



# sustainability series

an education program  
of the environmental center *e*

**Subjects:** Health, Environmental Science  
**Grades:** 9th - 12th  
**Length:** Two 60-75 minute periods

**Focus:** Interrelationship between personal health and the environment

## LESSONS

Lesson One: Eco-Footprint

Lesson Two: Mapping Your Impact

## SUMMARY

Students will examine American lifestyle choices and their impact on global resources. Students will explore their eco-footprint as a means of measuring their personal resource use.

## STANDARDS

(Health Skills and Concepts Instruction aligned to the Oregon Health Education Standards)

- Describe how physical environments affect health and wellbeing.
- Access resources at school or in the community that can help create a healthy environment.
- Identify ways to reduce pollution and harmful effects to health by using active modes of transportation.
- Set a personal goal to use alternative methods of active transportation.

*\*Summary and standards are for the overall series (both lessons).*

## BOOK THE SERIES

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