

Skinny on Fast Food (Sample Lesson)

Activity: The skinny on fast food: where to eat afterschool

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 afterschool? How can young people be encouraged to eat more healthy foods afterschool?

Project: 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 afterschool, 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, 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 the concept, and move toward young person's awareness.

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

Comprehension Check and Assessment: Observe and note discussions around card sort activities, participation in survey development and doing the survey, presentation, and checklists.

What worked and didn't?

How to improve it?

The following is a sample plan for a possible project using science and health activities as a basis for student learning. The sample planning notes were taken from the following afterschool resource:

After-School Style: A Notebook and Guide published by The Center for Afterschool Education, page 106. For more information visit their website at www.afterschooled.org.