**Culminating Activity and Rubric - Personal Trainer and Nutritionist**

**Step 1** - Choose one of the following scenarios to address in this project:

**Scenario 1** - Jeremy is a grade 8 student. He never walks to school and doesn’t exercise at home. He goes out for lunch but just stands around, hanging out with friends. At home, Jeremy spends a lot of time listening to music, playing video games and watching television. His eating habits are not the greatest. He eats a lot of junk food for snacks, including chips, candy and chocolate.

**Scenario 2 -** Selene is a grade 8 student. She walks to school every day, but only lives about 3 minutes from the school. Selene often stays in at lunch to help with some of the younger students in the school who need extra help with their schoolwork. Selene is a very busy person. She babysits after school almost every night, and often arrives home after dinner. She skips meals quite often because she is busy at lunch helping others, and she isn’t home very often for dinner. She is very focused on getting good marks in school, so she spends a lot of time at night studying and is not active at all, other than sometimes playing a game of some type at recess.

**Step 2** - After choosing one of the scenarios above, consider yourself in the role of personal trainer and nutritionist. Decide what the person in your scenario needs to do to make changes in his/her life with respect to the following:

a) effects of unhealthy eating/lack of exercising

b) ways to maintain a healthy body weight

c) personal goal setting for maintaining healthy eating and active living habits

**Step 3** - Present your information in one of the methods from the “Choice Board”:

|  |  |  |
| --- | --- | --- |
| **Visual** | **Auditory** | **Kinesthetic** |
| Poster | News broadcast (ex. interview) | Role play |
| Pamphlet | Song | Commercial |
| Other idea confirmed by teacher | Other idea confirmed by teacher | Other idea confirmed by teacher |

“Choice Board” adapted from Start Where They Are: Differentiating for Success with the Young Adolescent, Karen Hume (2008)

**Food and Activity Journal**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Sample Day | Day 1 - today | Day 2 | Day 3 |
| Breakfast | - 1/2 cup Corn bran cereal with 1/2 cup milk (1 serving grain/1/2 serving dairy)  -1 banana (1 fruit) |  |  |  |
| Lunch | - 1/2 cup milk (1/2 dairy)  - sandwich (2 pieces of bread, 2 slices turkey, 1 small piece of lettuce, 1 tbsp butter (2 grain, 1 meat, 1/2 veg, other)  - 1 apple (1 fruit) |  |  |  |
| Dinner | - 1 glass of milk (1 cup) (1 dairy)  - 1 pork chop, barbecued (1 meat)  - 1/2 cup green beans (1 serving vegetables)  - 1/2 cup corn (1 serving veg) |  |  |  |
| Snacks | - 1/2 cup raw carrots (1 serving veg)  - 4 small glasses of water (4 cups)  - 1 can Coke (OTHER)  -1 orange (1 fruit) |  |  |  |
| Physical Activity | - lunch - tag (15 min)  - lunch - tether ball (15 min)  - walk to/from school (30 min)  - basketball game (30 min playing time)  (total = 90 minutes) |  |  |  |
| Servings: Fruit/vegetables |  |  |  |  |
| Servings: Grain |  |  |  |  |
| Servings: Milk and Alternatives |  |  |  |  |
| Servings: Meat and Alternatives |  |  |  |  |

Measurements: \*deck of cards = 1 serving meat \*adult fist = 1 cup \*thumb from knuckle to end= tablespoon

222