**Unit Organizer**

**4 – Bigger Picture**

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| **8th Grade Health Education** | | | | |
| **2. Last Unit / Experience**  CPR/First Aid & Safety | | | | **1. Current Unit**  Personal Wellness | **3. Next Unit / Experience**  Human Growth & Development | | | |
| **8. Unit Schedule** | | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | The student analyzing their personal health and daily health habits, and trying to make positive changes to enhance their lifestyle. | | | | | | | | By |  | By |  | While (Unit Relationship) | | Analyzing fast food and the current habits within the American culture. | Setting personal goals that are achievable expectations | Working with others at home and at school to make positive cultural changes. |   **5. Unit Map Is about...** | | | | |
| 1. | Fast Food Inventory | | |
| 2. | Super Size Me – Fast Food Analysis | | |
| 3. | Unit topic readings – Current Health Magazine | | |
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| **7. Unit Self-Test Questions** | | 1. Can I eat fast food and still find a way to make healthy choices? 2. What can happen if I choose to create unhealthy eating habits? 3. What happened to the creator of the “Super Size Me” documentary after he ate nothing but McDonalds food for 30 days? | | | |  | **6. Unit Relationships**  1. Everything in moderation  2. Healthy decision-making | |
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