



# Decisions about Food and Healthy Lifestyles

## Lesson 2 At A Glance

Play Active Opening Games – 10 minutes:

→Forced Choice game

Relating Game Activity to Wellbeing (Anchor)– 5 minutes • Q and A re activity

- Process – Discussion Questions
- Building a Foundation Activity

Creating a Vision of decision making for a healthy foundation.

(Apply)– 15 minutes (Content Delivery)

- Wellness Triangle
- Areas of Wellness

Application and Reflection (Away )

- Wellness Cards OR Portrait of Healthy Choices
- Making a Decision
- Decision Scenarios

•Summarize key points

- There are three areas of wellness: Physical, Social, Mental/Emotional
- Consider how the decision you make may impact wellness and future goals.

•Assessment

- **Wellness Reflection**

Bridge to Next Lesson: (2 minutes) preview topic: Healthy Snacking

## Lesson Details

• Time: 35 - 45 Minutes

• Learners will:

1. Define the meaning of healthy lifestyle
2. Describe the three parts of wellness and reflect on personal wellness
3. Distinguish between healthy and unhealthy choices for mind and body
4. Practice decision-making skills

• **Opening Activity:**

Forced Choices

• **Closing**

Wellness Reflection

• **Handouts:**

Wellness Triangle  
 Wellness Cards  
 Making a Decision  
 Healthy Snacks  
 Wellness Reflection  
 Take a Positive Step

• **Additional Materials and Supplies**

◆ Tower supplies: seven toothpicks, three grapes, apples slices, or cheese stick pieces for each small group (2-4 students per group).

- ◆ Wellness Triangle
- ◆ Wellness Cards
- ◆ Decision Scenarios
- ◆ Poster paper roll
- ◆ Markers