

## Health and Wellness Use the News Activities

### SCAVENGER HUNT

Look in the Austin American-Statesman for the items below. Clip the photos or articles when you find examples.

- An athlete
- A healthy recipe
- A heart healthy fitness activity such as jogging
- An article about the healthcare industry
- A fitness trend such as yoga, Pilates, or Tai Chi

Choose one of the items you found and write a paragraph about how it relates to you and your health.

### EDITORIALIZE

Find a news story about government efforts to protect public health. Then, write an editorial giving your opinion about how far the government should go to protect the health of citizens. For example, if cigarettes are bad for you, should they be illegal?

### HOT BUTTON ISSUE

Healthcare is a hot issue in the news this year. Some proponents of a comprehensive national health insurance program propose that the government cover every American for all necessary medical care. Look in the newspaper for articles about healthcare in the United States and then write a paragraph summarizing the different sides of the issue.

### HEALTHY ADVERTISING

Look in the Austin American-Statesman for examples of advertisements for restaurants, snack foods and soda. What influence do these ads have on where young people dine, what they eat, and what they drink? Do advertisements for food and drinks give any information on nutrition? Find one example of a restaurant ad, food ad, or beverage ad in the newspaper. Write a paragraph summarizing what information is provided in the ad, and what important information is left out, if any.

### HEALTH ACTION PLAN

Write a personal action plan for eating smart and staying healthy. Use the Austin American-Statesman to get ideas.

### NEWS CLIPPINGS

Create a newspaper clipping file about health news. If you have access to the e-edition of the Statesman, your files can be saved electronically.