

## Thursday, July 13

### Day 4

[SDG Goal #3](#) - Ensure healthy lives and promote well being for all at all ages

#### Lesson Goals:

- Identify common diseases associated with poor dietary habits.
- Analyze local or regional health data to understand prevalent health issues.
- Recognize the importance of community health awareness and advocacy.
- Comprehend the long-term effects of an unhealthy diet on overall health.

<b>Essential Question:</b>  We need to raise health, nutrition, and fitness awareness within our community. What can we do to accomplish this?	<b>Materials / Printables:</b>  <input type="checkbox"/>	<b>Computer Tabs / Sites:</b> <i>You may find it helpful to have these tabs open on your computer and/or Interactive Panel.</i> <ul style="list-style-type: none"><li>● <a href="#">Morning Meeting Slides</a></li><li>● <a href="#">Fast Food Nutrition Website</a></li></ul>
Morning Meeting 8:30 - 9:30		
Activity provided by counselor		
Project Time 9:30 - 11:30		
Share data/discuss with students: <a href="#">Wilson County Health Department</a>  <a href="#">Project: Getting Started</a> Use <a href="#">Book Creator</a> (Signup for an account using WCS email)  Resource:		

[Diseases relating to Poor Nutrition](#) (optional)

Below are resources to share with students to assist with their research.

[Resource#1](#)

[Resource #2](#)

[Resource #3](#)

Lunch  
11:30-12:30

Enjoy!

Project Time  
12:00-2:00

[Nutrition Education Games](#)

[Let's Eat Healthy Games](#)

[EverFi Middle School Interactive \(3 Lesson\)](#)

Students will continue building health food kiosk.

Students will continue working on creating their [ebooks](#) about Diseases Relating to Poor Nutrition.

Students can work on tri-fold.

Reflection  
2:00-2:30

Give students the option to do a voice or written reflection. Students who decide to do the voice recording, they can still post on the padlet by adding the link to their recording.

\*[Vocaroo Recording](#)

\*[Post to Padlet](#)

Reflection Question:

Students will reflect on their learning experience for each day. Students can share what they learned including any new information or skills that they gain to enhance their learning from the following:

	<ul style="list-style-type: none"><li>- Information about Hunger</li><li>- Application or Tool</li><li>- Research &amp; Collaboration</li><li>- STEM Exploration</li></ul>
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