	Instructor:	Mr. Hershey	
	Course:	Healthful Living	

Driving Question
What is the meaningful problem to be solved or question to be answered that frames the project?

How can we utilize Blue Zones to help with our longevity in our daily lives?

Authenticity & Sustained Inquiry
How does this project involve real-world context, tasks and tools, impact, or personal issues in the students' lives?

Health and longevity have always been major concerns to all, but this project allows students to look specifically at Blue Zones and identify the characteristics that contribute to the health of those living in Blue Zones. With this project, students can utilize their acquired knowledge and apply it to their own lives to make smart choices regarding their own health and factors that can contribute to their overall well-being.
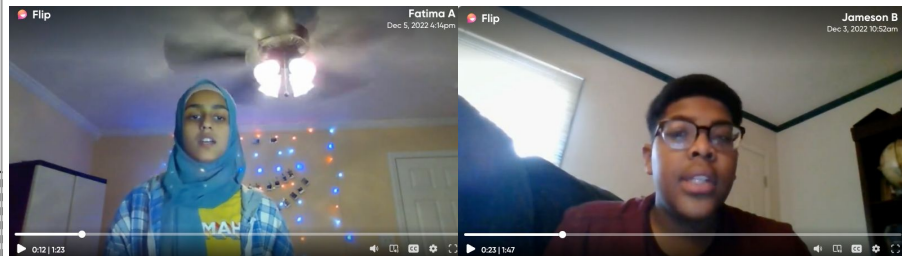
Public Products with Student Voice & Choice
What were some products students chose to make, and how did they share their products outside of the classroom?

Interested in seeing more past and current projects? Scan the QR Code to see!

Flipgrid Video with Reflection Piece

Teacher Reflection
Teachers reflect on the PBL process, the quality of student work, and any changes to make for future use.

"Overall, the quality of the students' products were good and what I expected. Going forward, I might have them design their own Raleigh-based Blue Zones and express them in a physical model. This should allow more creativity on the students' part, and they'll be able to actually construct them using a method of their choice."

Student Reflections
Students reflect on the learning, the effectiveness of their inquiry and project activities, and obstacles that arose and strategies for overcoming them.

💬"This project helped me gain the ability to focus on small goals in order to achieve my big end goal, rather than just looking at my end goal and not being able to finish it.

💬"This introduced me to blue zones and how physical and mental health is important."

💬"I became aware of taking better care of myself and making healthy lifestyle habits to help me in the future."

💬"It helped me be able to set smart goals."

💬"This program involved my personal life and ambitions, public speaking, and using video applications. It helped all around."

💬"I learned more about human health, and I was very inspired about how long the people were living. It makes me want to eat better and follow the life they live."

Noted Skills Gained

Decision Making	Editing	Project Management
Script Writing	Time Management	Flipgrid Usage