Evaluation

 The purpose of evaluation strategy is to make valuable judgment for strategies and curriculum in order to get valuable outcomes for better education. There are many ways that teachers can use to evaluate the health and wellness curriculum. There are formative and summative evaluations teachers can use to assess the unit and students’ level of understanding. Because the increasing of diseases in early school ages like obesity and the misconception about health, teachers should apply this curriculum by using different strategies that could help students to correct their understanding of health and wellness. Using different effective activities is a better way to attract students’ attention and develop their understanding of this unit to improve their knowledge. However, it is important to measure these activities in order to provide best teaching methods.

 Moreover, while students are doing activities in the classroom, teachers can use formative assessment to measure how much students learned, and determine the weaknesses aspects. For example, in the beginning of the class teachers can ask about the previous lesson to measure the understanding of learners. For example, to help students in second grade understand the amount of food they need for each meal, according to Webb and Rule (2014), they explained their experiment of applying this activity in the classroom “My Plate diagram” (p. 25), which I found this activity will help students to understand the lesson better. In this activity, I will give the students a printout plate to fill it based on what they learned in the food pyramid. Each plate contains of five groups of food, and each group has different colors, which will help students to match colors with appropriate food to fill their plate. Then, students can share their ideas together in the classroom. As a teacher, I will observe how students are doing in this activity to make sure each students understand the lesson and to help other students who did not get the idea of this activity to be in the same level before moving on.

 Formative assessment is important for teachers and students because it keeps students on the right track, and helps teachers to improve the weaknesses before moving to the next lesson or unit. In addition, formative is a way to improve students’ knowledge and keeps individual needs in the same level by observing them and then provide useful feedback such as dividing them into groups and measuring their understanding based on their participation. The purpose of formative assessment is to help teachers provide appropriate activities or workshop to improve students’ understanding and thinking for each unit such as students giving their opinion about certain activities by raising their hands if they are interested. Also, it helps teachers observe students’ participation and make meaningful relations between what they learned and apply them in their daily lives. Then, teachers can measure the effectiveness of this unit to create a good environment for students to learn, and provide valuable information to the curriculum.

 Therefore, summative assessment is also important to show the result of the final picture of students’ understanding for the whole semester, and if strategies were efficient or not to modify the unit for better outcomes and meet students’ needs.

Reference

Webb, A. N., & Rule, A. C. (2014). Effects of teacher lesson introduction on second graders’ creativity in a Science/Literacy integrated unit on health and nutrition. *Early Childhood Education Journal, 42*(5), 351-360. Retrieved from <http://ezproxy.bgsu.edu:2298/static/pdf/440/art%253A10.1007%252Fs10643-013-0615-4.pdf?auth66=1422815631_1d379a90787817f391b9564c3c1044d0&ext=.pdf>