

# A Healthy Day PSA

*Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Students work in a small group to explore a healthy eating and nutrition concept of their choice and share it with their school and community through a public service announcement (PSA).

## Why Do It?

By working with a small group or team to create a PSA for an area of healthy eating that interests you, you will get to know a healthy eating topic very well and learn how to promote it.

## How Do We Do It?

Divide students into small groups of 4–5.

Each group selects one healthy eating concept they would like to explore.

Working in their groups, students write a 30–60–second PSA that promotes their chosen healthy eating concept.

## What Else Do We Need?

- Computer or other electronic device
- Credible sources of information regarding nutrition and healthy eating

- Internet access
- Microphone
- Paper
- Writing utensils

## How Do We Get Creative?

Promote your PSA through your school's announcements.

Record your PSA to be shared through your school's social media.

Host your PSA in a place that can be accessed by parents and the community.