



## Teen PSA Lesson Plan – Health; ALSDE HE.1.6

<b>Grade Level:</b> 9 <sup>th</sup> -12 <sup>th</sup>	<b>Topic:</b> ALSDE HE.1.6 <b>Nutrition, healthy meal planning, and accessibility of healthy and unhealthy foods</b>
	<b>Content Area:</b> <b>Nutrition, healthy meal planning, and accessibility of healthy and unhealthy foods</b>
<b>Lesson Focus and Goals:</b> <ul style="list-style-type: none"> <li>• Students will be able to understand the importance of healthy nutritional practices.</li> <li>• Students will be able to identify factors that impact nutritional choices.</li> <li>• Students will be able to differentiate between healthy practices versus unhealthy practices.</li> </ul>	
<b>Resources: (Including Websites):</b>  <b>Resources regarding nutrition:</b> <a href="https://vimeo.com/showcase/11218138/video/898394535">https://vimeo.com/showcase/11218138/video/898394535</a>	
<b>Materials Needed:</b> <ul style="list-style-type: none"> <li>• Audio and visual equipment</li> <li>• Internet</li> </ul>	<b>Learning Objective:</b> <ul style="list-style-type: none"> <li>• Students will be able to differentiate between healthy and unhealthy habits, how to make good nutritional choices, and will obtain knowledge of how nutritional choices directly affect the quality of life.</li> </ul>
<b>Structure / Activity:</b> <ul style="list-style-type: none"> <li>• Show Teen PSA resources provided above.</li> <li>• Invite students to participate in a self-reflection regarding the resources given.</li> <li>• Discuss what they feel after viewing resources.</li> <li>• Discuss alternative solutions and activities to the resources shared.</li> <li>• Discuss decision making when it comes to nutrition and ask what they can do to improve their health and quality of life.</li> <li>• Discuss how they can help others make better nutritional choices.</li> </ul>	
<b>Assessment</b> <ul style="list-style-type: none"> <li>• Provide students with a writing prompt or class discussion about self-reflection, using the following or equivalent questions: <ul style="list-style-type: none"> <li>■ <b>what makes something healthy?</b></li> </ul> </li> </ul>	

- **What makes something unhealthy?**
- **When you think of nutrition, what comes to mind?**
- **What are examples of healthy nutritional choices?**
- **What are examples of unhealthy nutritional choices?**
- **What factors do you consider when deciding what you put into your body?**
- **How can you improve your quality of life through better nutritional practices?**
- **How can you influence others to make better nutritional choices?**