

Title: Industrialization and the Wellness Trend:

Subject Area/Grade Level/Instructional Focus:

10th grade World History; Benchmark A 348

Vocabulary:

World History vocabulary: *industrialization, urbanization, Laissez-faire, capitalism, Middle class growth, factory systems*

Wellness vocabulary: *carbohydrates, calcium, stress, sodium, food labels, exercise, caffeine*

Materials/Resources/Graphic Organizer:

PowerPoint Presentation, video clips, Y Chart to compare wellness then and now, timeline

Instruction Type(s):

Guided Instruction on the vocabulary terms, on the background of this time period, and on the wellness trends

Independent/Collaborative Practice on labeling a timeline for growing or decreasing trends in wellness and a Y Chart to compare wellness from then to now.

Components:

- Students will develop an understanding of the Industrial Age and how this affected a change in the way people ate and got exercise.
- Students will develop an understanding of the vocabulary from this time period and the reason of significance.
- Students will develop an understanding of basic wellness vocabulary and how this applies to them.
- Students will develop an understanding of how the trends of wellness have changed from the industrial age to present.