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| **TEXAS CTE LESSON PLAN**  [www.txcte.org](http://www.txcte.org) | |
| **Lesson Identification and TEKS Addressed** | |
| **Career Cluster** | Human Services |
| **Course Name** | Principles of Human Services |
| **Lesson/Unit Title** | Maintaining Your Health and Well-Being |
| **TEKS Student Expectations** | **130.272. (c) Knowledge and Skills**  (2) The student demonstrates personal characteristics for success in high-skill, high-wage, or high-demand careers. The student is expected to:  (F) analyze the relationship of wellness to personal and professional productivity  (4) The student demonstrates the skills necessary to enhance personal and career effectiveness in counseling and mental health services. The student is expected to:  (B) determine appropriate responses, management strategies, and available technology to meet individual and family needs |
| **Basic Direct Teach Lesson**  (Includes Special Education Modifications/Accommodations and  one English Language Proficiency Standards (ELPS) Strategy) | |
| **Instructional Objectives** | **Students will:**   * Analyze the components of being and staying healthy * Develop strategies, ideas, and plans for a plan of wellness * Locate and compare and contrast different mobile device apps that aid in health and wellness |
| **Rationale** | Our personal health and wellness affects every aspect of our life. When we are feeling well, we are focused and able to accomplish more. Poor health or wellness in turn has a negative effect on our success or ability to complete tasks. A simple headache can change the quality of our work. Substance abuse also has occupational implications as well as personal consequences. Substance abuse affects our health and well-being, resulting in a diminished quality of life. In preparation for careers in the field of Human Sciences, this lesson will provide an excellent opportunity for you to study the positive effects of a healthy diet and exercise on personal success. |
| **Duration of Lesson** | Three 45-minute class periods |
| **Word Wall/Key Vocabulary**  *(ELPS c1a, c, f; c2b; c3a, b, d; c4c; c5b) PDAS II (5)* | **Exercise:** Bodily or mental exertion, especially for the sake of training or improvement of health  **Food insecurity:** The state of being without reliable access to a sufficient quantity of affordable, nutritious food  **Health assessments:** The overall process of evaluating health strengths and needs  **Healthy:** Possessing or enjoying good health or a sound and vigorous mentality  **Hygiene:** Cleanliness of your body, hair and nails and clean and neat clothing  **Nutrients:** Chemicals from food that your body uses to carry out its functions  **Nutrition:** Includes the food eaten and the way the body uses it  **Obese:** An abnormal accumulation of body fat, usually 20% or more over an individual’s ideal body weight  **Portion control:** Understanding how much a serving size is and how many calories a serving contains; it is a critical part of successful weight loss and weight management  **Prevention:** The action of stopping something from happening or arising  **Sanitation:** Refers to actions taken to protect people from disease  **Stress:** A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances  **Well-being:** The state of being comfortable, healthy, or happy  **Wellness:** A philosophy that encourages people to take responsibility for their own physical, emotional, and mental health |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer with projector for PowerPoint presentation * Computers with Internet access (be sure to follow district guidelines)   Note: If individual equipment is not available, teacher can teach the assignments as a class from a projected copy as long as students can see the screen.  **Materials:**   * Bottled water * Cardio workout and exercise DVDs * Exercise equipment * baseball bat   + baseball glove   + bowling ball   + exercise mat   + football   + jump rope   + soccer ball   + weights * Fresh and plastic fruit * Self-improvement guide books * Yoga mat   **Supplies:**   * Basket * Cardstock * Glue * Magazines to cut pictures from * Poster boards * Scissors * Copies of handouts   **PowerPoint:**   * Maintaining Your Health and Well-Being   **Technology:**   * How to Make a Four-Door Diorama<http://snapguide.com/guides/make-a-four-door-diorama> * Free iPad App: * Nutrition Tips Hundreds of interesting and useful nutrition tips, diet and weight loss tips and nutritional health facts.<https://itunes.apple.com/us/app/nutrition-tips/id325760608?mt=8> * Use the Wii to dance/exercise Allow students to take turns playing games on the Wii that include exercise. Students who aren’t exercising on the Wii, will partner with a buddy and exercise together. For example, they can do jumping jacks, lunges, squats and so forth.   **Infographics:**   * Electronic Health Records Infographic How do electronic health records (EHRs) connect you and your doctor? In the past, medical data was only stored on paper, making it difficult for your health care providers to share your information. Between 2001 and 2011, the number of doctors using an EHR system grew about 57%, making it easier for you and all of your doctors to coordinate your care, and often reducing the chance of medical errors.<http://www.healthit.gov/patients-families/electronic-health-records-infographic>   **TedxTalk:**   * Kelly McGonigal: How to make stress your friend Stress. It makes your heart pound; your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case.<https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend>   **YouTube:**   * Introducing the New Food Icon: MyPlate  The Department of Agriculture introduces the new food icon, MyPlate, to replace the MyPyramid image as the government’s primary food group symbol. An easy-to-understand visual cue to help consumers adopt healthy eating habits, MyPlate is consistent with the 2010 Dietary Guidelines for Americans.<http://youtu.be/SEFmSk08LIE>   Preparing for the Next Decade: A 2020 Vision for Healthy People  Healthy People provides science-based, 10-year national objectives for improving the health of all Americans. Featuring Assistant Secretary for Health, Dr. Howard Koh, this presentation demonstrates how public health professionals and educators should use Healthy People.<http://youtu.be/zZG94c7xQmE>  **Graphic Organizers:**   * Facts I Learned   **Handouts:**   * Assignment Cards: Healthy People Campaign for 2020 * ChooseMyPlate Coloring Sheet * ChooseMyPlate Coloring Sheet Blank * Health and Wellness Diorama Project * Maintaining Good Health and Wellness * Maintaining Your Health and Wellness Toolbox * Pros and Cons of Health and Wellness Mobile Device Apps * Rubric for Health and Wellness Diorama Project |
| **Anticipatory Set**  (May include pre-assessment for prior knowledge) | **Prior to class:**  Become familiar with the PowerPoint, handouts, and activities.  Note to teacher: Become familiar with how to construct a diorama by viewing How to Make a Four-Door Diorama at <http://snapguide.com/guides/make-a-four-door-diorama/>  Print the assignment cards from the Assignment Cards: Healthy People Campaign for 2020 handout on cardstock and cut them apart so that the students can draw one for the activity during Independent Practice. Some cards have been left blank to give you the option of selecting additional topics. Place cards in a basket.  Display as many of the lesson-related supplies (see Materials or Specialized Equipment Needed) as you have available on a table in front of the room.  Before class begins:  Place students in groups of four. Distribute the Maintaining Your Health and Wellness Toolbox handout. With their partners, they will list skills and strategies an individual can use to help incorporate wellness into his or her life. Each group will share their skills and strategies with the class. You may opt to assign a scribe to write the skills and strategies on the board.  Ask the following questions:   * How can technology improve an individual’s well-being? * What kinds of apps are available to improve an individual’s well-being? * Do you have any health apps on your device(s)? * What are five resources available for managing the health care of children? * What is an example of everyday stress? * What is an example of stress which will have positive results? * What is an example of stress which will have negative results? * How does a person’s nutrition affect health and well-being? * Do you drink six to eight glasses of water every day? * Do you sleep between seven and eight hours each night? * Do you exercise 20 to 30 minutes three to four time a week? * Do you take safety precautions while driving such as not texting and wearing a seat belt? * Do you avoid smoking, drinking alcohol and using drugs? * Do you ask for help when you need it? * Do you know where to go to find current and reliable health and nutrition information? |
| **Direct Instruction \*** | Note to teacher: Prior to beginning this lesson, please review, preview, and select the appropriate multimedia for your classes.  Introduce lesson objectives, terms, and definitions.  Distribute the Notes for Maintaining Your Health and Well-Being for note-taking (see All Lessons Attachment tab) handout. Students will be expected to take notes while viewing the slide presentation. Teacher will determine the notes to be recorded by students.  Introduce the PowerPoint Maintaining Your Health and Well-Being.  Use appropriate notes from Presentation Notes for Maintaining Your Health and Well-Being for discussion.  After the slide presentation, use the Notes for Maintaining Your Health and Well-Being handout to complete the following information:  With a partner, on the back of this handout, write a summary of the topic which reflect the information from the lesson:   * Discuss the topic * Write down your thoughts * Make a real-world connection to the lesson * How is this going to help you in the future?   Technology included in the PowerPoint presentation:   * How to Make a Four-Door Diorama<http://snapguide.com/guides/make-a-four-door-diorama> * Introducing the New Food Icon: MyPlate The Department of Agriculture introduces the new food icon, MyPlate, to replace the MyPyramid image as the government’s primary food group symbol. An easy-to-understand visual cue to help consumers adopt healthy eating habits, MyPlate is consistent with the 2010 Dietary Guidelines for Americans.<http://youtu.be/SEFmSk08LIE> * Preparing for the Next Decade: A 2020 Vision for Healthy People Healthy People provides science-based, 10-year national objectives for improving the health of all Americans. Featuring Assistant Secretary for Health, Dr. Howard Koh, this presentation demonstrates how public health professionals and educators should use Healthy People.<http://youtu.be/zZG94c7xQmE>   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * providing students with a copy of the notes or a fill-in-the-blank note sheet to follow along with instruction * pairing up students with elbow partners who can assist them with verbal and written responses to the lesson |
| **Guided Practice \*** | You have recently been hired as a group fitness instructor at a local health club. It is important to you that your clients achieve and fulfill their individual fitness goals. As a service to your clients, you will research three free health and wellness apps for a mobile device and present your findings to them.  Teacher note: You may opt to assign students specific areas of fitness to research such as:   * Aerobic exercise * Classes and trainers * Cyclists * Health * Interval timers * Meditation * Nutrition * Running * Stress-relievers * Walking * Weight loss programs   Distribute the Pros and Cons of Health and Wellness Mobile Device Apps handout. Students will research three free applications and complete chart with the appropriate information.  Allow the students time for research and presentations.  Have students present their information to their classmates.  Distribute the Maintaining Good Health and Wellness handout. Have students read each scenario and then list the good and poor health and wellness habits of each scenario in the appropriate columns. For each poor health habit, students should write the improvements needed.  Allow time to complete the handout, and have the students present their improvements to the class.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * allowing extra time for assignments * providing positive feedback * providing copies of the slide presentation |
| **Independent Practice/Laboratory Experience/Differentiated Activities \*** | Place students in groups of three. Allow one person from each group to draw the group’s assignment from the basket.  Scenario: You have been assigned to the governor’s “Healthy People Campaign for 2020” task force. Your job is to design a diorama presentation depicting the importance of health and wellness on a specific topic.  Distribute the Health and Wellness Diorama Project handout.  With partners, students will create a three-dimensional diorama display that will promote health and wellness. Students will research the topic they selected, include a report, and create the diorama. The diorama and written report will include:   * Activities for promoting an effective health and wellness campaign in the community * Main goals for the topic and how it relates to the “Healthy People Campaign for 2020” * Objectives and an overview for meeting the goals * Ways employers and employees can reinforce the topic and benefit from it at the workplace * Why this particular topic is important?   Distribute the Rubric for Health and Wellness Diorama Project handout so that students may understand what is expected. They may use the following website for additional information:   * Healthy.gov  Home of the Office of Disease Prevention and Health Promotion.<http://health.gov/our-work/healthy-people>   Have students view the following Snap guide for instructions on how to construct the diorama:  How to Make a Four-Door Diorama<http://snapguide.com/guides/make-a-four-door-diorama>  Students will be provided with time to complete their projects. Provide guidance as needed. Allow students to proofread and edit each other’s work and practice the oral component of their projects before class presentations.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * creating a poster project by working with a peer tutor or in a small group setting * not grading for spelling * allowing note-taker use |
| **Lesson Closure** | Review terms, definitions, and lesson objectives.  Distribute the Facts I Learned handout. Students will complete the handout with interesting facts they learned from the lesson. |
| **Summative/End of Lesson Assessment \*** | Students will present their health and wellness projects.  Students will be assessed with the appropriate rubric.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * providing extra time for assignments * providing copies of the slide presentation for study |
| **References/Resources/**  **Teacher Preparation** | **Images:**   * Microsoft Clip Art: Used with permission from Microsoft®.   **Textbooks:**   * Ryder, V., & Harter, M. B. (2010). *Contemporary living*. Tinley Park, IL: Goodheart-Willcox.   **Websites:**   * Centers for Disease Control and Prevention   The early years of a child’s life are very important for his or her health and development.<http://www.cdc.gov/ncbddd/childdevelopment/index.html> * Childstats.gov  America’s Children in Brief: Key National Indicators of Well-Being, 2012.<http://www.childstats.gov/pdf/ac2012/ac_12.pdf> * College Board  Education Pays 2013: The Benefits of Higher Education for Individuals and Society.<http://trends.collegeboard.org/sites/default/files/education-pays-2013-full-report.pdf> * Healthy.gov  Home of the Office of Disease Prevention and Health Promotion.<http://health.gov/our-work/healthy-people> * MyPlate.gov  MyPlate, the government’s newest symbol for healthy eating, uses a dinner plate icon as a simple visual reminder of what to serve yourself and your family for meals and at snack time.<http://www.choosemyplate.gov> * National Dairy Council  The Dairy Connection.<http://www.nationaldairycouncil.org/HealthandWellness/FutureofFood/Pages/Future-of-Food.aspx> * U.S. Department of Health and Human Services  Health topics to help you and your loved ones stay healthy.<http://healthfinder.gov/Default.aspx>   **Technology:**   * How to Make a Four-Door Diorama<http://snapguide.com/guides/make-a-four-door-diorama> * Introducing the New Food Icon: MyPlate  The Department of Agriculture introduces the new food icon, MyPlate, to replace the MyPyramid image as the government’s primary food group symbol. An easy-to-understand visual cue to help consumers adopt healthy eating habits, MyPlate is consistent with the 2010 Dietary Guidelines for Americans.<http://youtu.be/SEFmSk08LIE> * Preparing for the Next Decade: A 2020 Vision for Healthy People  Healthy People provides science-based, 10-year national objectives for improving the health of all Americans. Featuring Assistant Secretary for Health, Dr. Howard Koh, this presentation demonstrates how public health professionals and educators should use Healthy People.<http://youtu.be/zZG94c7xQmE> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Ask students to repeat your instructions back to you to be sure they know what is expected of them. * Discuss vocabulary in detail, making sure students understand before moving on. * Use graphic organizers and visuals to help explain the lesson. |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Current Events:  Assign students to read about the importance of well-being. Information can be found in newspaper articles, magazines, journals, and online print.  Suggestions:   * How Mobile Technology Can Improves Employees’ Well-Being<http://www.gallup.com/businessjournal/179111/mobile-technology-improve-employees.aspx> * Healthy People 2020 Leading Health Indicators: Progress Update<http://www.healthypeople.gov/2020/leading-health-indicators/Healthy-People-2020-Leading-Health-Indicators%3A-Progress-Update> * America’s Children in Brief: Key National Indicators of Well-Being, 2012<http://www.childstats.gov/pdf/ac2012/ac_12.pdf> * Dietary Guidelines for Americans<http://www.health.gov/dietaryguidelines> * Ten Tips Nutrition Education Series<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>   **Reading strategy:**  Encourage students to “visualize” as they read. Many students are visual learners and will benefit from making sketches or diagrams on scrap paper as they read. Providing students with graphic organizers to help them organize their thoughts is also helpful. |
| **Quotes** | A grateful heart is a beginning of greatness. It is an expression of humility. It is a foundation for the development of such virtues as prayer, faith, courage, contentment, happiness, love, and well-being. **-James E. Faust**  Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being. **-Greg Anderson**  More compassionate mind, more sense of concern for other’s well-being, is source of happiness. **-Dalai Lama**  The simplification of life is one of the steps to inner peace. A persistent simplification will create an inner and outer well-being that places harmony in one’s life. **-Peace Pilgrim** |
| **Writing Strategies**  **Journal Entries + 1 Additional Writing Strategy** | **Journal Entries:**   * I need to change my eating habits because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * What is your favorite type of exercise? Explain. * What is the importance of eating healthy, and how does it benefit the health and wellness of individuals?   **Writing Strategy:**  RAFT Writing Strategy   * Role – Peer educator * Audience – Peers * Format – Poster * Topic – What you should know about maintaining your health and well-being |
| **Communication**  **90 Second Speech Topics** | * Why is it important to exercise, and how does that impact the health and wellness of individuals? * Careers related to health and wellness include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * Teenagers can practice healthy habits by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| **Other Essential Lesson Components** | |
| **Enrichment Activity**  (e.g., homework assignment) | * Have students write a one-page essay on the role of proper nutrition to well-being and achievement. Have student volunteers share their responses with the class. * Have students research a key nutrient. They may use reference books, the Internet, and other resources to gather their information. * Compile a collection of cartoons that depict people under stress, or have students bring or draw cartoons that show people involved in a stressful situation. After previewing the cartoons from students, have students share their cartoons with the class.   **TED Talks:**  TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TEDTalks videos and live speakers combine to spark deep discussion and connection in a small group. These local, self-organized events are branded TEDx, where x = independently organized TED event.  The video below is related to this lesson. Allow students to view the video and lead a discussion concerning the TED Talk.  Kelly McGonigal: How to make stress your friend  Stress. It makes your heart pound; your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case.<https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend> |
| **Family/Community Connection** | * Have students interview at least four persons (two adults and two teens) to find out how they cope with stress in their lives. Have students report the findings to the class. Lead a class discussion on strategies and available resources for stress management. * Have students create an activity for local elementary school children. Example: Give a presentation on health and wellness, ending with a group dance to the YMCA song as way of promoting healthy exercise habits. * Students are encouraged to introduce their family members to the Super Tracker website to keep track of the foods they eat and the physical activity they perform. This can be a family event that will help everyone make better choices. * Invite the school nurse, counselor, or social worker as a guest speaker to discuss ways to promote the health and wellness of children. * Invite an individual such as a school counselor to speak to the class about strategies and resources available for stress management. |
| **CTSO connection(s)** | Family, Career, and Community Leaders of America (FCCLA)   <http://fcclainc.org./>  **STAR Events:**   * Illustrated Talk – An individual or team event – recognizes participants who make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. Participants use visuals to illustrate content of the presentation. * Focus on Children – An individual or team event – recognizes participants who use Family and Consumer Sciences skills to plan and conduct a child development project that has a positive impact on children and the community.   Nutrition and Wellness – An individual event, recognizes participants who track food intake and physical activity for themselves, their family or a community group and determine goals and strategies for improving their overall health. |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to the lesson. For additional information on service learning see<http://www.ysa.org>  Example – Healthy Foods for School Aged Children   Have students organize a school wide food drive for healthy, non-perishable foods appropriate for children (determine age group). Donate collected items to a food bank.  Students may visit elementary schools and introduce the ChooseMyPlate website. They may use handouts ChooseMyPlate Coloring Sheet Blank and ChooseMyPlate Coloring Sheet to teach the lesson. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)