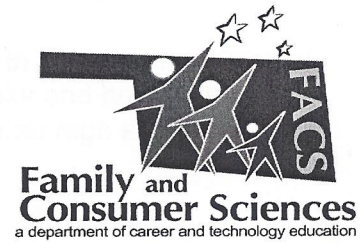


Lesson Plan Title: Changing Your Health

Subject area:

Recommended course (s):

FACS I



Aligned to NASAFACS Standards:

14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span (14.2.1, 14.2.2, 14.2.3)

Objectives:

Students reflect on factors related to maintaining a healthy weight while also determining what changes they could make.

Materials needed:

Paper
Pencil

Resources:

Visual of 10 lbs of fat and muscle
A clip from the Biggest Loser
Scales
BMI chart or computer access to figure

Lesson Summary/Outline:

- Opener with visuals of 20 lbs of fat and muscle (teacher wearing weight vest is ideal)
- Show clip from the TV show the Biggest Loser
- Class discussion of the eating habits of teens and how this affects future habits
- Students who choose weigh themselves, find % body fat and BMI for awareness
- Discuss meal and snack options available that fit in student schedules
- Student teams develop a day's worth of healthier meal options
- Give personal story or an example of someone they know making a lifestyle change
- Students discuss exercise options and create a weekly plan to meet their own needs
- Discuss a healthy competition among students or teachers that would bring better health and later implement.

Motivator/Opening:

The teacher shows an object that would equal 20 lbs of fat in volume and 20 lbs of muscle. Talk about the relationship of fat and muscle in looks and how both affect your overall health. Connect how easy it is to gain weight after high school.

Activities:

- Show a clip of relevant material from the Biggest Loser
- Those interested can weigh themselves with class scales and record
- Interested students can see % body fat on appropriate scale
- Student individually figure their BMI
- Discuss better meal and snack choices
- Consider a healthy competition for adults or students (posting results in hall to increase interest and awareness)

Assignments:

- Students come up with one day's worth of meal plan with calorie and carb counts.
- Students develop a feasible exercise plan that would fit their interests and lifestyle.

Evaluation:

Implementing all lesson elements depends on class size. Some information students already know but need reminded to help them get on track with a healthier lifestyle. Reporting new information is important to raising more awareness.

Notes:

I have a weight vest of 20lbs that is a great visual for students. I have them run down the hall wearing this to feel the strain. We also have implemented a "Biggest Loser" type program with 15 staff that is a great discussion topic on progress.

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