



UNIT PLAN GUIDE

Health and Wellness

Enduring Understandings

Students will understand that...

- * Health depends on many factors, including our diet, culture and lifestyle.
- * Health is a combination of mind, body, and spirit.
- * Health practices and perspectives vary across cultures.
- * Healthcare systems vary between countries.
- * Sociopolitical, media and environmental factors can play a role in healthcare.
- * Effective communication skills enhance overall wellness and reduce health risks.

Essential Questions

- ? What is good health?
- ? To what extent does our culture and lifestyle influence our diet?
- ? How do I stay healthy?
- ? How does the media affect our health and lifestyle?
- ? To what extent does culture inform our health and wellness practices?
- ? How is the individual responsible for their own health and wellbeing?
- ? What factors influence health-related behaviors and decisions?
- ? How do we talk about our health with others in my family and community?
- ? To what extent does family play a role in shaping our values and beliefs?
- ? What role or purpose does spirituality serve in a culture?

Context or Scenario:

Viva la Vida channel is looking for episode content with a focus on healthy lifestyles.

PASS Can-Do Statements

- I can categorize meals as healthy or not.
- I can decide which meals are best for different diets.
- I can identify a diet for a diabetic person.
- I can compare school food choices in the target language country.
- I can present my findings on meal choices in my community.

Intercultural Transfer Targets

- I can write and speak about healthy food choices for stores in my community.
- I can compare food and lifestyle initiatives from different cultures in the media.
- I can identify some common lifestyle habits in other cultures.
- I can compare food shopping in a target language community with my own experience.
- I can create a multimedia presentation on healthy lifestyle choices from various countries.

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