

Health Video

Step 1: Find a short video on a social media site (tik tok, instagram, youtube, ect) about health.

Put a link to the video here: _____

Step 2: Research the video/ its topic and answer the questions below.

- Is the video information accurate? Explain why or why not.
- What is the video promoting? What action does it want from its viewer?
- Are these actions accurate/healthy? Explain why or why not?
- Who is the target audience?
- Cite your sources (just URLs for this assignment)

Step 3: Make your own video based on your research about the same topic as the original video with the same target audience.

Put a link to your video here: _____

Step 4: Turn in this assignment onto Moodle