

# Team Brief™

**Health Science**  
*Health Communications*

Rotation 1, Interval 2  
Segment 2

---

*Attention captains! Have each member of your Suite Team read aloud one of the following paragraphs of the Healthy Living Challenge. Then, answer the questions together.*

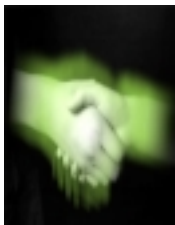
1. The Suite Team will be responsible for creating a document containing information about leading a healthy life.
2. Each Suite Team member should complete this “Team Brief” by working together at the team table. Keep your completed “Team Brief” in your student portfolio for reference while you are completing the team challenge during Interval 3.
3. You will complete a proposal including information you gather on this “Team Brief.” The proposal should include all items that address the Healthy Living document.
4. Members of the Suite Team will work together to address the challenge and your completed proposal will be presented during Interval 4.
5. Each Harbor will work on a different portion of the challenge as indicated in this “Team Brief.”
6. In preparation for your presentation and proposal, please read the team challenge and answer the following questions. You may also refer to any of the books in the Harbor libraries for additional information.

**Challenge:** *Healthy Living*

The high school administration has asked your Suite Team to prepare a document containing applicable health information for your fellow students. The document needs to include a sample daily meal plan that analyzes nutritional data and a sample weekly fitness plan for active, moderately active, and inactive high school students. You will need to make the document appealing yet very informative, as this will be made available to the students the first week of school.

**Questions:**

1. Create a 2,000-calorie meal plan for a one-day period for an average adolescent following the food guide pyramid requirements.
2. Determine how many meals/snacks will be included in your meal plan in order to meet everyone’s nutritional needs.
3. Predict long-term effects, positive and/or negative, on individuals who consume this food on a regular basis.
4. Compare the differences between saturated and unsaturated fats.



# Team Brief™

**Health Science**  
*Health Communications*

Rotation 1, Interval 2  
Segment 2

---

5. Determine whether or not the experiment for this challenge was conducted in a controlled environment.

6. Define the roles of each Harbor.

*Nutrition* Names:

---

---

Roles:

*Fitness Analysis* Names:

---

---

Roles:

*Health Communications* Names:

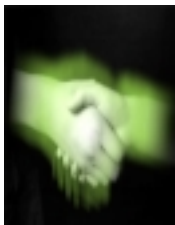
---

---

Roles:

7. List items that will be included in the final challenge documentation. Team captains are responsible for gathering all components of the challenge documentation from the other Harbors and preparing the presentation of the solution to the challenge. Review each Harbor's "Task List" while preparing the presentation.





# Team Brief™

**Health Science**  
*Health Communications*

Rotation 1, Interval 2  
Segment 2

---

14. Determine how long each group of students will exercise. How many days a week? How many repetitions of weights? How many days of cardiorespiratory exercise?

Active:

Moderately Active:

Inactive:

15. Predict long-term effects, positive and/or negative, on individuals who follow this fitness plan.