

Your Mission...

Your mission over the next 12 weeks is to use all the Super Hero Learning skills to show that you are an outstanding Learner:

1) Who can pose intelligent questions and find the answers

2) Who can work as a member of a team

3) Who stays positive under pressure

4) Who plans and prepares to prevent mistakes

5) Who can spot their own mistakes and change their plans

6) Who thinks creatively!



Your Task ...

Over the next 12 weeks you will have 3 sections to complete:

Section 1 : How healthy are the people of the world?

Every task that is included in this section you have to do on paper and then insert into your folder

Section 2: How healthy are you?

Every task that is included in this section you have to do on paper and then insert into your folder

Section 3: How can we persuade others to be healthy?

This section requires you to work on a computer, save your work onto your user area for retrieving when you do your presentations to your form.

Carefully read through each section you will be required to finish each section by the dates below.

Section	Date to be completed
Section 1 : How healthy are the people of the world	2 nd October
Section 2: How healthy are you?	29 th November
Section 3: How can we persuade others to be healthy?	3 rd December
<u>Final Deadline</u>	<u>3rd December</u>

You have the Learning Advisors your tutors and all the teachers to help you.

Good luck...

Section 1

How Healthy are the Peoples of the World?

This section is your INTRODUCTION therefore you will need to gather information on how healthy the People of the World are.

There are many ways of finding out 'How Healthy' the people of the World are.

For example, the longer people in a country live, the healthier they may be. Healthy people live longer!

Task 1

Your first task is really easy, but will require a bit of thought. First of all you will need to copy a map of the world. This could be from the www or photocopied from a book or even hand drawn. It's up to you.

Now you will need to find pictures from magazines and/or the www of healthy and unhealthy people.

Finally you have to glue on your pictures of healthy or unhealthy people to the correct part of the world. So if you have a picture of an obese American you will glue it onto the USA. Simple eh?

Give your annotated map a good title and keep it safe.



Captain Creative looks really healthy, he comes from the USA.

So where would you glue him on?



Task 2

You will need to create a 'league table of health'. To do this you will first need to collect a range of data on countries from around the world. The countries you need to find out about are...

- **Great Britain**
- **USA**
- **Japan**
- **Portugal**
- **Austria**
- **Ivory Coast**
- **South Africa**
- **Brazil**
- **Argentina**
- **Kenya**

Some of these countries are More Economically Developed Countries (MEDC), like ours! Some of them may be Less Economically Developed Countries (LEDC) and at least one of them is a Newly Industrialising Country (NIC).

Use the chart on the next page to help gather your data on these countries. Good luck!



You will need to be a Dedicated Detective for this task!!!

Task 3

For this task you will need to create a set of 'Top Trumps' playing cards.

Below is a list of Sports Stars/Celebrities. You need to create a card for each one of them. (one has been done for you)

- | | | |
|-----|--------------------------|-----------------------|
| 1. | Cheryl Cole | - UK |
| 2. | Usain Bolt | - Jamaica |
| 3. | Danny Cipriani | - South Africa |
| 4. | Gary Hooper | - UK |
| 5. | Vincere Delmorì | - Japan |
| 6. | Kaka | - Brazil |
| 7. | Drogba | - Ivory Coast |
| 8. | Messi | - Argentina |
| 9. | Schwarzenegger | - Austria |
| 10. | Lewis Hamilton | - UK |
| 11. | Megan Fox | - USA |
| 12. | Anita M | - Kenya |
| 13. | Katie Price | - UK |
| 14. | Paula Radcliffe | - UK |
| 15. | Ronnie O'Sullivan | - UK |

Remember, to create your 'Top Trumps' cards you will need to use data from Task 2

Of course, if you wish, you may create more cards than suggested. But if you do, you must be sure all your data is accurate!!



Name	Cheryl Cole
Country	UK
GDP	\$20,000
Life Expectancy	76 years
Adult Literacy	99%

Task 4

Finally, you will find a DELPE assessment sheet in your pack.

This DELPE will tell your teachers how much you have learnt from Section 1. You need to complete all the parts of the DELPE as fully as possible, and remember to use the DELPE mats to help you.

This DELPE will be the assessment task for Section one so PLEASE take your time and complete it to the best of your ability.

Section 1 finished!!! Hooray!

Good Luck with the rest of this ILP





Section 2



How healthy are you?

In this section you have to present your findings on how healthy you are, how healthy your friend is and how healthy an elite performer/celebrity is. You must analyse your findings and present your findings in the form of graphs and charts. You must answer the following questions:

- 1. What are the seven factors of a balanced diet?**
- 2. Produce a poster/booklet/wall display of the seven different factors and the foods they are found in.**
- 3. Use the Diet Top trump cards and play in form time.**
- 4. Record over a period of a week what you eat for breakfast, lunch, dinner and snacks.**
- 5. Using your knowledge and data from questions one and two, produce a tally chart of the seven factors of a balanced diet (use weekly diet sheet 1).**
- 6. Compare your seven factors tally intake with your friend's intake (use the comparison sheet 2).**
- 7. Using a sports star/celebrity from Section 1, investigate their dietary requirements for their chosen sport/lifestyle.**

TOP TIPS

- 1. Using your Debden park user area, connect to Birchfield lesson kit. Once logged on click onto diet and hygiene 14-16 and use the information provided to help with your learning.**
- 2. To fully understand what foods contain what factors of a balance diet, Google the key words: Carbohydrates, Fibre, Vitamins, Protein, Minerals, Water and Fats.**
- 3. In order to record you intake of food use the data in shared area ILP's Y&**

Section 3



Persuade others to live a healthy lifestyle

How can we persuade the school, the country or the world to live a healthy life style?

In this section you will lay out your vision to encourage others to live a healthy life style. You will be working in groups of 4 (2 pairs from the last section) to create an advert campaign which will include a TV advert and a poster that will encourage others to live a healthy lifestyle.

You must answer before starting your advert campaign.

- 1) Who will your audience be for the advert?
- 2) What is the purpose of the advert?
- 3) What software will you use to create an advert?

The Movie (Work in pairs)

Your movie should be no longer than 3 minutes and **MUST** include still pictures, transition effects, titles, credits and a sound track. There are some sound files in student resources for you to use - ICT\Madam Calder\Year 8\Movie Project\Music

The Poster (Work in pairs)

Your poster must be on A3 paper and **MUST** include information from section 1 and 2 that persuade others to improve their lifestyles.

On the next page - brainstorm your ideas.



TV advert Brainstorm



**Use the storyboard below to help you plan your TV advert .
Include the type of pictures, transition effects, titles, credits
and a sound track that you will use. You can add more scenes if
you need to.**

Titles and credits	Transition from title	Scene 1	Transition
Scene 2	Transition	Scene 3	Transition to credits

Present the movie and the advert to the class.