



## Healthy Eating Scenarios

Ages 11-14

### Activity Overview

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Youths will respond to scenarios relating to the themes of body image and healthy eating choices.

### Assessment

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The educator will observe youths' demonstrated knowledge and understanding related to influences on healthy eating choices and body image.

### Equipment

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Markers, Poster paper, Scenarios

### Minds On

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Have youths work in small groups to generate a list of factors that can influence their eating and drinking habits.

Have these small groups share responses, and then record youths' responses on the board. Provide feedback during the discussion.

Challenge youths to think of how each factor could influence other important decisions that they may have to make in their life. Invite the smaller groups to again share their ideas with the larger group.

Highlight to youths that some influences may be positive and will help them to make healthy decisions. Other influences might lead to unhealthy behaviours. Have the large group identify potential unhealthy behaviours and their influences.

### Consolidation

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Youths write a blog post or zine article on the theme of healthy eating and drinking and positive body image (e.g., 5 tips for loving the person in the mirror).

Consider displaying youths' responses around your room/building, or on a website for your school/program if available.