



## SAMPLE LESSON PLANS

### Grade 6 – Health Promotion

#### Unit 2

#### **SOLs:**

6.3.D Analyze the influence of media on issues related to body image and weight management.  
6.3.K Recognize the persuasive tactics used by various types of media.

#### **Title: Media Smarts**

#### **Procedure:**

The Health Smart Virginia website provides PDFs of several lesson plans and activities to address the Grade 6 Media Smarts SOLs in the *Related Resources* listing under this lesson on the website. To directly access these on their source sites, click the links on the references below.

#### **References:**

- CA Media Smarts - Looking at Food Advertising - <http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
- CA Media Smarts –You’ve Gotta Have a Gimmick <http://mediasmarts.ca/lessonplan/youve-gotta-have-gimmick-lesson>
- CDC BAM Teacher’s Corner – Body Image Ad lesson
- CDC BAM Teacher’s Corner – If Those Dolls Were Real People
- Eat Fit – addresses media and body image <http://fsnep.ucdavis.edu/curriculum/youth-materials/youth-materials/ef/eatfit>
- Food Span – Marketing Lesson 11 - Johns Hopkins Center for a Livable Future- <http://foodspanlearning.org/>
- NYTimes- Thinking Critically About Ads: <http://learning.blogs.nytimes.com/2011/04/25/on-the-market-thinking-critically-about-advertising/?r=1>
- Girlshealth.gov- Having Body Image Issues <https://www.girlshealth.gov/feelings/bodyimage/index.html>
- Kids Health Media Literacy and Health Teacher’s Guide –

[https://classroom.kidshealth.org/classroom/6to8/personal/growing/media\\_literacy\\_health.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/growing/media_literacy_health.pdf)

- Mission Nutrition – Canada – Self Esteem Lessons -  
<http://www.missionnutrition.ca/eng/educators/6to8.html>
- Read, Write, Think – Advertisement Analysis  
[http://www.readwritethink.org/files/resources/lesson\\_images/lesson97/advert.pdf](http://www.readwritethink.org/files/resources/lesson_images/lesson97/advert.pdf)
- Scholastic - Middle School Healthy Body Image Lesson Plan  
<https://beta.scholastic.com/teachers/lesson-plans/teaching-content/body-image/>