**Healthy Living Website Project** /50pt

What does it take be healthy?If someone wanted more information where would they look? You will provide that information by setting up a Google Site informing your target audience on what it means to be healthy. Discuss that being healthy is not just about eatingwellbut also*livingwell*. Provide some insight and examples on what contributes to healthy living

**Day 1:Set up a Google Site with your tabs.**

* Google Sites is a free program which is part of Google Drive and is attached your Gmail account.
* Decide what parts you and your partner will contribute.
* Decide your target audience (12yr old, teenager, pregnant mothers, seniors, etc)
* Set up a tab for nutrients (6 essential nutrients we learned in class).
* Set up tabs for other aspects of *eating* well – tips from gov website.
* Set up tabs for other aspects of *living* well (spiritual, emotional, mental, physical)

**Day 2-3: Start research and filling in content**

* **What NUTRIENTS do we need? Why do we need them?** Use your notes or a website search to discuss the 6 essential nutrients we need and why we need them. Give some examples of foods rich in each nutrient. For the vitamins you don’t have to list them all just highlight a few. Provide some links.
* **How do we EAT WELL**? What should our plate look like? Give some examples of foods that represent each category. Feel free to list some food items popular from your home country if you are not from here. Inform your audience about portions and serving sizes. How much should we eat? How many servings a day? Give some examples of a serving size for each category. You will need to research this a bit. Eg 1 cup of steamed broccoli is one serving of vegetables.
* Incorporate some ideas from Canada’s New Food Guide on healthy eating. Give some examples of strategies you and your group members use.
* **What else is part of WELLNESS**? Incorporate some ideas on what it takes to be emotionally, spiritually, mentally, and physically healthy. Use examples we shared in class.
* Ways to improve your website: Embed video, images, links to other sites or recipes.
* Helpful sites:
* Quantities of Food: <https://food-guide.canada.ca/en/>
* <https://www.myplate.gov/eat-healthy/protein-foods>
* <https://www.unlockfood.ca/EatRightOntario/media/PDFs-new-website/Portions%20Toolkit/Handy-Servings-Guide-EN-v04-July-2018.pdf>

**­­­Rubric**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Emerging | Developing | Proficient | Extending |
|  | 4 | 8 | 12 | 16 |
| Content | Content is insufficient  | Minimum content requirements met  | All necessary content present | All content present and thoroughly discussed |
| Accuracy | Content is confusingor contains morethan one factualerror. | The content isgenerally accurate,but one piece ofinformation isclearly flawed orinaccurate. | Most of thecontent is accurate,but there is onepiece ofinformation thatmight beinaccurate | All content is accurate with no no factual errors |
|  | 1 | 2 | 3 | 4 |
| Organization | There is no clearplan for theorganization ofinformation.Website difficult to navigate | Some informationis logicallysequenced. More than one item on wrong page | Most informationis organized in aclear, logical way.Some content on wrong page | Information isorganized in aclear, logical way.Website easy to navigate. |
| Overall Effectiveness | Difficult to understand the purpose. Does not inform the readerDifficult to glean information easily | Presentation’s purpose is unclear. Some information is easy to understand.  | Purpose clear and easy to understand. Reader easily informed.  | Consistently Effective and Cohesive pages that completely inform the reader. |
| Use of Graphics | Several graphicsare unattractiveAND detract from the content of thepresentation | All graphics areattractive but a few do not seem to support thetheme/content ofthe presentation. | A few graphics arenot attractive butall support thetheme/content ofthe presentation. | All graphics areattractive (size andcolors) and supportthe theme/contentof the presentation |
| Spelling and Grammar | Presentation has more than 2 grammatical and/or spelling errors | Presentation has 1-2 grammatical errors but no misspellings | Presentation has 1-2 misspellings but no grammatical errors | Presentation has no misspellings or grammatical errors.  |

Acknowledgements page – who did what