**HEALTHY LIVING**

**Assignment 2: Healthy Lifestyle Case Studies**

**Mission:**

With a partner analyze the following scenarios and develop a plan for improving the health of the people in the scenarios. Use the (identify and describe what the issue is and propose a solution) - Time: 20 Minutes

1. Someone who is working long hours and consuming a lot of caffeine to keep going

2. A young person who spends all of her or his free time on the Internet and playing computer games

3. A friend who only wants to be friends with you and has no interest in socializing with other people

4. A young person who avoids physical activity and frequently skips PE class

5. A friend who daily skips breakfast in an attempt to lose weight.

**Present your Plan to the class in one of the following formats (3 minutes max)**

- a story

- Poem or song

- oral presentation

- skit

- or other representation discussed previously with your teacher.

**Evaluation:**

Your group will be assessed by what kind of a plan for improving the health of characters in scenarios was shown. When marking your assignment I will be looking to see if you have:

* identified the unhealthy characteristics or behaviours in the scenario **(5 marks)**
* described the influencing factor(s) (e.g., physical, mental, social, environmental) **(5 marks)**
* proposed an effective solution(s) to improve the health of the person in the scenario. **(5 marks)**

**Total Marks: /15**