

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

DAY 1:

- -Students watch an amazing video to help them understand the 10 top environmental issues
- -Next they use the "10 Environmental Issues Worksheet" with a partner to record reactions and solutions regarding their issue
- -Students then group up to do an interesting "10 Issues Group Activity"
- -They finish the day with short videos on each topic (all links included!)

DAY 2:

- -Finish up watching the videos
- -Re-rate your initial reactions!
- -How one person can make a difference!
- -"What Can I Do Follow-Up Project"

DAY 3 to Day 10: The rest of the unit has several options depending on the amount of time you have. Here are the options. (Website links are included!)

- -"Bottled Water" video
- -"What Can I do?" Posters" around the room activity
- -Environmental Protection Agency 8 Topics and "All Hands Working Together Project" (project template included!)
- -True stories of environmental harm
- -Brochures (template included)
- -"Environmental Workplace Risk Research"
- -Write a "Workplace Hazard" report

- -Make a "Public Service Announcement" poster or video
 - -Doing a real project that helps an environmental issue and documenting it!
 - "Human Footprint" video
 - -Use my state assessment on an environmental issue
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Community Health Activities Include: This unit includes 21 different ideas to promote "Community Health." All websites are included!

- "Community Health" discussion and video
- Students learn 6 Key Ingredients to a healthy community
- They then choose between:
 1. "The Ideal City Project" where student actually create models of an ideal city using cardboard boxes and props
 2. "Community Health Project" - Students could choose a hazardous issue from diabetes to heart disease to cancer, to home hazards, to public safety issues, and come up with solutions to reduce that risk.

If you still have more time, there's more:

- -"Health and Fitness Careers Research" (worksheet included)
- -"Occupational and Career Choices" and their relationship to "Health and Fitness"
- -"Public Service Announcements" (examples included)
- -"10 Best Cities for Affordable Healthcare"
- -"Cultural Diversity in Public College and Universities"
- -"Allergy Friendly Homes"
- -"Health Career Research and Posters"
- -"Long-Term Health Goals" (SMART GOAL SHEET included)
- -"Disease Prevention"
- -"Cancer Warning Signs" (handout included)
- -"Family Health Project"
- -"Family Medical History" (homework included)
- -"Longevity Game"