



## JotForm Nutrition Survey

Grades 9-12

<b>OVERVIEW</b>	This is an activity that will include using JotForm to create a survey for the student body at any school.
<b>OBJECTIVE</b>	This lesson plan is designed to get a better knowledge of what the average teenager eats. Also, will incorporate the use of modern technology.
<b>STANDARDS</b>	<p>NW.1 Nutrition: Evaluate nutrition choices and practices in a variety of settings, using reliable guidelines and sources of information.</p> <p>NW.2 Food and Wellness Issues: Examine factors and issues that impact current and future health and wellness</p> <p>NW.2.5 Examine impacts of daily choices, behaviors, and other factors on health and wellness (for example: exercise, nutrition, stress, genetics, work environments, life events).</p>

<b>MATERIALS</b>	<ul style="list-style-type: none"><li>• JotForm</li><li>• Printing Facilities</li><li>• Paper</li></ul>
<b>PROCEDURE</b>	<ol style="list-style-type: none"><li>1. Have the students discuss and create an elaborate survey to distribute to the fellow students of their school. Have them include the different types of food in their survey.</li><li>2. Once they have decided on their survey questions, have them go to <a href="http://www.jotform.com">www.jotform.com</a>.</li><li>3. Here they will actually create the survey. Have them specially design it to their liking.</li><li>4. The students will then distribute the survey to students throughout the school.</li><li>5. When the results are tallied, discuss as a class the impact of the nutritional choices teenagers are making in everyday life.</li><li>6. The students can then write up a narrative on how they could influence their peers to make better eating decisions.</li></ol>
<b>EVALUATION</b>	<p>Make sure that every student turns in the same amount of completed surveys. Class participation points will be included so that all the students get involved in the class discussion. Evaluate the creativeness of the survey, and the organization used. The final area to evaluate will be how they worked together as a team.</p>