

Sample Lesson

Current Health magazine is used for the basis of discussion for Juniors Health. This publication is specifically designed for this age group and subject matter. Each month an article and activity is chosen from the magazine. The students are generally asked to do the activity first to see what their knowledge of the subject is before discussion. The ensuing discussion often leads to new understandings about the subject matter. For one activity beads are placed in large bowl and in an egg carton. Students are then broken into two groups. Each group is asked to take “some” beads from one of the containers. After students count their beads, the class discusses why each group took the amounts they did. After discussion, an article is read together touching on how eating habits are affected by a variety of factors.