

Lesson Plan Title: Super Size Me

Subject area: Foods/Nutrition

Recommended course (s):

FACS I, Foods 1



Aligned to NASAFACS Standards:

Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span

Objectives:

Students will understand the effects of a fast food diet and how it affects their overall health.

Materials needed:

Super Size Me video

Discussion Questions

Resources:

Lesson Summary/Outline:

Students will watch "Super Size Me" and complete discussion questions. After video, students will watch the extra footage "Smoking Fry". Students will analyze their own diet and come up with a plan of action to change the way that they eat.

Motivator/Opening:

Have students recall what they ate the last time they went to McDonald's. Throughout the video, they will think about what they consumed during their last visit.

Activities:

Discussion questions can be used as a round table discussion guide to raise awareness of the dangers of fast food.

Assignments:

Students should make a plan stating how they can make better choices when they need to eat at a fast food establishment.

Evaluation:

Overall, students will form a better understanding of how fast food affects their health and the health of others.

Notes:

Great to show when McDonald's starts promotions like Monopoly. Their frequency to McDonald's seems to increase during promotions like this.

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