

Planning

Healthy Living Presentation

Using *Microsoft PowerPoint*, create a **professional** and **organized** looking presentation that explores a healthy living topic, using **several sources** of information (3 or more). Topics to choose from include (but are not limited to):

- ★ What should a healthy diet consist of?
- ★ Calcium in teen diets
- ★ Effects of drinking pop on teen health
- ★ Fad Diets (Atkins, South Beach Diet, etc...)
- ★ Junk Food availability in Schools
- ★ Analyze School Cafeteria Menu
- ★ Organic Foods
- ★ Obesity in Children
- ★ Fast Food Comparison
- ★ Fast Food "Healthy Offerings"
- ★ Do video games/increased computer use cause obesity?

Some possible sources for information may include:

- ★ Canada Food Guide: www.hc-sc.gc.ca
- ★ BC Dairy Foundation: www.bcdf.ca
- ★ www.knowledgenetwork.ca/makingithappen
- ★ <http://www.cbc.ca/weightoftheworld/>
- ★ www.youngwomenshealth.org
- ★ <http://www.nutrition.com.sg/he/heteens.asp>
- ★ Nutrition For Kids: www.nutritionforkids.com
- ★ fnic.nal.usda.gov
- ★ Google, Yahoo, Wikipedia, etc...

BE SURE TO WRITE DOWN THE WEB ADDRESSES YOU USE INTO YOUR BIBLIOGRAPHY!!!

Steps to follow:

- ★ Decide on a topic and have it approved by me
- ★ Find relevant websites
- ★ Record web addresses into bibliography slide
- ★ Take notes off of websites
- ★ Organize information into written or graphic form

Specifically, your presentation must include:

- ★ **Minimum of 7 slides** (each slide should include custom graphics, imagery, and animation, along with original text written **BY YOU**)
- ★ **Title Slide** - You must include the following: Title, Name, Course, Block, Date, and Related graphics.
- ★ **Presentation of Chosen Topic** - Present the research that you have done in your **own words**. This should take **two** or more slides.
- ★ **Relevance to Youth Slide** – In a **full, thoughtful** paragraph analyze the importance of your topic for youth today.
- ★ **Long Term Impact Slide** - In a **full, thoughtful** paragraph, evaluate the long term significance/impact the chosen topic has on both individuals and society as a whole.
- ★ **Personal Reaction Slide** - In a **full, thoughtful** paragraph or more, write your personal reaction/opinion on the topic.
- ★ **Bibliography Slide** – include links to the source as well as a description of how it was used in your presentation.

Marking Criteria	Scale				
Title Slide	1	2	3	4	5
Presentation Slides	2	4	6	8	10
Youth Relevance Slide	1	2	3	4	5
Long Term Impact Slide	1	2	3	4	5
Personal Reaction Slide	1	2	3	4	5
Bibliography	1	2	3	4	5
Overall Presentation	2	4	6	8	10
Total					/45