

Keynote Lesson Plan for Body Image

Summary

The students are to create a Lucidchart and include 2 lucid charts on the importance of a healthy body image and develop appropriate weight management behaviors.

Main Core Tie

Health Education I (7-8)

[Strand 5: NUTRITION \(N\) Standard HI.N.3:](#)

Additional Core Ties

Health Education I (7-8)

[Strand 5: NUTRITION \(N\) Standard HI.N.4:](#)

Time Frame

2 class periods of 45 minutes each

Group Size

Small Groups

Background for Teachers

Know how to use lucid chart and keynote.

Student Prior Knowledge

Students need to know how to explain how weight control is affected by caloric intake and energy expenditure.

Know the short and long term effects of poor nutrition and inactivity (e.g., obesity, chronic diseases).

Describe the strengths and weaknesses of various body-weight indicators (e.g., Body Mass Index [B.M.I.], waist circumference, body fat percentage calculators).

Examine the causes, symptoms, and the short and long-term consequences of eating disorders.

Analyze the influence of media on body image.

Intended Learning Outcomes

Explain how weight control is affected by caloric intake and energy expenditure.

Explore the short and long term effects of poor nutrition and inactivity (e.g., obesity, chronic diseases).

Describe the strengths and weaknesses of various body-weight indicators (e.g., Body Mass Index [B.M.I.], waist circumference, body fat percentage calculators).

Examine the causes, symptoms, and the short and long-term consequences of eating disorders.

Analyze the influence of media on body image.

Instructional Procedures

Students are to get into small groups about 3. Then they are going to pick from one of the learning outcomes. (make sure everyone has covered one) They are going to put a keynote presentation together that includes all of their information. Need to include 2 lucidcharts in their keynote. They have at least 2 class periods to work on it and then they will present to the class.

Rubrics

[Keynote](#)

Authors

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