

5th Grade Health

by

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WebQuest Description:

Grade Level: 3-5

Curriculum: Health / PE

Keywords: Nutrition, Immunization, Diabetes, Drugs, and Physical Fitness

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Introduction

Introduction:

A volunteer officer from the D.A.R.E. program has shared information about drugs to the health and preventive techniques to drug peer pressure. Drugs are chemicals that change the way your brain and body work. Drugs can be swallowed, inhaled, smoked, or injected. Whichever way you take drugs, they end up in your blood and go to all parts of your body. Positive feelings from drugs wear off, but drugs can cause life-long damage to your body. Many drugs are addictive, which means it can be really hard to quit. Drugs affect the way you think, making it harder to make safe choices and protect yourself in dangerous situations. Based on the National Household Survey of Drug Abuse, the rate of first use among youths age 12-17 rose significantly from 1989 to 1995, from 8.4 to 18.8 per 1,000 potential new users, and has remained level after that.

<http://www.drugabuse.gov/drugpages/stats.html>

<http://www.dare.com/home/default.asp>

Task:

Students will use a half sheet posterboard (11 x 14) to create a collage expressing through pictures and/ or drawings different type of drugs and how they affect and harm the body and it's long term health. The student should prepare a one page essay explaining the effects drugs has on the body and how it affects your health long term using the information given from the D.A.R.E. officer, class discussions and research. The posterboard should also include the logo and contact information to at least three programs that are available to help students prevent the use of drugs and techniques in addressing peer pressure throughout the United States. At least one program must be local.

Process:

Parents will purchase a half sheet posterboard (11 x 14) and a clear plastic report cover. Students will use any resources available; newspapers, magazine articles, websites, and/or the library for research of essay and pictures for the collage. The student will then complete the essay using the information found in their research and glue the pictures to the posterboard to create the collage. They are to insert the essay into a plastic report cover and submit it and their collage to the teacher in two weeks.

Conclusion:

After research and completion of the assignment, students will have learned techniques to avoiding peer pressure, how drugs will harm their body and programs that can assist them or someone they know in getting help for drug abuse. Young adults whose parents talk to them on a regular basis about the dangers of drug use are 42 percent less likely to use drugs than those whose parents don't. By opening this class discussion, the teacher is helping contribute to decreasing the percentage of students likely to use drugs. http://www.teendrugabuse.us/teen_drug_use.html

Tasks

There are five tasks outlined in the webquest. Each task gives specific information of what is expected from the student in completion of the assignment. Upon completion of each task the student has explored helpful websites, books, magazines, libraries, and career individuals in the health field. These tasks have allowed the students to understand and visually acknowledge how things such as drugs, physical fitness, diabetes, nutrition, and immunization affects the body in a positive or negative way.

Learners have developed diets, nutrition, and exercise plans that will help them maintain good health. The students are also able to now understand the difference between helpful vaccinations and drugs that are given using the same techniques as harmful drugs. The completed task has also allowed the teacher to feel at ease with her students, knowing that they are now well prepared to say no to drugs and help their peers say no as well. Attention to all students: After completing all activities on each page in order to submit work you must complete Health Quiz

Process

Reading

To begin, read through each page of the webquest and any links. Then, reread the assignments and take notes on any questions or instructions.

Prepare

The next step is to get all your supplies for each task:

paper

posterboard

clear covers

photos or clippings

immunization records

list of favorite foods

writing/coloring utensils

Tasks

Do each task as described on each page.

Final

Turn in all finished tasks to your instructor and share what you have learned.

Evaluation

Category and Score	Poor~0 Points	Good~1 Point	Very Good~3 Points	Excellent~6 Points	Score
Use of Resources	Has few ideas for using resources	Able to use basic media sources.	Able to use basic and complex sources such as internet.	Able to use multiple sources to enhance the assignment.	10 Points
Use of Time	Little or no attempt to complete the assignment.	Completed 1 to 3 assignments.	Completed all assignments but turned in after the due date.	Completed all assignment by or before the due date.	10 Points
Writing Style	Frequent errors. The writer does not understand the writing process..The reader cannot follow the paper.	Some errors in punctuation and grammar. The writer understand some parts of the writing process. The reader can follow paper.	Few errors present. The writer understands the writing process.The reader is able to understand the paper.	No errors. The writer has the understanding on writing process.	10 Points
Task Completion	Content is incomplete or omits some requirements stated in the assignment's criteria.	Content is complete but missing some requirements stated in assignments'scriteria.	Content is complete.	Content is complete, accurate, and persuasive. The assignment is clearly stated	10 Points
				Total Score	40 Points

Conclusion

In this webquest, you have learned how important it is to maintain your health and the different opportunities you have to gather information. By completing all assignments on nutrition, diabetes, immunizations, physical fitness and drugs the students have examples of ways to maintain a healthy life and the tools to assist their peers to get healthy and/or stay healthy. The FAQ's present questions and answers to topics that students may ask or be embarrassed to ask in front of the other students. This gives students a fonder appreciation for health at a young age with techniques to avoid drugs and peer pressure. In closing, we are presenting students with information to help them improve their health and avoid harmful drugs and behaviors.

Teacher Page

Objective of lesson: This webquest was created for students in the 5th grade to understand healthy food choices and how to incorporate different exercises. The interactive approach in this lesson gave students a chance to develop a healthy wellness plan for children to incorporate into a healthy lifestyle.

Reviews

Footer

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