Child Development II

Unit 1 – Investigating Development Theories

Summative Assessment 1 – Areas of Development Case Study

“It's All Related”

Areas of Development Project

Outcome: Students will examine the characteristics of the intellectual, social, emotional, and physical developmental stages in elementary and middle school children and assess how these developmental stages are interrelated.

You are to read the following case study and assess how the intellectual, social, emotional, and physical areas of development influence each other. There are many affects of lack of exercise and consuming large portions of packaged foods high in calories and fast food meals. These physical aspects of development will probably influence a child's social, emotional, and intellectual development.

Using the areas of development chapters in your text book, examine the various issues involved in the case study. The text will expand and discuss in detail how these areas are interrelated. You are to take this information and apply the facts to the case study.

Research information concerning “My Plate” food requirements for the age group you have chosen. It will also be beneficial to search for additional information concerning nutrition, exercise, and healthy life choices for children. Document all resources.

Read the rubric carefully to ensure you are completing the assignment thoroughly.

Case Study:

Ellie is in middle school. She lives with her biological parents, and an older sister, Lindsey. Her sister, is tall, thin, and exercises extensively. She is always talking about how many calories are in what she is eating and usually ends up not eating the food because of the calories. They have always been a close family, but her mom had to start working nights as a second job, so Ellie doesn't see her mom very much. Her dad is busy working and doing the things her mom used to do. They have to be careful how much money they spend and her parents seem more stressed because of all of the changes. Most of their meals are packaged foods and they seldom have fruits and vegetables. When Ellie is hungry at night she snacks on soda, chips, cookies or whatever is in the house.

Ellie has enjoyed school until recently. Some of the other girls tease her about her size. She thought she looked fine until they started saying things. Now she is thinking she doesn't look as good as the other girls. Sometimes all she can think about are the things they say to her.

After school she usually goes home and watches television or plays video games. She does have a few friends and enjoys going places with them. On the weekends, they spend time at each other's houses, watch movies together and often have soda, pizza and other snacks. She isn't involved in any team sports because she doesn't feel like she is good at them, but she thinks it would be fun.

Assignment:

You are her older sister, Lindsey. Because your parents are busy adjusting to the changes in their lives, you are feeling responsibility for Ellie. You decide to write a plan that will help Ellie with the issues in her life.

Research the chapters in your text regarding specific needs, problems

I. List and explain 5-7 changes in Ellie's life that will improve her physical, intellectual, social, and emotional development. Number, name, and thoroughly explain each part of your plan and how it will benefit her areas of development.

II. Plan a three day menu for Ellie that includes all of the requirements from “My Plate”. Remember variety is important. List the foods and the amounts.

Complete the chart using the information you have researched and determine how the different areas of development are related. What are some changes that would be beneficial for Ellie? Additional paper may be attached.

|  |  |
| --- | --- |
| Areas | How are these related and discuss the influences on the child |
| Physical Characteristics, Nutrition & Exercise |  |
| Puberty Changes |  |
| Social Issues |  |
| Emotional Issues |  |
| Intellectual and  Schooling |  |
| Family Adjustments |  |
| Special Interests and/or Sports |  |

Create a 3 day menu Ellie

Use the “My Plate” food guide to ensure she is receiving the correct amounts of foods in each category.

List the food and the quantity for each meal and/or snack.

Snacks are often necessary, but should come from the food guide pyramid and not include “empty calorie” foods that contain few nutrients.

Also, list various forms of exercise and/or sporting activities she participates in daily.

Remember, variety is important in food choices and exercise.

Each day this person should consume the following servings for each food group:

Grain \_\_\_\_\_\_\_\_\_\_\_

Vegetables \_\_\_\_\_\_\_\_\_\_\_

Fruits \_\_\_\_\_\_\_\_\_\_\_

Meat/Protein \_\_\_\_\_\_\_\_\_\_\_

Dairy \_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
|  | Day 1 | Day 2 | Day 3 |
| Breakfast |  |  |  |
| Lunch |  |  |  |
| Snack |  |  |  |
| Dinner |  |  |  |
| Snack |  |  |  |
| Exercise |  |  |  |