



## POINTS TO PONDER

# Childhood Obesity

**For teachers: These interactive discussion questions are designed to stimulate discussion with students in the classroom.**

*Teachers please note: Since this can be a sensitive subject for some students, participation in the discussion should be voluntary.*

**Lead an interactive discussion with students. If possible, have a copy of MyPyramid and MyActivity Pyramid for the students to view.**

1. Ask students what it means to them to lead a healthy lifestyle (make healthy food choices, physical activity, etc.).
2. Have students discuss various daily activities that would be considered physical activity (raking yard, sweeping, vacuuming, walking to school, etc.).
3. Lead a discussion with students comparing the lifestyles of their parents as youths to their own. What are the differences?
4. Divide the classroom into groups and give each group a sheet of paper. Have each group list ideas of behavioral changes they would be willing to make to be healthier (be more active, eat more fruits and veggies, eat more whole grains, drink more milk and water, watch less TV, less computer time, healthier choices for fast-food meals).
5. Ask students what they think the role of parents should be in helping them have healthier lifestyles (plan family meals, be good role models, make better choices when grocery shopping, plan family recreation time, create a healthy environment, take TVs out of bedrooms).
6. Write a typical fast-food meal on the chalkboard (double cheeseburger, large fries, large soda). Ask students what changes they could make in that order to decrease the calories and increase the vitamins and minerals (add veggies to burger, baked potato instead of fries, small fries instead of large, drink milk, juice or water instead of soda).
7. Have students discuss what they think the results of healthier lifestyles may be (more energy, alertness, better physical and mental health).
8. Have students look at MyPyramid and MyActivity Pyramid and discuss what role they play in leading a healthier lifestyle. (MyPyramid is a guide for healthy food choices and MyActivity Pyramid reminds us to be more physically active.)
9. Make a list of drink choices on the chalkboard (soda, flavored drink mix, flavored juice drink, 100-percent fruit juice, milk, water, sports drink, etc.). Have students discuss healthier drink choices. Remind them that soda and flavored drinks are high in sugar and offer no nutritional value.
10. Ask students what changes they would consider to help keep them healthy.

