

Health: Unhealthy Lifestyle

Objective: Students will learn the negative effects that an unhealthy lifestyle has on your body

Overview: Students will take pictures of things that cause harm to your body and the effects that it can have.

Materials: 1 Digital camera per group, items that represent an unhealthy lifestyle, a computer with internet access and a microphone

Procedures: 1. Students are put into groups of 3-6 which will be assigned an unhealthy habit (Example: smoking, eating fatty foods, not getting enough sleep, etc.)

2. Students will stage scenes using these items and will take pictures of what happens when people practice an unhealthy lifestyle.

3. These photos will be uploaded to BubbleShare where students can make a presentation and use the audio gizmo to add sound effects and narration

4. Group will present to the class.

Grading: Students should be able to effectively label different unhealthy habits and the effects of those habits.