

The following activities correlate to the Florida Standards for middle and high schools.

Health: HE.612.B.3.1; HE.6- 8.B.3.3; HE.612.B.4.1; HE.612.B.4.2; HE.612.B.4.3; HE.612.B.5.2; HE.6- 8.B.6.3; HE.612.C.1.8; HE.612.C.2.1; HE.612.C.2.2; HE.612.C.2.3; HE.6- 8.C.2.4; HE.612.C.2.5; HE.612.C.2.7; HE.612.C.2.8; HE.612.P.8.1; HE.6- 8.P.8.3; HE.612.P.8.4 **Language Arts:** LAFS.612.L.1.1; LAFS.612.L.1.2; LAFS.612.L.2.3; LAFS.612.L.3.4; LAFS.612.L.3.6; LAFS.612.RI.1.1; LAFS.612. RI.1.2; LAFS.612.RI.1.3; LAFS.612.RI.2.4; LAFS.612.RI.3.7; LAFS.612.SL.1.1; LAFS.612.SL.1.2; LAFS.6 8.SL.1.3; LAFS.612. SL.2.4; LAFS.612.SL.2.5; LAFS.612.SL.2.6; LAFS.612.W.1.1; LAFS.612.W.1.2; LAFS.612.W.1.3; LAFS.612.W.2.4; LAFS.612.W.2.5; LAFS.612.W.2.6; LAFS.612.W.3.7; LAFS.612.W.3.8; LAFS.612.W.3.9



Knowing how to live healthier is vital because chronic diseases, including heart disease, cancer and stroke, are the leading causes of death. The good news is that most of the risk factors associated with these diseases, such as tobacco use, alcohol intake, poor nutrition and physical inactivity, may be controlled with changes in behaviors. Changing behaviors when you are young will lead to long-term good health. Good nutrition and regular physical activity are the twin defenses against obesity and its health risks, including heart disease, diabetes, certain cancers and stroke. Using the newspaper and the Internet as sources, research health or policy issues related to unhealthy lifestyles. What is the government's approach for shaping up American citizens? What strategies are fast food chains, restaurants and grocery stores using to attract customers who are health conscious? Compile the information you find into a report to share with your class and family.



Though many of us know the difference between healthy and unhealthy food choices, we are often convinced by highly effective advertising to make poor eating choices. Look at the advertisements in the newspaper and select several examples of ads for foods and beverages that you think are nutritionally poor. Analyze your selections carefully, making brief notes on the arguments or techniques used to sell each of the foods of low nutritional value. In a small group, discuss your findings. On a piece of construction paper or poster board, create an ad for a low-nutrition food that might convince the best-informed of readers to make this food choice. Next, create an ad for a high-nutrition food that might convince readers to make this food choice.



Obesity, just like bulimia and anorexia, is a serious eating disorder. According to Parade magazine, anorexia and bulimia affect approximately 1 million men and 10 million women, primarily teens and young people. Another 25 million suffer from binge eating. Do people with eating disorders usually recognize that they have a problem? What can you do if you have a friend with an eating disorder or if you suspect that you may have a problem yourself? Do media images reflect what ordinary people look like? Do these images contribute to eating disorders? What might be some other causes? Have your teacher split your class into small groups. Discuss these ideas with your group members. Look in the newspaper for images in advertisements or pictures that glorify thinness. With your group, compile a list of movies and television shows that glorify thinness. Make a separate list of movies and television shows that celebrate body diversity. Look for ads and photos in the newspaper that celebrate body diversity. Write an editorial based on your findings.



Look through the articles and recipes in the food section of the newspaper. Find a recipe that sounds good to you, and split apart the ingredients according to the food pyramid. Place each ingredient in a section of the pyramid. Do you have a well-rounded meal? If not, what do you need to add to enhance the nutritional value? Are there high calorie or high-fat ingredients in the recipe? How can you modify the recipe to be more healthful?



Your friends don't always eat healthy meals. You need to design an ad to convince your friends to eat a healthy but unpopular food (pick one). What information will you use to persuade your audience? Use the ads in the newspaper as models for your ads. Share your finished ad with your class.



It is time to use your critical thinking skills. Review the articles and ads in the newspaper for a one week. Save all articles that focus on health, fitness, food and cooking. Write down the main points for each article. Be sure to comment on whether the article is focusing on positive or negative choices. Choose one of the points represented in one of the articles to write a research paper. You can focus your research and paper on any aspect of the article. After your paper is written, create an oral presentation for your class. Explain whether the information you found is positive, negative, helpful or harmful. Be sure to use specific examples from the article and your research in your paper and presentation.



Food advertisements often are carefully constructed to entice people to buy certain types of food. Look in the newspaper for advertisements or articles that feature food. How is the food presented? Is it being presented as nourishment, as a reward or as a way to impress someone? Discuss the messages about food conveyed by the advertisements with your classmates. Do the ads make you want to buy the food? Why or why not? Write a fully developed paragraph explaining your views. Be sure to use specific examples from the article or advertisement to support your ideas.



Plan a healthy eating week at your school to increase awareness of good nutrition. Talk to the head of your school cafeteria to find out how meals are planned and write an article for your school newspaper based on your findings. Use the articles in the food section of the newspaper to help with suggestions for healthy eating. With a partner, create a plan for the healthy eating week. Use the ads and articles in the newspaper to assist you. Create a graphic organizer with the information and share it with your class.

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