



## HEALTH CLASS 2.0 SAMPLE LESSON PLAN

HC2.0's innovative approach to health education involves facilitating exhilarating workouts, providing healthy snacks and empowering students through discussions about individual choices within existing structures. Each session is developed around a particular theme, but in all sessions participants will:

- 1) **EAT** a healthful snack provided by one of our food donors.
- 2) **EXERCISE** in an intenSati workout that combines high-energy, easy-to-follow movement with spoken affirmations and fun music.
- 3) **ENGAGE** in a thoughtful discussion of the food they are consuming and the connection between their personal choices and their potential to effect change in their own communities.

### DAY 1: NEW FLAVORS AND NEW EXPERIENCES -HOW SWEET IT IS!

#### Learning Objectives

- Encourage students to try new things— foods, activities and attitudes alike
- Distinguish between real and artificial sweetness
- Highlight the importance of label-reading
- Encourage students to think critically about food production and ingredients

Every week, we start class with a theme related to making healthy choices and the simple act of trying new things, be they foods, activities, or attitudes.

#### Consider...

- When is the last time you tried something new? How did it feel? Was it scary? Was it fun?
- How will your experience differ if you keep an open mind instead of thinking, "this workout is weird," "I am not going to like it," or "what if I am the only one who likes it and everyone else thinks I am weird?"
- How do you feel after trying something new?



Next, we exercise with an intenSati workout that combines movements from martial arts, aerobics, dance and yoga with spoken affirmations such as "I AM STRONG!" and "I AM POWERFUL TODAY!"



#### Why?

Speaking as you exercise boosts your cardiovascular workout, no matter what you are saying. Deliberately "changing the conversation with oneself" to one that emphasizes personal strength, willpower, passion and enthusiasm (among other attitudes) can have positive impact far beyond gym class.

The format of the workout is call and response. Here are the affirmations; please repeat them after me:

YES I AM COMMITTED  
I AM TRYING SOMETHING NEW  
I AM WILLING TO CHANGE  
I HAVE A NEW ATTITUDE  
I HAVE THE POWER TO HAVE MORE THAN I  
HAVE EVER HAD BEFORE  
(This week's add-on: IT FEELS GREAT TO  
BE SURPRISED, I AM GRATEFUL TO BE ALIVE)



After exercising, we have a healthy snack and discuss its health benefits and some other food and exercise options. We also discuss how our weekly themes can manifest in other facets of our lives beyond nutrition and exercise.



#### DISCUSSION QUESTIONS:

- 1) How did the workout feel? Did you like it? Why or why not?
- 2) What kind of activities do you usually think of as exercise? How is HealthClass2.0 different?
- 3) How does this juice taste?
- 4) Let's examine the label—what do you notice?
- 5) One of the ingredients is mint, a popular flavor in sweets. Can you think of other minty foods you eat?
- 6) Consider other sweet foods you normally eat. How do you feel after eating these foods? What makes these foods taste sweet? Why do you think these items taste minty?
- 7) Read label of another (artificially flavored) mint candy:
  - What differences can you see between Blue Print Juice and a mint candy? (A lot of labels we see are filled with chemicals and names one cannot recognize.)
  - Do you see actual mint on the label? What do you see instead?
  - Why do you think food companies don't use real mint?
  - Why are mint products (oil or extract) among the last ingredients listed?
- 8) Let's compare an artificially flavored mint candy with our juice.
  - Does the juice taste similar or different to artificially flavored mint?
  - Do you think it is healthier for you or not? How do you think it is made?
  - Do you generally see those ingredients for sale? (We can often find these ingredients in farmer's markets and other nearby stores. Remember that this sweet, minty juice is made from 3 basic, healthy ingredients that have no added sugar.)
  - Why do you think food companies use artificial sweeteners instead of natural ones?
  - Food companies often label products 'organic' or 'natural' to make them sound healthier, but they might not actually be all-natural. Read product labels to see what these products actually contain.
- 9) For older groups: questioning the food industry

#### Assignments/ Challenges for next week:

- 1) Read product labels of foods you eat. Are 'real' ingredients used to add flavor? (e.g., Are oranges used to flavor orange soda?)
- 2) Write down all the sweets you eat for one day.
- 3) Create one delicious, sweet snack for yourself using only "real" ingredients.

Come back to class next week ready to share your findings!