



## Grade 9 Sample Lesson Plan: Healthy Decisions

### **Description**

Please see attached handout for a lesson submitted by a Virginia teacher

### **Handout**

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

## Healthy Lifestyle Advertisement

**Directions:** Create an advertisement (on a standard size sheet of paper) that is advertising a healthy lifestyle in a fun way. It should make someone walking past it WANT to stop and take a second look at it.

**Side 1 (front):** The advertisement- this is where you will hook the person and get them interested in what you are “selling.” You want them to want to know more about how to achieve this healthy lifestyle. This means you should have more pictures than words! You may choose to use a catchy phrase, a question or one big word to ‘hook’ the person, but not a paragraph about what a healthy lifestyle is. Use the selling techniques we talked about other companies using when we talked about quackery.

**Side 2 (back):** The information- provide a bulleted list of ways that the individual can become more nutritious and physically active. **Things that MUST be included:** five food groups (with at least 2 healthy examples of each), good and bad fats, five areas of health-related fitness (and 2 exercise examples of each), and timing of meals and how it effects your metabolism. You can also include what you’ve learned about sodium, water, portion sizes, calorie balancing, how long to be active daily, lifetime activities, or any other information that you feel a beginner in the nutrition world should know. **YOU WILL BE GRADED ON HOW ACCURATE AND DETAILED YOUR INFORMATION IS!**

	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>
<b>Visuals</b>	Front grabs your attention and uses color and pictures rather than many words, is clearly legible	Only uses color OR pictures – not both – or the color and pictures is not aesthetically appealing, but still grabs your attention	Only uses color OR pictures – not both/not aesthetically appealing and does not grab your attention	Fails to grab your attention due to lack of color/pictures or legibility	Minimal effort shown (pencil writings) with no color, and no visuals – no clear sales message	Does not have any visual representation
<b>Nutrition Specifics</b>	Covers ALL required topics in detail and goes beyond those topics to detail other information learned in nutrition	Covers ALL required topics (listed above) in detail but no other information	Covers most or all the required topics but lacks detail and/or does not include all required information	Lacks serious detail, but covers most of the required topics.	States only very general statements about having “good nutrition” – no detail/ not all topics covered	Does not give any nutrition information
<b>Physical Activity Specifics</b>	Covers ALL required topics in detail and goes beyond those topics to detail other information learned in fitness	Covers ALL required topics (listed above) in detail but no other information	Covers most or all the required topics but lacks detail and/or does not include all required information	Lacks serious detail, but covers most of the required topics.	States only very general statements about being physically active – no detail/ not all topics covered	Does not provide physical activity information
<b>Neatness and detail</b>	The project was done very neatly and shows extreme <b>attention to detail.</b>	The project either lacks some neatness or detail but overall good quality of work.	The project lacks substantial neatness or detail	The project is not neat or detail oriented	The project is hard to read at all, or has next to no detail as explained above	The project has no detail and is messy

Total Points: \_\_\_\_\_