



ENDURING UNDERSTANDINGS

- Health practices and perspectives vary across cultures.
- Health depends on many factors, including our diet, culture and lifestyle.
- Sociopolitical, media and environmental factors can play a role in healthcare

ESSENTIAL QUESTIONS



- How does the media affect our health and lifestyle?
- To what extent does culture inform our health and wellness practices?
- How do we talk about our health with others in my family and community?



CONTEXT

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



KNOWLEDGE

Fats, fast food, sugary, dairy products

REVIEW

SPIRAL

Exercise, drink water, walk, whole grains, carbohydrates, have to

NEW

Gain or lose weight, fried, starch, harm, prohibit, junk food

SKILLS

Create a chart about steps to a healthy lifestyle

Ask my partner about their healthy choices

Write a script about healthy initiatives and diet choices



VOICETHREAD/FLIPGRID

VENN DIAGRAM

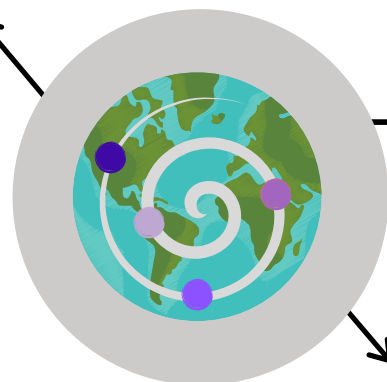
INFOGRAPHIC

comidasaludable

LEARNING EXPERIENCES AND INSTRUCTION

? Fmdiabetes.org

? Miescuelasaludable.org



VIVA LA VIDA



INTERCULTURAL TRANSFER TARGETS

* identify and compare health practices and food products to help understand perspectives.

* choose and design health conscious meal options with community needs in mind.



INTERPRETIVE

Examine a variety of infographics, videos, commercials to categorize items with high sugar, salt, fat, and carbs. Write 3 questions on foods.



INTERPERSONAL

Come to consensus on which food items to include on a diet for people with different health needs and goals.



PRESENTATIONAL

Create a multimedia presentation outlining healthy lifestyle choices in the community.



MEDIATION FOR TRANSFER

- Bridge and exchange ideas on remedios caseros and western medicine
- Identify visuals to explain concepts to others
- Explain information on an infographic or chart
- Compare practices and community response to wellness



AESTHETICS AND DRAMA STRATEGIES

student "in role as expert"
photos on food; open air markets

PRODUCTS

+ metate
molcajete
comal

remedios caseros
herbs
manzanilla
jengibre
canela

PRACTICES

including family in health decisions

! no junk food sold in schools

PERSPECTIVES

heavier meals midday