

Instructional Organizer for HIF1/20

Lesson #	Lesson Title	Essential Questions	Assessment FOR/AS	Learning Strategies
Lesson 1	Communication and Body Language	<ul style="list-style-type: none"> - What is communication? - What is the difference between verbal and non-verbal communication? - What is body language? - What is active and passive listening? - How can I become a better listener? - What are the different communication styles? 	<ul style="list-style-type: none"> - Drawing activity - Personal Dictionary - Discussion questions 	<ul style="list-style-type: none"> - Drawing activity - Vocabulary development - PowerPoint lesson and note-taking - Discussion questions
Lesson 2	Healthy Eating and Canada's Food Guide	<ul style="list-style-type: none"> - What does it mean to have a healthy diet? - What are nutrients? - What are macronutrients? - What are micronutrients? - What is Canada's Food Guide? - What are the recommendations outlined in Canada's Food Guide? 	<ul style="list-style-type: none"> - Minds-On Questions (Google Jamboard) - Connecting CFG to cultural foods 	<ul style="list-style-type: none"> - Minds-on questions on Google Jamboard - PowerPoint lesson and note-taking - Connecting CFG to own cultural foods - Planning a meal
Lesson 3	Decision Making	<ul style="list-style-type: none"> - How are decisions made? - What is the difference between a major decision and a minor decision? - What are the different types of decisions? - When should I use certain decision-making strategies? - What is the decision-making process? 	<ul style="list-style-type: none"> - "Remote Island" minds-on activity - "Thumbs Up-Thumbs Down" checks for understanding - Marshmallow Challenge 	<ul style="list-style-type: none"> - Timed activities to provide students an opportunity to make quick decisions - PowerPoint lesson and note-taking - Reflection
Safety Lesson	Online Safety	<ul style="list-style-type: none"> - What does it mean to be cybersecure? - Why is it important to protect personal information online? - Why is it dangerous to share personal information online? - How can I stay safe when I am online? - What should I do if I ever feel uncomfortable when I am online? 	<ul style="list-style-type: none"> - KWL Chart - Personal dictionary - Cloze exercise 	<ul style="list-style-type: none"> - KWL Chart - Vocabulary development - Self-assessment ("Cyber Secure Classmates" activity) - Listening activity (Cloze exercise) - Class discussions - Demonstrate knowledge through poster, comic, video

<p>Culminating Task (or summative assignment)</p>	<p>Survival Guide for Teens</p>	<p>A major part of adolescent development is learning interpersonal, decision-making, and practical skills that are related to daily life.</p> <p>What do you think is the most important for teens to know about</p> <ul style="list-style-type: none"> - Self and others? - Daily living skills - Exercising responsibility? <p>How can you connect these topics to life outside of school?</p>	<ul style="list-style-type: none"> - Create a product that displays important information other teens should know - Present information to the class - Create an activity/game to check classmates' understanding
--	---------------------------------	--	--