

# Food for Thought

## *Activity*

### **Resource:**

Engaging Students in Healthy Living through Drama

**Grade(s):** 9 10

## What is it all about?

Use popular media to support students in making connections between ideas and messages presented in the media related to healthy eating choices and their personal lives, and to express their understanding of the influence of media on their choices through an original artistic performance. This activity may be used at the end of a unit of learning.

## Curriculum Connections

Grade 9: C2.1

Grade 10: C2.1

## How is it done?

- Select and show a variety of video clips that communicate how healthy eating and healthy choices are influenced by the physical, social, emotional and spiritual connections required to develop positive well-being
- Have the students work in small groups and select from the video clips provided or one of their choice to analyze and determine the underlying message that is important to communicate to a youth audience about the various aspects to their health (for example, well-being, holistic approach to health,

influences on personal eating habits).

- Have the group evaluate the effectiveness of the identified message (for example, Will it have a positive or negative impact on youth self-esteem/perspective/habits/behaviours?) and how could the message be strengthened or changed to have a greater positive impact on a youth audience.
- Have individual students or small groups create a “Day in the Life of a Student” performance piece, inspired by the exemplar provided, (for example, a series of skits, tableaus, or video presentation that conveys their own message to a youth audience.
- Have the students perform or share their piece for the class, or another chosen audience.
- Facilitate a group debrief session. Have the students reflect on what they learned, their and others’ reaction to the work of their peers, and what the group as a whole can take away from the session.

## What may be needed?

- Video clips from popular media that communicate the ideas and messages to youth associated with the topic of “Healthy Eating”
- Time and space for students to create their performance pieces
- A recording device (as required)

## Opportunities for assessment

- Observe small group conversations to assess students’ application of critical thinking and interpersonal skills.
- Use groups media analysis to assess students’ understanding of popular media as a factor that influences youth healthy decision making.
- Have students complete a self-assessment of their ability to use their problem solving, decision making, conflict resolution and communication skills to respond to situation related to healthy living concepts.

## Ideas for Extension

- Have students use their performance as a series of Healthy Eating

- Public Service Announcements within their school and school community aimed at youth health and healthy decision making.

## Educator notes

- Encourage students to develop critical thinking and inquiry skills for complex and multifaceted issues. Such skills include questioning, predicting, analysing, synthesizing, examining opinions, identifying values and issues, detecting bias, and distinguishing between alternatives to make a judgement or guide decision making.
- Encourage reflection on how media has shaped students' own views and values.