**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, pamphlet, video, prezi, or Powerpoint that explains healthy lifestyle choices. You will create a sample meal plan and exercise plan for teens to follow for five days.

This is an individual or partner project.

Checklist for project

\_\_\_1.Show five days of the week. Use seven days if you work with a partner.

\_\_\_2.Show and write three meals; breakfast, lunch, and dinner; and a snack (la merienda) 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.

\_\_\_4.Write sentences using conjugated verbs for each day including the foods and exercise listed.

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

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

\_\_\_7.Use at least three colors.

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

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

\_\_\_10. Write your name(s) date, and class period on the back of your project in Spanish.

\_\_\_11. Your project should be in Spanish.

 **It is This project is worth 100 points.**