



DHHP-  
Physical Health  
Disease Prevention/  
Health Promotion  
Virginia

## Grade 10 Sample Lesson Plan: Healthy Day, the Teenage Way

### SOLs

- Explain the role of the environment, individual behavior, social norms, legislation, and policies in preventing chronic diseases.

### Objectives/Goals

- Through multiple video clips, students will analyze and discuss the different aspects that influence their dietary habits.

### Materials

- Healthy Day Packet Healthy Day Presentation

## Procedure

Step 1	<ul style="list-style-type: none"><li>● <b>Station 1</b></li><li>● <b>Bead Box Put the color of bead in the can that best describes your eating habits.</b></li><li>● <b>Red- “SuperSize Me”- The majority of my diet is high in sugar, fat, candy, chips, and empty calories like soda, sweetened tea, high sugar juices.</b></li><li>● <b>Black- “On the Junk Food Express” Most of the time I eat poorly, a lot of “fast food”, but occasionally get some fruits and veggies in my diet.</b></li><li>● <b>Orange- “Needs improvement.” Sometimes eat healthy and sometimes I don’t.</b></li><li>● <b>Green- “Pretty Good.” Eat limited amounts of simple sugars and fats, but overall, I eat pretty well.</b></li><li>● <b>Blue- “Super Healthy Diet” Follow all of th nutritional recommendations.</b></li></ul>	<p>You can make a bead box by getting an empty peanut can and slicing a whole in the lid. Then place the can in a shoe box and surround it will different colored beads. The student has privacy to select the answer that best describes their beliefs and/or actions. Send the bead box around and then tally the scores. It gives the class an anonymous way to do a norm assessment.</p>
Step 2	<ul style="list-style-type: none"><li>● Station 2</li><li>● Watch the <a href="#">commercial</a> and answer the questions</li></ul>	<p><b>Essential Question:</b> How do our dietary choices today and in the future impact our overall wellness?</p> <p>Commercial link <a href="https://www.youtube.com/watch?v=xUmp67YDIHY">https://www.youtube.com/watch?v=xUmp67YDIHY</a></p> <p>Commercial is a PSA of a man in his 30s brought in to the hospital having a heart attack. The film rewinds showing how he got to this point.</p>

Step 3	<ul style="list-style-type: none"> <li>● Station 3</li> <li>● Show the video <a href="#">King Curtis</a> and answer the questions</li> </ul>	<p>Video link:  <a href="https://www.youtube.com/watch?v=2T_obaO46Bo">https://www.youtube.com/watch?v=2T_obaO46Bo</a></p> <p>Video is a clip from the tv show, wife swap where families swap the mom's from two homes and they try to fix what is "broken" in the household. In this case, it is poor dietary choices. The video is illustrating that children's dietary habits are formed from their family.</p>
Step 4	<ul style="list-style-type: none"> <li>● Station 4</li> <li>● Show the video <a href="#">Freshman 15</a> and answer the questions.</li> </ul>	<p>Video link:  <a href="https://www.youtube.com/watch?v=qLkwR_hmWKM&amp;disable_polymer=true">https://www.youtube.com/watch?v=qLkwR_hmWKM&amp;disable_polymer=true</a></p> <p>The video is a spoof video about how teens are gaining an average 15 pounds their freshman year of college.</p>
Step 5	<ul style="list-style-type: none"> <li>● Station 5</li> <li>● Show the video <a href="#">Eddy's Coming to America</a> and answer the questions.</li> </ul>	<p>Video link:  <a href="https://www.youtube.com/watch?v=59III8A3J9w&amp;feature=youtu.be&amp;disable_polymer=true">https://www.youtube.com/watch?v=59III8A3J9w&amp;feature=youtu.be&amp;disable_polymer=true</a></p> <p>This video was a news report on an exchange student from Finland. It demonstrates how culture has an impact on our dietary choices.</p>
Step 6	<ul style="list-style-type: none"> <li>● Station 6</li> <li>● Show the video <a href="#">Heart Attack Grill</a> and answer the questions.</li> </ul>	<p>Video link:  <a href="https://www.youtube.com/watch?v=0VG5-JsWc1o&amp;feature=youtu.be&amp;disable_polymer=true">https://www.youtube.com/watch?v=0VG5-JsWc1o&amp;feature=youtu.be&amp;disable_polymer=true</a></p> <p>The video is about a restaurant in Arizona that calls itself the heart attack grill. They pride</p>

		themselves on the unhealthy nature of the food. This will illustrate what effect society has on our dietary choices.
Step 7	<ul style="list-style-type: none"><li>• Have a summary discussion about all of the different influences on a teen's dietary choices</li></ul>	

**References**

- Melanie Lynch, M.Ed. North Allegheny School District.

**Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.

# Station #1

Bead Box

**Put the color of bead in the can that best describes your eating habits.**

**Red**- "SuperSize Me"- The majority of my diet is high in sugar, fat, candy, chips, and empty calories like soda, sweetened tea, high sugar juices.

**Black**- "On the Junk Food Express" Most of the time i eat poorly, a lot of "fast food", but occasionally get some fruits and veggies in my diet.

**Orange**- "Needs improvement." Sometimes i eat healthy and sometimes i don't.

**Green**- "Pretty Good." Eat limited amounts of simple sugars and fats, but overall, i eat pretty well.

**Blue**- "Super Healthy Diet" Follow all of the nutritional recommendations.

**List 3 influences that determine a teenager's food choices.**

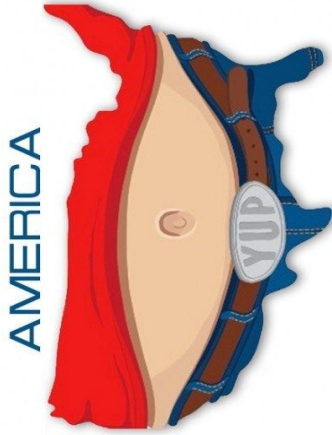
1. -----

2. -----

3. -----

## Station # 2

How did this happen?



Remember: it may not be your fault, but it will be your **PROBLEM!**

List 3 influences that determine a teenager's weight:?

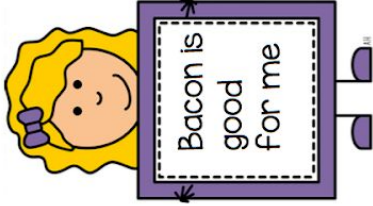
1. -----

2. -----

3. -----

# Station # 3

## King Curtis & His Bacon Meltdown:



1. What will happen to Curtis if he does not change his eating habits in the near future?
2. Do you think that if he were to eat healthy, he may have a better quality of life and be in a better overall mood?
3. How hard is it to change a bad-eating habit?

*Station # 4*

**The Freshman 15**



**List 5 reasons teens can gain weight in college?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**List 5 steps a student could take to create/maintain healthy health habits in college?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Station # 5

[Coming to America: Eddy's Story](#)

**(Only watch for 1 minute)**



1. What effect does culture have on our eating habits?

2. List some strategies a student could use to advocate for healthier school lunches.

# Station # 6

## Heart Attack Grill



1. List 3 negative health influences that this occur from this Restaurant.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

2. To the left is the complete menu at the Heart Attack Grill. Analyze the impact of such a selective menu for visitors.

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