



SAMPLE LESSON PLANS

Grade 7- Health Promotion

Unit 4

SOLs:

- 7.1.K Analyze how the school and community can affect personal health practices and behaviors, to include access to and availability of physical, emotional, and social health services; emergency response systems; health care products; and recreational and leisure opportunities.
- 7.2.G Evaluate the accuracy of claims about dietary supplements and popular diets.
- 7.2.N Explain the influence of personal and family values and beliefs on individual health practices and behaviors.
- 7.2.O Describe how peers influence healthy and unhealthy behaviors.
- 7.3.I Describe how family practices and customs promote positive health choices.
- 7.3.J Analyze the types of advertising techniques used to influence adolescent and family health practices and decisions.
- 7.3.K Evaluate the validity of information from different resources, and share findings with others.
- 7.3.M Demonstrate how to influence others to make positive health choices

Title: Media and Other Influences on Behavioral Influences

Objectives/ Goals: Students will assess the various influences (e.g., peers, family, media, society) on personal health behaviors

Procedure:

- The Health Smart Virginia website provides a bank of suggested lesson plans and activities to address these Grade 7 SOLs that address Media and Other Behavioral Influences in the *Related Resources* listing under this unit on the website. To directly access these on their source sites, click the links on the references below.

Assessment Ideas:

- Students apply what they have learned to develop a print/online/ radio public service campaign to convince peers and families to make positive health choices. Evaluate participation and presentations.

References:

- AHA – What or Who Influences Your Food Choices
https://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_314238.pdf
- Canada Media Smarts- Looking at Food Advertising Lesson
<http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
- Canada Media Smarts – You’ve Gotta Have a Gimmick Lesson
<http://mediasmarts.ca/lessonplan/youve-gotta-have-gimmick-lesson>
- CDC Lesson - Body Image Ad Decoder
https://www.cdc.gov/bam/teachers/documents/body_image_ad.pdf
- CDC Lesson – If These Dolls Were Real People
https://www.cdc.gov/bam/teachers/documents/body_image_dolls.pdf
- Food Span - Johns Hopkins Center for a Livable Future <http://foodspanlearning.org/>
- FoodSpan Lesson 12: Why We Eat What We Eat
<http://www.foodspanlearning.org/lesson-plans/unit-3-consumers-and-communities/index.html>
- FoodSpan Lesson 11 : Marketing <http://www.foodspanlearning.org/lesson-plans/unit-3-consumers-and-communities/index.html>
- Glencoe Online Learning Center - Unit 1, Lesson 4 - Analyzing Influences on Health
<http://www.warrenkyschools.org/userfiles/2798/Classes/16329/lesson04.pdf>
- How to Analyze an Advertisement <http://www.medialit.org/reading-room/how-analyze-advertisement>
- Kids Health Grade 6-8 Media Literacy and Health Teacher’s Guide
https://classroom.kidshealth.org/classroom/6to8/personal/growing/media_literacy_health.pdf
- Mission Nutrition: Self Esteem Lesson 3 – Media Awareness – Grades 6-8
<http://www.missionnutrition.ca/eng/educators/6to8.html>
- National Eating Disorder Association (NEDA) Coaches and Teacher Resources
<https://www.nationaleatingdisorders.org/educators-and-coaches>
- NIH Healthy Behaviors: Lesson 2 – Influences on Behavior
<https://science.education.nih.gov/supplements/nih7/healthy/guide/lesson2.html>
- Purdue Extension – Middle School Healthy Body Image Lesson Activity 2: Mixed Messages- Living in a Supersized World
<https://www.extension.purdue.edu/extmedia/cfs/cfs-736-w.pdf>
- Read Write Think – Advertisement Analysis
http://www.readwritethink.org/files/resources/lesson_images/lesson1140/AdvertisementAnalysis.pdf
- http://www.readwritethink.org/files/resources/lesson_images/lesson97/advert.pdf
- Read Write Think - Critical Media Literacy: Commercial Advertising
<http://www.readwritethink.org/classroom-resources/lesson-plans/critical-media-literacy-commercial-97.html>
- Read Write Think - Persuasive Techniques in Advertising
http://www.readwritethink.org/files/resources/lesson_images/lesson1166/PersuasiveTechniques.pdf

- Read Write Think – Analyzing Ads Persuasive Techniques
http://www.readwritethink.org/files/resources/lesson_images/lesson1166/AnalyzingAds.pdf
- Thinking Critically About Advertising- New York Times Lesson Plan
<https://learning.blogs.nytimes.com/2011/04/25/on-the-market-thinking-critically-about-advertising/?r=0>