

# Healthy Habits

Spreadsheets are powerful organizational tools that allow the user to manage and understand large amounts of data. In this lesson, students will conduct a survey, create a spreadsheet, and input data into the spreadsheet in order to analyze results.



Grade Level: 6-8 | Length of Lesson: 90 minutes

On the day prior to this lesson, provide class(es) with the Healthy Habits: Survey. Make copies of the student responses in packet form and provide one packet to each group of students participating in this lesson.

## Warm-up

Make sure students have completed the EasyTech Using Spreadsheets: Parts and Navigation.

Explain to students that many people work with data to help them make decisions or better understand something. When gathering or filtering information to analyze or make decisions, it's important to be organized. Spreadsheets are an effective tool to use to stay organized and ensure that all relevant information is considered.

Distribute index cards or scratch pieces of paper and ask students to respond to this prompt:

**Give an example or reason that data would be important to the following people.**

1. A coach
2. A doctor
3. A teacher
4. A student
5. The CEO of a company

Facilitate a class discussion, asking students to share their ideas/examples and provide additional examples as needed. Ask students to spend time thinking of reasons why organization is an important aspect of keeping track of data. Have students share ideas and discuss as a class. Explain to students that when working with large amounts of data, it's helpful to organize information in order to effectively use it and make sense of it.

## Activity

Students will analyze results of a survey regarding healthy habits. They will use a spreadsheet to organize information in a way that data is easily understood and able to be interpreted.

In small groups (2 to 3 students), instruct students to spend 10 to 15 minutes analyzing the results from yesterday's survey using the Healthy Habits: Graphic Organizer. Ask students to take notes in the reaction column on any trends or surprising observations that they notice.

Using a spreadsheet program, have groups set up spreadsheet rows/columns. Monitor student comprehension/understanding and provide assistance as needed. The teacher must approve spreadsheet framework prior to students inputting data into their spreadsheets.

Once the spreadsheet rows/columns have been approved, instruct students to input the data results into their spreadsheets. Ask students to make adjustments to their spreadsheets as needed (adjust row/column size, add or delete rows/columns, colorcode rows/columns, etc.). Students will present their spreadsheets to the class.

## Wrap-up

- Each student will complete the Healthy Habits: Project Reflection, drawing conclusions about the data gathered and the effectiveness of organizing the information. They will submit this through the student response template.
- Healthy Habits: Scoring Guide

## Extension

- Have students create a poster that gives information on healthy habits.
- Have students create a presentation for younger students to teach them about healthy habits.
- Have students create a list of survey topics then conduct a survey from their list or from topics related to campus needs to generate additional spreadsheets.

## Primary Objectives

- Students determine appropriate format for organizing data.
- Students arrange spreadsheet rows and columns to match data set.
- Students draw conclusions from data set.
- Students organize, manage, sort, and share data.
- Students demonstrate how to modify existing spreadsheet to accommodate updates to data set (e.g., adding, deleting, adjusting rows/columns).

## Primary Objectives

**When working with data, spreadsheets are powerful tools that enable a viewer to make sense of large amounts of information. Take some time with your partner or group to analyze yesterday's survey results using the Healthy Habits: Graphic Organizer.**

Using a spreadsheet program, work as a group to decide how to best set up the spreadsheet framework to make sense of the data collected. You will need to think about how to best set up headings for the rows and columns and how to best display the information. Have your teacher approve the framework prior to inputting data.

Once the spreadsheet framework has been approved, input your data into the spreadsheet cells. As a group, determine how to make adjustments to row/column sizing, headings, and color/design as needed. Each group will present its spreadsheet to the class.

After the classroom presentation of your spreadsheet, the group leader will submit the final spreadsheet for grading. Each group member will independently complete the HealthyHabits: Project Reflection. Be sure to list all of your group members.

# Healthy Habits Survey

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

Grade: \_\_\_\_\_

1. How many mornings each week do you eat breakfast?
2. How many servings of fruit do you typically eat in a day?
3. How many servings of vegetables do you typically eat in a day?
4. How many fast food meals do you typically eat in one month?
5. How many minutes do you typically spend being physically active in a day?

# Graphic Organizer

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

Grade: \_\_\_\_\_

|  | Fewer than four times | More than four times | Reaction |
|--|-----------------------|----------------------|----------|
| <b>Times breakfast is eaten per week</b> |                       |                      |          |

|                                  | Fewer than three servings | More than three servings | Reaction |
|----------------------------------|---------------------------|--------------------------|----------|
| <b>Servings of fruit per day</b> |                           |                          |          |

|                                       | Fewer than three servings | More than three servings | Reaction |
|---------------------------------------|---------------------------|--------------------------|----------|
| <b>Servings of vegetables per day</b> |                           |                          |          |

|  | Fewer than five times | 5-10 times | More than 10 times | Reaction |
|--|-----------------------|------------|--------------------|----------|
| <b>Fast food meals eaten per month</b> |                       |            |                    |          |

|   | Fewer than 30 minutes | More than 30 minutes | Reaction |
|---|-----------------------|----------------------|----------|
| <b>Minutes per day of physical activity</b> |                       |                      |          |



# Healthy Habits Scoring Guide

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

Grade: \_\_\_\_\_

|                          | 3   | 2   | 1   |
|--------------------------|---|---|---|
| Spreadsheet Organization | Spreadsheet framework is arranged to correctly organize survey results in columns/rows. Data can clearly be read and understood.                  | Spreadsheet framework displays organizational aspects, but is lacking in one or more areas.                             | Spreadsheet framework shows little to no organization. Data is difficult to interpret.                      |
| Spreadsheet Content      | Spreadsheet contains accurate data. All cells are filled correctly.   | Spreadsheet contains 1–3 errors or has blank cells.   | Spreadsheet contains more than three errors or is less than half complete.                                  |
| Visual Appeal            | Spreadsheet is visually appealing, with appropriate row/column sizing. Use of color, text, and spacing contributes to the appearance of the data. | Spreadsheet contains visual aspects discussed in lesson, but is lacking in one or more areas.                           | Spreadsheet contains no visual aspects that enhance the visual appeal of the data.                          |
| Participation            | Students worked cooperatively on their spreadsheet. Effort was evident in completing project.   | Students worked cooperatively on parts of the spreadsheet, but did not put forth full effort in completing the project. | Students did not work together on spreadsheet and put little to no effort toward completion of the project. |