

# HEALTH AND WELLNESS

## Abstract Information

1. Two abstracts are required and are due during class on the dates given on the class schedule. Must be current. (2002 and up)
2. **First Topic: "Fad Diets"**  
The class will be given a list of diets to choose one fad diet from to research and discuss its pros and cons.  
  
**Second Topic: "Environmental Health"**  
Research a specific environmental health issue and discuss it.
3. Abstracts should be handwritten on the front and/or back of a 5 X 8 index card(s). The first two lines should contain your name, the article title, the resource, listing the author, the name of resource, the volume (if applicable), and page numbers, or the complete Internet source.
4. Be prepared to discuss your abstracts in class.
5. Abstracts make up 100 (50/50) points of your grade and count as a major exam grade. It will not be added in until the end of the semester.
6. Abstracts will be accepted on or before their due dates but not after without point reduction (half of the grade).

**NOTE: An abstract is a summary of what was read of the article.**

# Abstract Presentation Rubric

Your Name: \_\_\_\_\_

Topic : \_\_\_\_\_

## Abstract Rubric

Oral Presentation Rubric	Possible Points	Self-Assessment	Teacher Assessment
Provided depth in coverage of topic.	10		
Presentation was well planned and coherent.	10		
Article handwritten on the front and/or back of a 5 X 8 index card	10		
Was the article current?	10		
First two lines contain name, article title, the resource, listing the author, the name of resource, the volume (if applicable), and page numbers, or the complete Internet source	10		
<b>Total Possible Points</b>	<b>50</b>		

Rate each category according to the following scale:

**9-10 = excellent**

**7-8 = very good**

**5-6 = good**

**3-4 = satisfactory**

**1-2 = poor**

**0 = unsatisfactory**