

Food and Nutrition in the Media



Ages 10 - 14

Lesson Overview:

In this lesson, students will discuss where they consume food and nutrition media and what types of food and nutrition media they have seen. They will be exposed to and discuss a variety of food and nutrition media posts.

Learning Outcomes:

Students will:

- be able to identify sources of food and nutrition information
- analyze food and nutrition social media posts
- reflect on their own food and nutrition in the media consumption

Materials:

- Computer
- Projector
- Whiteboard/flip chart
- Marker
- Printed out copies of Social Media Posts
- Printed out copies of Social Media Posts Worksheet (one per learner)
- Printed out copies of Journal Response: Food and Nutrition in the Media (one per learner)

Lesson

Activating Discussion:

We hear and see information from the media every day. This includes information about food and nutrition. Ask students where they consume food and nutrition media and write the responses on whiteboard or flipchart.

Learning Plan:

1. Show and go over the following graphic on sources of food and nutrition information:
<https://nickdigsfood.files.wordpress.com/2017/12/sources-of-nutrition-information.jpg>

While mentioning the different sources of food and nutrition media, ask students if they have consumed the specific type of food and nutrition media, and what they remember about it.

2. Set up stations with the social media posts from Appendix 1 (ten images). Divide students into the appropriate number of groups (no smaller than pairs). Give students at least 5 minutes at each station to analyze the posts and complete the worksheet.
3. Once students have rotated through all the stations, go through each of the posts and allow for students to share their thoughts with the greater group.

Activity Options:

Students will answer a series of questions in a journal-style response. Let students know that their responses will not be shared with anyone. This response is for them to reflect on how the media might influence their own food and nutrition choices.

Appendices:

- Appendix 1 – Social Media Posts
- Appendix 2 – Social Media Posts Worksheet
- Appendix 3 – Journal Response: Food and Nutrition in the Media