Lesson Plan: Childhood Obesity

**Goals:** In completing this lesson, children will learn:
- Background information on the topic of childhood obesity
- Various causes of weight gain and obesity
- How to improve eating habits for better nutrition
- How to incorporate exercise into their lives to remain healthy

**Learning Objectives:** Students will be able to identify potential problems with their own current lifestyles that could be negatively affecting their health. Students will take a quiz upon completion of the unit to assess their newly-acquired knowledge, as well as complete an activity that will be graded via a rubric.

**NYS Physical Fitness Learning Standards Addressed:**
- Standard 1: Personal Health and Fitness - Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.
- Standard 2: A Safe and Healthy Environment - Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.
- Standard 3: Resource Management - Students will understand and be able to manage their personal and community resources.

**Purpose of Lesson:** As childhood obesity continues to become a bigger problem in our nation, there is a growing need to build awareness for our youth on this issue. This lesson is designed to provide children with information intended to enlighten them on the reality of childhood obesity today, how it is caused, and what can be done to prevent it. The ultimate purpose of the lesson is to encourage our children to live a more healthy lifestyle.

**Teacher Preparation:** In developing this lesson plan, I did a great deal of research on the topic in order to provide students with a plethora of information regarding various aspects of childhood obesity. I also prepared a quiz and an activity to compliment the unit plan.

**Materials/Resources:** Each student will complete the lesson on a computer. Students will be responsible for completing their activity with their own materials, which simply involves paper and a writing utensil.

**Assessment:** Students will be assessed in two ways. They will complete an online quiz on the unit as a whole, as well as complete an activity based on the lesson that will be graded through utilization of a rubric.