**La Vida Saludable para los Jóvenes**

**Español 1 – Sra. Oke-Bello Proyecto del Capítulo 3B**

As a member of the Wake County Youth Advisory Council you have been concerned about the increase in obesity and diseases related to poor eating habits and a sedentary lifestyle. Members of the local government have been given the task of improving this situation in the community, but are concerned with the choices teens are making and do not know how to change these choices for the better. Through your research, you have realized that there is a need for teenagers to reach out to other teens about what constitutes a healthy lifestyle. You will create a poster or pamphlet, or other item that explains healthy lifestyle choices. You will create a sample meal plan and exercise plan for teens to follow.

This is a partner or individual project.

Checklist for project

\_\_\_1.Show 5 days of the week. Use seven days if you work for advanced.

\_\_\_2.Show and write three meals; breakfast, lunch, and dinner; and a snack (la merienda - advanced) for each day. Each meal must include at least two food items and a beverage.

\_\_\_3.Show and write a physical activity for each day. Use conjugated verbs other than *gustar.*

\_\_\_4.Write 5 sentences for each day including the foods and exercise listed. Include more information like where, when, with whom, why, how much, how often, descriptions, etc. Show off proficiency.

\_\_\_5.Include 2 pictures for each day.

\_\_\_6.Cite sources used for pictures and any other research if used.

\_\_\_7.Use colors. Make the images pleasing and effortful.

\_\_\_8.Be creative and make sure your poster or pamphlet or other presentation is neat.

\_\_\_9.Be prepared to present your findings to a member of the Health Council and to answer questions.

\_\_\_\_ 10. Use a cultural reference to the food or location or activity at least twice. Use three or more references for advanced.

\_\_\_11. Write your name(s) date, and class period on the back of your project. Hand your final product in in a folder with your name(s) on the outside.

\_\_\_12. Your project should be in Spanish.

**Due Date: Wednesday, April 18, 2018.**