

DISEASE PREVENTION AND HEALTH PROMOTION

LEVEL 1

Student Mission: Define the Following Words:

immune	hygiene	disability	bacteria	viral
deprivation	chronic	germ	contagious	pandemic

Choose **ONE** of the following options and submit for credit:

Option 1: Picture it!

1. Define each vocabulary word.
2. Create illustrations representing each vocabulary word.

Option 2: Post It!

1. Define each vocabulary word.
2. Create 10 fake social media posts using each vocabulary word in the correct context.

Option 3: Sentence Sleuth

1. Define each vocabulary word.
2. Create 10 sentences using each vocabulary word correctly.

Scoring Rubric:

Each Correct Definition	1 point
Each Correct Context (appropriate use of illustration/text/post)	1 point
Total Assignment Points	20 Points

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LEVEL

Student Mission:

Choose ONE of the following options and submit for credit:

NOTE: Level II and Level III Assignment Topic Must Be Different

Option 1: Create a digital Jeopardy gameboard on one the following topics:

1. Differences between communicable and noncommunicable diseases
2. Physical, mental, and social benefits of physical activity
3. Strategies to promote active transportation
4. Importance of teen sleep
5. Stages of sleep
6. Better sleep strategies to help care for your eyes, ears, and teeth
7. Healthy habits to prevent the flu and spread of germs
8. When and how to wash your hands

Option 2: Create a slides presentation on one of the following topics:

1. Differences between communicable and noncommunicable diseases
2. Physical, mental, and social benefits of physical activity
3. Strategies to promote active transportation
4. Importance of teen sleep
5. Stages of sleep
6. Better sleep strategies to help care for your eyes, ears, and teeth
7. Healthy habits to prevent the flu and spread of germs
8. When and how to wash your hands

Option 3: Using the S.M.A.R.T goal method create a personal plan to help you sleep better.

1. Define your **specific** goal: What do you want to do?
2. Make it **measurable**: How will you know when you have achieved it?
3. Is it **achievable**? Is it in your power to accomplish it?
4. Is it **realistic**? Can you realistically achieve it?
5. Make it **timely**: When do you want to accomplish it?

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Scoring Rubric:

Comprehension of Concepts: Contains at least 10 facts on the topic as it relates to health promotion and disease prevention to enhance health	10 points
Accessing Resources: Evidence of 3+ credible, valid and reliable sources of information	10 points
Advocacy: Message and product are persuasive and advocates for personal, family and/or community health	10 Points
Total Assignment Points	30 Points

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LEVEL

Student Mission:

Choose ONE of the following options and submit for credit:
NOTE: Level II and Level III Assignment Topic Must Be Different

Option 1: Dear Future Me... What advice would you give your "future self" on one of the following topics:

- a. Differences between communicable and noncommunicable diseases
 - b. Physical, mental, and social benefits of physical activity
 - c. Strategies to promote active transportation
 - d. Importance of teen sleep
 - e. Stages of sleep
 - f. Better sleep strategies to help care for your eyes, ears, and teeth
 - g. Healthy habits to prevent the flu and spread of germs
 - h. When and how to wash your hands
1. Provide at least 10 "pieces of advice" to your "future self."
 2. Be sure your writing style matches the assignment option.

Option 2: Stall Street News

1. Pretend you are writing an article for your school newspaper.
2. What information would you give the editor on one of the following topics:
 - a. Differences between communicable and noncommunicable diseases
 - b. Physical, mental, and social benefits of physical activity
 - c. Strategies to promote active transportation
 - d. Importance of teen sleep
 - e. Stages of sleep
 - f. Better sleep strategies to help care for your eyes, ears, and teeth
 - g. Healthy habits to prevent the flu and spread of germs
 - h. When and how to wash your hands
3. Provide at least 10 facts on the topic.
4. Be sure the writing style matches the assignment option.

Option 3: Instructional Pamphlet

1. Create an instructional pamphlet on one of the following topics:
 - a. Differences between communicable and noncommunicable diseases
 - b. Physical, mental, and social benefits of physical activity
 - c. Strategies to promote active transportation
 - d. Importance of teen sleep

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- e. Stages of sleep
 - f. Better sleep strategies to help care for your eyes, ears, and teeth
 - g. Healthy habits to prevent the flu and spread of germs
 - h. When and how to wash your hands
2. Provide at least 10 facts on the topic.
 3. Be sure the writing style matches the assignment option.

Scoring Rubric:

Comprehension of Concepts: Contains at least 10 facts on the topic as it relates to health promotion and disease prevention to enhance health	10 points
Accessing Resources: Evidence of 3+ credible, valid and reliable sources of information	10 points
Advocacy: Message and product is persuasive and advocates for personal, family and/or community health	10 Points
Interpersonal Communication: Evidence of 3+ personal feelings and/or intent to enhance health and avoid or reduce health risks	10 POINTS
Total Assignment Points	40 Points