

STUDENT ADVISORY ACTIVITY

11th GRADE

SESSION # 21

Topic: Favorite Snacks

Time Required: 35 minutes

Objective: Students will become aware of options for healthy snacking and drinking.

School Core Values & Beliefs Expectations Codes: Knowledgeable Person, Effective Communicator and Producer, Self-Directed Learner

Activity Statement: Students will discuss favorite snack items.

Materials Needed: Article: "Snacks of Productivity"
Article: "What's the Buzz About Energy Drinks?"

Procedure: 1) Have students brainstorm snacks and energy drinks they consume.
2) Have students read the article, "Snack Productivity," and have a conversation about snacks they eat and why.
3) Have students read the article, "What's the Buzz About Energy Drinks." Then have a brief discussion about them and why teens at Wilby "truly" drink them.

Discussion Questions:

What snacks and drinks do students consume and why?

Are there healthy options for snacking and drinking?

Discuss teens' use of energy drinks and why they "truly" drink them.

How can you eat healthy at school? How can you get into good habits?

What are the newest "trends" in nutrition?

Closure:

Students will review list of healthy options for snacks and possibilities for curbing unproductive snacking and excessive energy drinking. Students' awareness of their eating habits and options for healthy eating reaps life long benefits.