**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**  |

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| 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 moderation2. Healthy decision-making |
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