



DROP THE POP

HELPING STUDENTS MAKE HEALTHIER DRINK CHOICES

CLASSROOM ACTIVITIES TO SUPPORT THE *YUKON DROP THE POP CHALLENGE*.

LESSON #2: “Junk Food Jungle”

GRADE LEVEL: 4-7

PRESCRIBED LEARNING OUTCOMES

Health and Career Education

Grade 4	<p><i>C1 Describe the choices an individual can make to attain and maintain physical and emotional health</i></p> <p><i>C2 Describe choices they can make for healthy eating based on Canada’s Food Guide</i></p>
Grade 5	<p><i>C1 Identify factors that influence attitudes and decisions regarding healthy lifestyles(eg family, peer, media)</i></p> <p><i>C2 Describe strategies for contributing to a healthy, balanced lifestyle, including healthy eating, integrating regular physical activity , and maintaining emotional health.</i></p>
Grade 6	<p><i>C1 Describe the benefits of attaining and maintaining a balanced, healthy lifestyle, including the benefits of being physically active, healthy eating practices and an emotionally healthy lifestyle.</i></p>
Grade 7	<p><i>C1 Analyse factors(including media and peer) that influence personal health decisions</i></p> <p><i>C2 Describe strategies for attaining and maintaining physical, emotional and social health during puberty and adolescence.</i></p>

(NOTE: additional learning outcomes can be found at the link below)

This lesson is found on the media-awareness.ca website. Students will learn about the nutritional value of the foods (including pop) that are advertised on television and in magazines and work in groups to discover what types of foods are promoted most often.

For the rest of this lesson plan, including all handouts, overheads and background info please click on the following link:

www.media-awareness.ca/english/resources/educational/lessons/elementary/advertising_marketing/junk_food_jungle.cfm