

SAMPLE ACTIVITY PLAN

THE SKINNY ON FAST FOOD

WHERE TO EAT AFTER SCHOOL

CONTENT OBJECTIVES

Explore and explain relationships of nutrition, marketing, and culture

CONTENT TEACHING STRATEGY

Introduce Issues of health and nutrition.

Discuss Is it important for young people to eat better? Why? What's 'better'? Are there cultural differences about what counts as 'better'? What makes 'eating better' difficult after school? How can young people be encouraged to eat more healthy foods after school?

Do Prepare an awareness guide: Which places and what foods are healthier to eat after school?

In the whole group, brainstorm lists of what people eat after school, want to eat, have easy access to, etc. Divide into medium-sized groups. In each group, write each item on the list on a card. Ask groups to sort the cards into healthy and unhealthy. Have everyone walk around and look at the sorts. Are they the same or different? How did people decide which went where? Then sort by price, ease, taste preferences, etc., and share sorts. What are issues or problems in encouraging healthy eating? Create survey of places for getting food in the neighborhood—machines, stores, stands, and shops, homes, fast food places, etc.—identify what they offer, the proportion of healthy versus unhealthy, costs. Survey members of the group and others to see where they go and why. What do people want to know about the food they eat? Where can they find the information? Use libraries and Internet sites to get more information. Read or look at books like "Fast Food Nation." How can young people promote healthy eating for themselves and their friends? Continue to develop concept, and move toward young person's awareness guide.

NEED

Journals, research notebooks, cameras and tape recorders (as needed), computer access, cards.

COMPREHENSION CHECK & ASSESSMENT

Observe and note discussions around card sort activities, participation in survey development and doing survey, presentations, checklists.

What worked and didn't? _____

How to improve it? _____

