

Team Brief™

Health Science
Health Communications

Rotation 3, Interval 2
Segment 2

Attention captains! Have each member of your Suite Team read aloud one of the following paragraphs of the Work-site Health Consultants Challenge. Then answer the questions together.

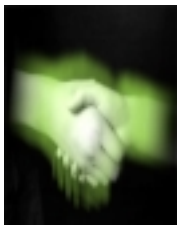
1. The Suite Team will be responsible for putting together a proposal for a work-site health plan.
2. Each Suite Team member should complete this “Team Brief” by working together at the team table. Keep your completed “Team Brief” in your student portfolio for reference while you are completing the team 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 work-site health plan.
4. You and your Suite Team will create drawings, construct a prototype, test the quality, and set specifications based upon customer expectations. 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 or reference.

Challenge: *Work-site Health Consultants*

Your Suite Team has been contracted to develop a work-site health program for the employees at Pitsco, Inc. This self-taught training program should include a dietary plan suggesting various high-energy, low-fat foods and an exercise program designed to increase energy levels. This package should also include various media elements that grasp the interest of the employees.

Questions:

1. Create a 2,200-calorie and 2,800-calorie meal plan for a one-day period for an average female and average male adult following the food guide pyramid requirements.
2. Determine how many meals/snacks will be included in your meal plan in order to meet nutritional needs.
3. Determine and list several high-energy, low-fat food choices for the individuals participating in the dietary plan.
4. Verify that the nutritional claims made, either through marketing or food labeling, were accurate on the high-energy, low-fat foods given.



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5. Predict long-term effects, positive and/or negative, on individuals who consume this food on a regular basis.

6. Define the roles of each Harbor.

Nutrition Names:

Roles:

Fitness Analysis Names:

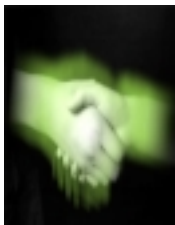
Roles:

Health Communications Names:

Roles:

7. Which form of media will best communicate the information?

8. Describe the layout of the final product. Include the sequence you will use when presenting the information.



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Inactive:

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