MISSION EARLY COLLEGE
HEALTH EDUCATION-MS. ORDONEZ
MISSION STATEMENT: A VISION OF ADVOCACY FOR AN ENDURING HEALTHY LIFESTYLE IN OUR COMMUNITY
IMPORTANT INFO FOR YOU! CONTACT ME WITH ANY QUESTIONS!

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- HEALTH 4TH 9WKS ONLINE CURRICULUM
- 2 ONLINE PROJECT BASED ACTIVITIES
- DANGERS OR VAPING PROJECT (MARCH 23RD-APRIL 10TH)
- HEALTH & NUTRITION (APRIL 13TH-MAY 1ST)
- WELLNESS WHEEL (MAY 4TH-MAY 15TH)
HEALTH EDUCATION GOALS

- Planned, sequential curriculum
- Physical, mental, emotional, social dimensions of health
- Maintain, improve, prevent, reduce risks
- Develop, demonstrate knowledge, attitudes, and practices
- Ex. Injury prevention, nutrition, disease control, substance abuse, sex education
MISSION EARLY COLLAGE H.S. DANGERS OF VAPING & HEALTH PROJECT

THE DANGERS OF VAPING PROJECT

(MARCH 23RD - APRIL 10TH)

1. Log in to our SISD Eastlake HS homepage https://www.sisd.net/domain/1255
2. Click on databases (password is library)
3. Click on Health & Wellness articles
4. Socorro Independent School District - Eastlake High School - Resources - Gale Resources - Home
5. Student will then find 5 research articles that talk about what is vaping and the dangers of it. Follow the Project Overview Document that was shared in TEAMS.
6. Example of an article: “Fight against vaping likely more complex than anti-tobacco efforts.”
7. Link to the example....
   https://go.gale.com/ps/i.do?Im=AC-y&qt=OQE-vaping-related+illnesses&sw=w&ty=bs&it=sea
   rch&sid=HWRC&p=HWRC&u=j071909008&v=2.1&asid=3e81f43b
8. Student will then need to create the APA format references (5) This is an example: Fight against vaping likely more complex than anti-tobacco efforts. (2019, September 23). Modern Healthcare, 49(37), 0016. Retrieved from https://link.gale.com/apps/doc/A600829427/HWRC?u=j071909008&sid=HWRC&xid=6137bd5c
9. Researching these articles is a way get students to understand the proper research methods available and; get them ready for a higher education.
HEALTH & NUTRITION PROJECT
(APRIL 13TH-MAY 1ST)

MyFitnessPal | MyFitnessPal.com

Free online calorie counter and diet plan. Track your caloric intake quickly and easily. Find nutrition facts for over 2,000,000 foods. Download the FREE APP “MYFITNESSPAL” or use go online to:
www.myfitnesspal.com

1. Students will create a profile (student must input that they are 18yrs of age therefore age must be 2001)

2. Student must log in daily and input BREAKFAST/LUNCH/DINNER/SNACKS/WATER & EXERCISE (walking/running/sports/weights etc) for 7 days.

3. Once the 7 days are complete student must go to: REPORTS select the Begin DATE to End DATE and print report/email to teacher.
HEALTH & NUTRITION
RESEARCH ESSAY
(300-1000 WORDS)
(APRIL 13TH-MAY 1ST)

• STUDENTS WILL RESEARCH TOPICS RELATED TO HEALTH & NUTRITION USING THE GALE DATABASE

• STUDENTS MAY CHOOSE ANY TOPIC THAT MAKES A CONNECTION TO HOW FOOD/NUTRITION/DIET AFFECT A PERSON'S HEALTH. YOU MAY ALSO RESEARCH HOW NUTRITION PLAYS A ROLE IN ANY OF THE 6 COMPONENTS OF WELLNESS (PHYSICAL, MENTAL, EMOTIONAL, SOCIAL, SPIRITUAL, ENVIRONMENTAL)

• STUDENTS MUST USE 2 SOURCES; AN EXAMPLE OF A SEARCH IS PROVIDED ON THESE LINKS

  https://go.gale.com/ps/termCluster?userGroupName=j071909008&prodId=HWR&lm=&qt=_PT~OQE+nutrition&st=Reference&ty=ts&s=Relevance&asid=3d994d2a

  https://go.gale.com/ps/headerQuickSearch.do?inputFieldNames%5B0%5D=OQE&quickSearchTerm=HEALTH+NUTRITION+%&searchType=BasicSearchForm&userGroupName=j071909008&nwf=y&prodId=HWRC&stw.option=&ebook=&quicksearchIndex=OQE&spellCheck=true&hasCoProduct=false

• AT ANYTIME YOU MAY NEED ASSISTANCE THE PASSWORD IS: library

• ALSO FEEL FREE TO EMAIL AT ANYTIME: cordon01@sisd.net
INFORMATION ON THE WELLNESS WHEEL IS COMING UP