Names:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_\_\_\_



Dear students,

**Why do we need to do this Project?**

Statistics show that low-income areas in Los Angeles are at higher risk for preventable diseases linked to unhealthy eating habits and low physical activity. **This is not ok**. These diseases have affected a lot of people in our community and families already. We have to **do something** about this! We need to investigate and address these issues to the larger South LA community.

How can we **spread awareness** to others and **save our community** from living unhealthy lives? In this project, we will approach a large problem in our community—the need for better health through nutrition and fitness.

 Let’s work together to **change** peoples lives for the better.

**If you don’t do something, who will?**

Sincerely,

Ms. Gutierrez and Mr. Zarate

Names:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_\_\_\_

Students Saving the South Los Angeles Community:

**PROJECT REQUIREMENTS**

**PART 1 Assign Group Roles and Pick a Disease or Condition:**

Choose From these common diseases in the community:

* + Coronary Heart Disease
	+ High Blood Pressure
	+ Diabetes
	+ Cancer
	+ Asthma
	+ Osteoporosis
	+ Obesity

**PART 2 Creating the Nutrition & Fitness Expo—**

* **POSTER, GOOGLE PRESENTATION, or Boucher DUE Friday, May 22, 2015.**

With your group, you will prepare a **mini exhibit** of your research to an audience at a **Nutrition & Fitness Expo** to inform the community of these “deadly diseases.” Ask yourself this question: What is the most interesting way to tell someone else about this disease in South LA, how it affects the body, and how to prevent it?

Prepare for the Nutrition & Fitness Expo by creating the following:

* 8th Grade: Tri-fold Poster
* 7th Grade: Presentation
* 6th Grade: Pamphlet/Brochure
* **Optional:** Interactive activity for visitors (creating a brochure and passing them out healthy cooking tips, exercise routines, etc).

You will receive some class time to work on the project. Your group project will be evaluated by you, your family, and if

possible, the local health professionals using a Project Rubric.

**Family and Community Nutrition & Fitness Expo at O’ Donovan Middle Academy:**

* **May 27th , 2015 During School Hours**

We will be inviting parents, community members, doctors and other health professionals from local clinics.

Participating students will **receive free dress**. We also have plans to take photos and video record the exhibition to be release for public viewing on the world wide web.

**Extra Credit Opportunities**

You have several opportunities to receive extra credit through this project:

* **Recruiting** a local doctor, nurse, or health/fitness professional to come help with the projects in class, volunteer to speak to the class about health, fitness and/ or volunteer to be a judge at the health fair
* **Inviting other people to attend the community health fair** by passing out flyers or advertising via Email/ social networking sites. Proof must be presented to the teacher to receive credit.
* **Visiting a local health clinic or organization** to help in your research.
* **Creating a Flyer/ brochure** to promote the Nutrition & Fitness Expo
* **Help set up the Health Fair! (On April 29th , 2015!)**

**PROJECT CALENDAR**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | **WED** | **THURS** | **FRI- May** | **SAT** |
|  |  |  | **29****PBL Introduction** | **30****Create PBL Groups** | **1****Create PBL Groups** | **2** |
| **3** | **4****Park** | **5****Park** | **6****Work on PBL** | **7****Work on PBL** | **8****Work on PBL** | **9** |
| **10** | **11****Park** | **12****Park** | **13****Work on PBL** | **14****Work on PBL** | **15****Work on PBL** | **16** |
| **17** | **18****Park** | **19****Park** | **20****Work on PBL** | **21****Work on PBL** | **22****Work on PBL** | **23** |
| **24** | **25****No School** | **26****Return for Holiday Schedule** | **27****Present PBL** | **28** | **29** | **30** |
| **31** |  |  |  |  |  |  |