Quest is a guideline that lets you discover foods we should eat, what a balance diet should consist of, and how often we should eat certain foods. Your duty is to look up what a balance diet consist of. You along with other group members will come together to research (articles or websites) for what types of foods and nutrients people should ensure is in their meals and what is the amount they should consume.

Tasks

Create a presentation that highlights the key guidelines that one should follow when having a well balanced and nutritious diet. It is your task to research information using different articles and websites that can be vital in your presentation. I want you to understand what a well balanced nutritional diet looks like and what proper eating can do for your mind and body. Follow the the steps provided in the process section.

Process

Step 1: Create a group with 2-3 persons per group Decide how you are going to organize and keep your information. Make sure one of you writes down the information you received from the internet. Evenly distribute the roles in the group with each member. Make sure that everyone is contributing to this group project. Step 2: Start by searching online resources about proper diet and nutrition, and what an everyday meal should look like. NOTE: Pay close attention to things such as: myplate, portion size, calorie intake, food groups, healthy foods within those food groups, and what each meal should contain. Once you have found sufficient websites to get information from begin to work on step 3. Step 3: Develop a power point showing what the proper diet should look like: - What foods to eat? (the main food groups) - How much to eat? (serving size) - What foods are good to eat in order to meet each of the required guidelines for the food groups? - Explain the myplate - etc. *Use pictures of the foods or things related to a healthy diet Step 4: Write a one page summary comparing each of your group members diets with the recommended daily diet. (Double spaced) Research one food from each food group, and give a description of it Name the food - What group it belongs to - What macro nutrient it is made of (Carbohydrate, Fat, Protein)? - What type of nutrients does the food hold a lot of, or what special qualities does it have (low calories, vitamins, minerals, fiber, antioxidants)? Note: Save all your documents, print them out, and turn them in the following class. Some links are provided below to get you started

Evaluation

Each group will receive a grade on how well they participated and communicated with each other. The score for each category ranges for 1-4 with 4= Excellent and 1= Poor.

Category and Score	1	2	3	4	Score
Content	Information doesn't relate to topic	more than 2 information doesn't relate to topic	1-2 information doesn't relate to topic	All information was provided	1-4
Organization	No sense of organization	More the 2 things disorganized	1-2 things disorganized	Completely Organized	1-4
Grammar and spelling	Too many spelling errors and/or grammatical errors	multiple misspellings and/or grammatical errors	Has no more than four misspellings and/or grammatical errors	Has no misspellings or grammatical errors	1-4
Creativity and Neatness	Work is Illegible	Work has three or four areas that are sloppy	Work has one or two areas that are sloppy	Work is neatly done	1-4

Category and Score	1	2	3	4	Score
				Total Score	/16

Conclusion

This web quest that you've completed should have given each of you an insight on how to improve your diet, as well as what a healthy diet consist of. Furthermore, you should have gain an insight on the amount of each type of foods one should consume.

Teacher Page

Web Quest is something different for each student. It helps each student explore their creativity aspect of their lives. It also grabs the interest of each student.

Standards

It meets the standard of maintaining a healthy lifestyle in our society.

Credits

Thanks to Google and other web quest that give you an idea to go about doing this.

Other