

Choices, Choices: Energy Opinionaire

Summary

Students will complete an activity that will lead to a final product which is to identify and eat a day's worth of food that is good for them and the environment.

Main Core Tie

Science - Biology

[Standard 1 Objective 1](#)

Time Frame

1 class periods of 45 minutes each

Group Size

Small Groups

Materials

- [Energy Opinionaire worksheet](#)
(attached)

Background for Teachers

Background Knowledge:

The food choices we make as consumers are very important to both our own health and the health of the planet. A great deal of emphasis in the medical community has been directed recently towards the problem of obesity in the US. The use of fossil fuels has been an ongoing discussion concerning the implications for global warming. Both problems are related to choices we make as consumers.

Safety Issues:

Teenagers are extremely sensitive to weight issues. Most health professionals agree that dieting is harmful to young people and can result in "yo-yo" weight patterns (gain then loss), anorexia, bulimia and obesity. Specific diets should not be discussed or recommended. As a teacher you need to be sensitive to students with these issues and encourage physical exercise as the safest way to control weight. Also, using examples from the animal world and not human may reduce anxiety.

Instructional Procedures

Have students complete the Energy Opinionaire (attached) as one of the activities in the larger "Choices, Choices" series of lessons.

Bibliography

Lesson Design by Jordan School District Teachers and Staff.

Authors

[Utah LessonPlans](#)