

PAI 2OF FSE

MAGAZINE ASSIGNMENT

20% of Grade



TASK: Using the Internet and class notes/lessons as a resource create a mini health magazine, which includes the following topics/pages

TITLE PAGE:

- Name your Magazine
- Include Subtitles which highlight what's Inside
- Picture(s)

PAGE 1

- Definition of Obesity
- Physical, Social & Emotional Effects of Obesity
- Causes/Factors that contribute to Childhood Obesity

PAGE 2

- Healthy Food Portions: why is it important to choose healthy portions?
- Give 5 examples of a serving using an everyday item e.g. Hockey puck= 1 serving of meat
- Explain/Outline the $\frac{1}{4}$ Plate Method of Meal Planning
- 5 Healthy snack choices with Pictures

PAGE 3 &4

- Choose a major muscle group (legs, abs, arms, chest, back) and outline and explain the technique for 5 exercises that work this muscle group
- Include pictures for each exercise

PAGE 5

- Dangers of Sun exposure and Tanning beds (4)
- Prevention of the harmful effects of UV Rays (5)

PAGE 6

- Diet Product Analysis
- Evaluation of a Fad Diet/Commercial diet program
- Answer the following questions about the Diet Product you have chosen:
 1. Describe in detail how the product works. (5mks)
 2. What does this diet claim to do? (2mks)
 3. Nutritional Adequacy: Do you receive all the basic nutrients when using this product? (3mks)
 4. What foods can you eat? What foods can't you eat? Include a breakdown of dietary restrictions (i.e. fats, proteins, carbohydrates/sugars). (3mks)
 5. What are the costs involved? (2mks)
 6. Time involved to achieve results? (1mk)
 7. Special foods/Supplements (2mks)
 8. Weight Loss promised and long-term success rate? (2mks)
 9. Does the diet promote or recommend exercise? How much? (2mks)
 10. Would you encourage others to use this diet? Why or Why not? (2mks)
 11. Add any other information you feel is important.