

UNIT 3 NATURAL SCIENCE PROJECT

CONGRATULATIONS! You are a finalist for the 2018 European Doctor of the Year Award! The annual European Child Doctor Office (ECDO) is in Rome and all finalists are presenting their ideas and projects at the conference. You are going to present your new proposal to be a healthy person!

First Part

You have the option to either draw or make a NEW health proposal. Be creative with materials and your presentation.

You can use a poster or a Powerpoint presentation you make.

Second Part

You will present your Health Proposal to the class. In the presentation you need to discuss:

- A healthy menu for one day including all the nutrients that are necessary for your body.
- A group of activities (**no more than 3**) for a healthy lifestyle and how often children should do them.
- The importance and frequency of going to the doctor for a checking-up (revision of the eyes, teeth, vaccinations, etc.). (**No more than 3 ideas**).

EXAMPLE

AN APPLE A DAY, KEEPS THE DOCTOR AWAY!

1. MENU

| BREAKFAST | AM SNACK | LUNCH | PM SNACK | DINNER |
|---|--------------------------------------|--|---------------------------|---|
| Glass of milk Toast with tomato and olive oil. Orange juice | Piece of fruit or some dried fruits. | Carrot cream Steak or fish with salad Rice pudding | Some yoghurt with muesli. | Fish soup Omelet A piece of fruit |

2. HEALTHY LIFESTYLE ACTIVITIES

You have this model but you have to BE CREATIVE and show YOUR OWN IDEAS

3. GOING TO THE DOCTOR

You can find several ideas about health, illnesses and prevention in this website:

<http://kidshealth.org/en/kids/going-to-dr.html>

THE DEADLINE WILL BE TUESDAY 11th DECEMBER, 2018. The presentations will start that same day.



IT'S COMPULSORY: IT'S AN INDIVIDUAL PROJECT AND EVERYBODY HAS TO PRESENT IT!