**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 confusing  or contains more  than one factual  error. | The content is  generally accurate,  but one piece of  information is  clearly flawed or  inaccurate. | Most of the  content is accurate,  but there is one  piece of  information that  might be  inaccurate | All content is accurate with no  no factual errors |
|  | 1 | 2 | 3 | 4 |
| Organization | There is no clear  plan for the  organization of  information.  Website difficult to navigate | Some information  is logically  sequenced.  More than one item on wrong page | Most information  is organized in a  clear, logical way.  Some content on wrong page | Information is  organized in a  clear, logical way.  Website easy to navigate. |
| Overall Effectiveness | Difficult to understand the purpose. Does not inform the reader  Difficult 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 graphics  are unattractive  AND detract from the content of the  presentation | All graphics are  attractive but a few do not seem to support the  theme/content of  the presentation. | A few graphics are  not attractive but  all support the  theme/content of  the presentation. | All graphics are  attractive (size and  colors) and support  the theme/content  of 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