Instructional Unit Title: Project-Healthy Transformation

The teacher may introduce examples of healthy vs unhealthy habits so students can begin to identify different habits in their own life.



The teacher may provide a variety of healthy and unhealthy food and drink examples so students can assess the health value of their own food and beverage choices.



The teacher may introduce various ways to develop a healthy brain so students can explore their current daily health routine.



The teacher may introduce the five food groups so students can begin to connect their daily eating to the recommended servings.



The teacher may review the concepts of healthy habits so that students can begin to evaluate elements of their own health plan.



The teacher may review healthy choices and habits so students can use critical thinking skills that focus on healthy fuel choices for daily physical activity demands.



Students will design a game that demonstrates knowledge of the cause and effect relationship of healthy habits such as food, water, sleep and exercise. Students will transform into their most powerful self as they move through the levels of the game. Throughout the development of their game they will be creating an instructional manual that illustrates examples of the healthy habits. (e.g. could be a poster, could be cards, could be book form/pamphlet).

https://www.eduplace.com/graphicorganizer/pdf/flow.pdf (Graphic organizer idea for showing flow of your game)

https://www.eduplace.com/graphicorganizer/pdf/cluster.pdf (Graphic organizer for specifics like energizers, depleters, etc.)

This unit was authored by a team of Colorado educators. The unit is intended to support teachers, schools, and districts as they make their own local decisions around the best instructional plans and practices for all students. To see the entire instructional unit sample with possible learning experiences, resources, differentiation, and assessments visit http://www.cde.state.co.us/standardsandinstruction/instructionalunitsamples.