

# Apple Slice

One Serving of Learning

## Health and Wellness in the News

### Objectives:

Students will be able to:

- Identify articles in the newspaper about health, food, nutrition and safety issues.
- Prepare an “action plan” to learn more about nutrition and the relationship between eating habits and health.

### Procedure:

1. Distribute newspapers to students. Have students look through the newspaper for articles about health and wellness.
2. Students should choose one story they found and write a summary.
3. After class discussion of the health stories in the newspaper, introduce the idea of healthy eating and its importance in fitness.
4. Have students write a personal action plan for eating smart and staying healthy. Instruct them to use the newspaper to help them develop ideas. Which people in the news are exhibiting good health habits? How are they doing this?
5. Ask students to carry out their “Health Plans” and write about what they learned.

### Extension:

Have students create a newspaper clipping file about health news for an ongoing study. If using the e-edition, their files can be kept electronically.

### National Learning Standards:

McRel (Mid-continent Research for Education and Learning) Standards:

#### Science

Level 3, Understands how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition)

#### Language Arts

Standard 4, Gathers and uses information for research purposes

