

Lesson Plan – Healthy Eating

Goal: To make students aware of how media can affect daily habits.

Objective: To have students evaluate a media source that shows improper eating habits and look for one that provides proper information.

Introduction: Begin by showing any of the “Epic Meal Time” videos from YouTube. Found at: <http://www.youtube.com/user/EpicMealTime>, the videos depict people making meals that are overloaded with meat and unhealthy nutritional choices (as well as copious amounts of liquor).

Discussion: Open a class discussion about the video. Is it healthy, unhealthy? Why? What is okay with it? How could this influence people? How could this be made better? What does it make you want to eat? What techniques are used in providing a stimulating view?

Assignment: Have students do research to find how the media affects children’s eating habits. Then have the students evaluate how the chosen video uses angles and filming techniques to make the food seem good. The students should then choose a video of their choice they find to be a good source for nutritional information and compare to the “Epic Meal Time” video.

Evaluation: Evaluate the students on their writing ability (clear, concise, accurate). Another evaluation method can be having students peer edit each other’s writing to encourage a thorough editing process.

Follow-up: Follow up with students finding out what they learned and if that will affect how they eat or view advertisements or videos they see on the Internet.