**HONORS HEALTH**

**NUTRITION AND FITNESS UNIT GROUP PROJECT**

**POSSIBLE POINTS = 100**

**ASSIGNED DATE: MARCH 19TH DUE DATE: APRIL 12TH UPDATE!! DUE DATE: April 16th**

**DEADLINE: APRIL 17TH Group Presentations: 4/16 & 4/17.**

**Note: Do not use Wikipedia as a source for any part of this**

**project. UPDATE!!: Use at least 4 sources-1 must be a book.**

**ASSIGNMENT**

**Part I: Article Summaries (12.5 points each/25 total)**

You are to **complete two article summaries** related to your

topic using the previous article summary format for the class. **Note: Article summaries should not come from Fact sheets.**

**Part II: Glogsters (25 points each/50 total)**

You are to **create two original glogsters** which depict information about your topic. Be creative!

**Each glogster must have:**

the title of your topic

\* a thorough description of the topic

\* at least 2 graphics related to the topic

\* at least 1 video clip related to the topic

\* at least 2 statistics related to the topic

\* at least 2 Fun Facts related to the topic

\* Class Period and Row # (please place near the bottom of your glogster)

\* formal bibliography including picture and video citations (in an attached Word

document) **UPDATE!!: Use at least 4 sources-1 must be a book.**

**Part III: Presentation (25 points)**

Your group will give a **maximum** 10 minute informational (and hopefully entertaining) presentation about your topic. **Every member of the group must be involved in the presentation.**

**We will be going to the Media Center on 3/22, 3/26, and 4/10. Your group needs to decide on other times outside of class to complete the project.**

**Rubric for the Glogster**

**1 2 3 4 5** Glogster includes all **required** elements.

**1 2 3 4 5** Glogster has clearly labeled items.

**1 2 3 4 5** Glogster has graphics and video related to the topic.

**1 2 3 4 5** Glogster is attractive.

**1 2 3 4 5** Glogster is grammatically correct.

**Rubric for the Presentation**

**1 2 3 4 5** Presentation utilized materials from other parts of the project.

**1 2 3 4 5** Presentation was informational.

**1 2 3 4 5** Presentation lasted for the allotted time.

**1 2 3 4 5** Presentation included every member of the group.

**1 2 3 4 5** Presentation was creative and entertaining.

**Rubric for the Article Summary**

Remember: **(1)** You are to type (double spaced no larger than 12 pt.) a **minimum one full-page** summary on your topic. **(2)** Y**ou are required to write in complete sentences to answer the questions below. (3)** Articles should be current (not more than 2 years old). **(4)** Do not use Fact Sheets for your article summary.

**YOUR ARTICLE SUMMARY SHOULD INCLUDE THE FOLLOWING INFORMATION:**

**1 POINT** 1. The title, author(s), source, date, and page number(s) of the article.

**1 POINT** 2. Who is the intended audience? In other words, who is the author(s) addressing?

**6 POINTS** 3. What is the article about? **Elaborate on at least 3 key**

**points mentioned in the article by writing at least 3 sentences for each key point.**

**2 POINTS** 4. What new health information did you learn from the article?

**2 POINTS** 5. Overall, what is your opinion of the article? Would you recommend it to the rest of your class to read? **Explain your reason(s) why or why not.**

**.5 POINTS** 6. An original **or** copy of the article is stapled to **the back** of the summary.

**Nutrition Topics**

1. Binge Eating Disorder
2. Childhood and Adolescent Obesity
3. Organic Foods
4. National School Lunch Program
5. Women Infants and Children (WIC)
6. Vegetarian Nutrition
7. Sports Nutrition
8. Antioxidants and Food
9. Trans Fat
10. High Cholesterol
11. Low Carb Diets

12. The Freshman 15