

**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.