Sample
UNIT PLAN GUIDE
Health and Wellness

Enduring Understandings

Students will understand that…

- Health depends on many factors, including our diet, culture and lifestyle.
  Health is a combination of mind, body, and spirit.
- Health practices and perspectives vary across cultures.
  Healthcare systems vary between countries.
- Sociopolitical, media and environmental factors can play a role in healthcare.
  Effective communication skills enhance overall wellness and reduce health risks.

Essential Questions

- What is good health?
  - To what extent does our culture and lifestyle influence our diet?
    - How do I stay healthy?
  - How does the media affect our health and lifestyle?
    - To what extent does culture inform our health and wellness practices?
  - How is the individual responsible for their own health and wellbeing?
    - What factors influence health-related behaviors and decisions?
  - How do we talk about our health with others in my family and community?
    - To what extent does family play a role in shaping our values and beliefs?
    - What role or purpose does spirituality serve in a culture?

Context or Scenario:

The Good Life! channel is looking for episode content with a focus on healthy lifestyles.

PASS Can-Do Statements

I can categorize meals as healthy or not.
I can decide which meals are best for different diets.
I can identify a diet for a diabetic person.
I can compare school food choices in the US and the target language country.
I can present my findings on meal choices in my community.

Intercultural Transfer Targets

I can write and speak about healthy food choices for stores in my community.
I can compare food and lifestyle initiatives from different cultures in the media.
I can identify some common lifestyle habits in other cultures.
I can compare food shopping in a target language community with my own experience.
I can create a multimedia presentation on healthy lifestyle choices from various countries.

Eddy, 2008, 2014. WLP. All rights reserved.