

11th Grade Integrated Curriculum Project Project *HEAL Zone

**Healthy Eating and Active Living: A joint venture
with Long Beach Department of Health and Human
Services, LBUSD, and the AIMS Academy*



OBJECTIVE:

In groups of 4-5 members through Ms. Baskin/Schafer's classes, you will be forming a group dedicated to educating people in our Jordan community, to make informed decisions about healthy choices. Part of the culture at the turn of the 20th century in America included the formation of foundations and agencies to protect the health of Americans. Organizations such as the U.S. Food and Drug Administration, the U.S. Department of Agriculture, World Health Organization and state agencies across America became active in protecting the health of millions of Americans. In addition, thousands of non-profit organizations have sprung up in the past century and once again, their mission has been to provide health-related information and services for a particular population.

For your junior project, you are going to choose an objective to research and create proposals to redirect healthy culture on campus and work with the Long Beach Department of Health and Human Services (LBDHHS) to educate and provide services to the Jordan Community. Throughout your Chemistry course you will be investigating the chemistry of agriculture, food, and systemic insecticides and their interactions with the human body. In your CTE course you will evaluate public health policy, statistics, and create action plans for your proposal topic. In your English course, you will learn how to use effective writing styles to complete your research, proposal and effectively communicate with your audience about healthy behaviors. Your research should lead you to both mental and physical health concerns and conclude with a solution to inform decisions on one of five (5) Project Outcomes: (1) Establish a Health Event at Houghton Park with the City of Long Beach (2) Establish a School Wellness Committee and Peer Assistance Group, (3) Increase the consumption of fruits & vegetables on campus, (4) Decrease consumption of products high in sodium, or (5) Increase the consumption of tap water on campus. The groups with the most developed proposals for their outcomes will be selected to receive funding from LBDHHS to put your proposal to action. The development of these five project outcomes will sustain the Healthy Eating and Active Living (HEAL) Zone on campus.

REQUIREMENTS:

You are starting this project early and it will extend over two semesters. One individual Research Proposal will be due at the end of first semester and the groups with the most developed proposals will expand their group, with those not selected for funding, to put their plan into action during second semester. You will be given ample class time to research, work with your groups, and produce most of the elements required by this integrated project. Whatever you do not accomplish during class-time must be completed outside class, so use your time wisely. Every Friday, when you finish your *icouldbe* work, use the rest of the time to work on your project.

**This document is available in Ms. Meade's locker and in the Google Classroom and will be updated periodically. Please do NOT waste paper printing this document. You will have ample class time in the computer lab and on ChromeBooks to do a lot of this work electronically.*

WORK PROCESS:

You are expected to keep a digital work log documenting your attendance and the work YOU complete for this project. There is a sample form in Ms. Meade's Google Classroom. More information will be available throughout the semester.

- Your work log (individual contributions to the project), your notes, bibliography citations, outline, and your Research Proposal will be submitted electronically on Turnitin.com and is an **individual grade (Semester 1)**.
- You must produce an action plan to detail the completion of the following items: *your proposal; your expanded Project Outcome; your presentation or activity planned for the Jordan Community; and your PSA promoting your Project Outcome*. The action plan, proposal, and presentation, and participation in events will be a **group grade (Semester 2)**.
- Everything will be collected and submitted electronically in the Google Classroom.

GROUP CONFIGURATIONS:

You will work in groups to maintain our sustainable HEAL Zone on campus and fulfill the Project Outcomes: (1) Establish a Health Event at Houghton Park with the City of Long Beach (2) Establish a School Wellness Committee and Peer Assistance Group, (3) Increase the consumption of fruits & vegetables on campus, (4) Decrease consumption of products high in sodium, or (5) Increase the consumption of tap water on campus. As an option you may assign tasks to your group members to effectively complete the objective.

RESEARCH PROPOSAL REPORT:

First Semester each person in the group will write a proposal-style research paper that will represent how your Project Outcome will be developed to successfully execute the Outcome. The paper will be broken into the following parts:

PROJECT DESCRIPTION

- **Project Outcome:** State the purpose of the individuals work clearly and succinctly, and describe the outcome of the group in relation to the prompt.
- **Project Background:** Provide the context for the groups work and the rationale for the proposal. The rationale may include:
 - A description of how the Standard American Diet (S.A.D.) impacts individuals in your community
 - The urgency or timeliness of the work
 - Demographics for those in your community who require improvements to their healthy choices
 - The need for awareness in your community, etc...
 - An explanation of the science (chemistry) related to your health issue and food policy that clearly relates to diet and/or exercise. Make sure you cover the causative agent and explanation of how it works to affect the health of humans (include drawings/photos of the causative agents)
 - A description of the availability of resources (ie. Diet/exercise plan) for those with this public health issue or need; include drawings/photos of the chemical molecule responsible for creating these public health issues. *See Ms. Meade for help on how this section applies to your group's topic.
 - Epidemiology: Current status of world-wide issues surrounding food culture, including information provided by, but not limited to, the World Health Organizations and the Center for Disease Control and Prevention (CDC) about efforts to prevent chronic disease by improving diet and physical activity in the community. This section of your research

paper should contain visuals, charts, graphs, etc... to illustrate statistical information about the impact and severity of the public health issue on individuals in your community and in America. Your “Jordan Community” statistical information will be data your group gathers by conducting a variety of surveys related to your topic/FOCUS.

- **Activities/Approaches:** Describe your groups approach to educating the public about healthy eating and active living (HEAL) choices and list some activities that you would sponsor. To the extent possible, link activities with specific objectives. Please list where, how, and when they will take place.
- **Audience/Stakeholders:** Describe the intended audience for this paper. If applicable, answer the following questions: Has the research been discussed with the intended audience or other stakeholders? Are there other audiences that might be interested in the results? Which stakeholders will need to be involved for the policy proposal to be effective?

PROJECT IMPACT

- **Desired Outcome:** If the project is successful, what will change? How will the project impact the target audience? How might it influence thinking or discussions about this public health issue? What action would you like the intended audience to take as a result?
- **Evaluation/Management:** Describe how you plan to measure the success of this project. Include surveys that will be conducted to measure your target audience’s knowledge/behaviors BEFORE your project begins and AFTER your project ends. Who has responsibility for tracking and reporting on results? Results should be available by the end date of the project.

RESOURCES

- You are expected to have a wide variety of resources from which you take your information and get ideas for the completion of your Proposal-style research paper and your group reports and presentation. Create a resources page with links to sites on your group’s flash drive. (*Use your individual lockers/google drive to store information and then make sure that it is placed on your group’s flash drive. We will educate you about formatting your flash drive.*) Keep your resources!

FORMATTING

- Follow APA, MLA, or Chicago format for researching, documenting, and writing your research paper. Use Purdue Owl for resources on writing an APA formatted paper: <https://owl.english.purdue.edu/owl/section/2/>
- For the Execution/Roll-out of your project, after funding confirmation, follow the links in the Increasing Community Awareness section for formatting and Action Plan Requirements.

A note about plagiarism—Remember, this is a serious offense that is punishable by expulsion from universities and colleges. We are trying to teach you that important lesson NOW before you pay a higher price later. Anything you copy down in your notes MUST be expressed in your own words or it is considered plagiarism. Also, anything that is not readily found in multiple sources i.e. encyclopedias; general information articles, etc... should be cited. Use www.bibme.org to help format your bibliography.

INCREASING COMMUNITY AWARENESS:

Second Semester: you will use the information you have written for your proposal-style research paper to create your event to promote an awareness campaign educating others about your class’ public health issue and its impact on the community. Please use the following resource links to help guide you through the project action plan development, execution, and closure process:

- [University of Illinois](http://www.bibme.org)

- [Carnegie Mellon University](#)
- [Cornell University](#)
- [University of Missouri](#)
- [University of Kansas](#) *This one has great “tools” for creating action plans*

To successfully plan and fulfill the Community Awareness portion of your group project (as a group) you will need to develop an Action Plan, Execute your project, and Evaluate the Outcome.

Finally, all members as a class/group are being asked to create a sustainable environmental change on campus dedicated to your public health issue of one of the five (5) Project Outcomes.

IMPORTANT INFORMATION:

This project is required in your core AIMS classes: Chemistry, Introduction to Health Occupations/Medical Terminology, English and US History. You will receive an overall grade, of all elements in each class. This could mean 100 + points in each of your classes!!!

Due Dates:

Proposal-Style Research Paper: January 10, 2017

Draft Action Plan: February 28, 2017

Action Plan Implementation Done By: April 28, 2017

Evaluation: May 2017

UNFORSEEN ISSUES:

These points will be added to your grade in all four of the core classes. You will be given the opportunity to negotiate the distribution of points among your group members based on the work that you do as a group. If you are having problems with any group members, log these problems in your work logs and bring it to our attention as soon as possible. Justify your actions with “evidence” such as written memos, attendance sheets, “write ups,” etc... Do NOT wait until the last minute to “fire” a group member and do not think that your whining constitutes “written evidence.”

NOTES:

Schafer Period 1/Baskin Period 2 Groups

Group 1	Group 2
Group 3	Group 4
Group 5	Group 6

Schafer Period 2/Baskin Period 1 Groups

Group 1	Group 2
Group 3	Group 4
Group 5	Group 6