

# TCM Organ Poster Assignment

## Traditional Chinese Medicine (TCM)

### Task

Choose **ONE major organ** from Traditional Chinese Medicine and create a **mini-poster** that teaches others about that organ and how to keep it healthy.

You may choose:

- Liver
- Heart
- Spleen/Stomach
- Lungs
- Kidneys

Your poster should be colorful, organized, and easy to understand.

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## Poster Requirements

Your poster must include:

### 1. Organ Function

Explain:

- What the organ does in TCM
- Why it is important

### 2. Emotion Connected to the Organ

Explain:

- The emotion linked to the organ
- How emotions may affect health

### **3. Symptoms of Imbalance**

Include at least **3 symptoms** that may happen when the organ is unhealthy.

### **4. Foods Connected to the Organ**

Include:

- Foods or flavors connected to the organ
- Examples of healthy foods for that organ

### **5. One Acupoint**

Include:

- Name of the acupoint
- Location on the body
- How it may help the body

### **6. Visuals**

Your poster should include:

- Pictures, diagrams, symbols, or color
  - Clear headings and neat organization
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## **Success Criteria**

- ✓ Accurate TCM information
  - ✓ Clear explanations
  - ✓ Good organization and design
  - ✓ Creative visuals
  - ✓ Proper spelling and grammar
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Poster paper or digital format (Canva, Google Slides, PowerPoint, etc.)

## Overall Expectations

**A2: Describe factors that affect personal health and well-being A3: Compare and contrast conventional and complementary therapies and their role in maintaining personal health**

Categories	Criteria	✓
Knowledge (5 marks)	Clearly explains the organ's function	<input type="checkbox"/>
	Includes correct emotion connected to the organ	<input type="checkbox"/>
	Includes at least 3 symptoms of imbalance	<input type="checkbox"/>
	Includes foods/flavors connected to the organ	<input type="checkbox"/>
	Includes one correct acupoint and its purpose	<input type="checkbox"/>
Thinking (5 marks)	Information shows understanding of TCM ideas	<input type="checkbox"/>
	Poster is well planned and organized	<input type="checkbox"/>
	Good choice of important information	<input type="checkbox"/>
	Connections between organ and health are clear	<input type="checkbox"/>

	<b>Student used class information appropriately</b>	<input type="checkbox"/>
<b>Application (5 marks)</b>	<b>Explains how to improve or maintain organ health</b>	<input type="checkbox"/>
	<b>Gives practical healthy food suggestions</b>	<input type="checkbox"/>
	<b>Connects emotions to health effects</b>	<input type="checkbox"/>
	<b>Explains how the acupoint may help the body</b>	<input type="checkbox"/>
	<b>Applies TCM ideas to everyday life habits</b>	<input type="checkbox"/>
<b>Communication &amp; Conversation (5 marks)</b>	<b>Student communicates ideas clearly</b>	<input type="checkbox"/>
	<b>Student speaks confidently and respectfully</b>	<input type="checkbox"/>
	<b>Student uses topic vocabulary correctly</b>	<input type="checkbox"/>
	<b>Student stays focused and on topic during conversation</b>	<input type="checkbox"/>
	<b>Student answers teacher/class questions with relevant details</b>	<input type="checkbox"/>