**FACS State Course Name:** Teen Choices

**Unit:** Personal wellness

**Lesson:** Total Well Being - Balancing Health

**Competencies/Purpose:**
To introduce students to the concept of health as a combination of various lifestyle choices throughout the lifespan. Students will understand simple daily routines and practices they can integrate into their lives, along with prepare their own wellness goal.

**Time Needed:** 90 minutes - 1 Block

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**FACS Standards (Colorado and National):**

TEEN.02 Demonstrate nutrition and wellness practice that enhance individual and family well-being.
- TEEN.02.02 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.
- TEEN.02.02.b Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.

**Colorado Academic/Model Content Standards (CDE):**

RWC10-GR.9-5.4-GLE.2-EO.a Analyze the purpose, question at issue, information, points of view, implications and consequences, inferences, assumptions and concepts inherent in thinking

**Objectives- Upon completion of this lesson, students will:**
Understand how weight control relates to both diet and exercise, and is based on lifestyle choices
Develop personal wellness goals
Practice daily strength and conditioning exercises that can be completed anywhere
Prepare a simple snack that is cost efficient, quick, and nutritious
Instructional Strategies:

- Assigned Questions
- Brainstorming
- Case Study
- Computer Assisted Instruction
- Concept Attainment
- Concept Mapping
- Conducting Experiments
- Cooperative Learning
- Debates
- Demonstration
- Discussion
- Drill & Practice
- Field Trip
- Inquiry
- Interviewing
- Jigsaw
- Journal Writing
- Laboratory Groups
- Learning Centers
- Lecture
- Peer Learning
- Problem Solving
- Reading for Meaning
- Research Projects
- Role Playing
- Simulations
- Storytelling
- Think, Pair, Share
- Tutorial Groups
- Writing to Inform

Tools, Equipment & Supplies:

- Computers (Click here to enter text.)
- Construction Paper
- Markers, Scissors, etc.
- Paper
- Printer(s)
- Other- Kitchen Access or basic paper goods

Resources:

- Handouts
- Textbook pgs. Click here to enter text.
- Multimedia Click here to enter text.
- Overhead Masters
- Workbook pgs. Click here to enter text.
- Other Click here to enter text.

Key Terms:

Dieting   Physical Activity   Sets  Reps  Serving Size

Introduction of Lesson:

10 Mins- Start students by rating how they feel for the day- on a scale of 1-10. Explain that today they will be learning about how diet and exercises are interrelated and when properly balanced can lead to positive well being. The goal for the day is to have students feel better after they leave class than when they came in. This will happen by having a nutritious snack, engaging in strengthening exercises and establishing a health goal for self improvement. Explain to them that being healthy doesn't just mean eating fruits and veggies all day, and being a sloth on the couch. Nor does it mean being extremely active but super sizing ever meal. The key to total well being is a balance between the two. Today, we are going to complete stations that will introduce you to the idea of healthy snacking, getting daily exercise, and how the two relate to your overall health. Estimating you have a class of 30, split the class into three groups of 10 students each. Then further divide those three groups into groups of 5, with the result of 6 groups of 5 students. Label the groups 1A and 1B; 2A and 2B; and 3A and 3B if you need to keep track. All 1’s will stay together, 2’s together, 3’s together, but they will work based out of the smaller “inner” groups.
Exploring the Content (Lesson):

Students will spend 25 minutes at each station

- Station 1- Take Charge of Your Health Guide with Questions and Goal Setting Worksheet.
  - Students will read the following guide and then complete the accompanying worksheet

- Station 2- Exploring Anywhere Exercise
  - Use Fit Deck Junior- [http://fitdeck.com/fitness-bodyweight-only/junior/](http://fitdeck.com/fitness-bodyweight-only/junior/)
  - You will need to be familiar with the exercises in the deck to be able to monitor that students are understanding and practicing them correctly.
  - You could create your own cards with exercise on them if need be
  - Within their inner groups students will pick 5 exercise cards from the deck at random. Each person will study one of the cards, then take turns teaching the group the exercise and monitor them all practicing it.

- Station 3- Preparing Simple Snack  and Understanding Smart Snacking.
  - [http://kidshealth.org/teen/food_fitness/nutrition/healthy_snacks.html#cat20595](http://kidshealth.org/teen/food_fitness/nutrition/healthy_snacks.html#cat20595)
  - Students will read the article about healthy snacks and prepare themselves ants on a log. There is an explanation of how to prepare this at the end of the article.
  - Within their inner group they will brainstorm a list of 20 snacks/meals they could have the would be easy to prepare and follows the guidelines found in the article.

You can play music during this lesson, and pause after the 25 minutes has elapsed to signal to students they need to rotate to the next station.

Review/Summary:

5 mins- At the end of class, have students rate how they feel again. If students don’t feel better, have them explain why. Reiterate to students that change occurs slowly and the more consistent they are with implementing small things into their daily routines to better results they will see and the better they will feel. Tell them to share the information with their friends and family so they can pass on the secret to a well lived life!

Assessment:

Monitor that students are participating and actually working together as a group. The will be given a participation grade for the day as well as for the Take Charge of Your Health Goal Worksheet they turn in.

FCCLA Integration:

STAR Event- Nutrition and Wellness

Student Body National Program
[http://fcclainc.org/content/student-body/](http://fcclainc.org/content/student-body/)