

## The Match Game

**NHES Standard 5** Students will demonstrate the ability to use decision-making skills to enhance health.

### Objectives

- Understand and use new vocabulary associated with nutrition
- Discuss several options with possible outcomes of each
- Make and evaluate a health-enhancing decision

### Teaching Strategies

- Place the students into groups of three or four.
- Give each group 34 index cards and a marker.
- Instruct students to follow steps 1 through 3. Remind students to write as clearly and neatly as possible so other groups can read the cards easily.
- Start and stop each "round" of competition and announce the winner.
- After the activity, give students time to choose a weight management or eating behavior issue from the stack of cards. Students should describe the situation, list healthy benefits or risk factors associated with the issue, and make a health-enhancing decision about it. Remind students to review the decision making process for extra support.

### Assessment

- ✓ Gives a clear description of the situation
- ✓ Gives several options with possible outcomes of each
- ✓ Shows influence of values on possible decisions
- ✓ Shows a health-enhancing decision and evaluation of it

## Activity The Match Game

This high-energy activity will test your ability to understand vocabulary terms and their definitions. It will also ask you to make a decision related to managing your weight in a healthy and positive way.

### What You'll Need

- 34 index cards and a marker
- textbook

### What You'll Do

#### Step 1

On each of 17 cards, list one key vocabulary term found in Chapter 11. On the remaining cards, write one definition per card. Mix the cards up and place face down in a stack.

#### Step 2

When the teacher says "go," turn the cards over and, as quickly as you can, put the vocabulary terms in a column to the left, matching each word to its definition on the right. First group to correctly match wins.

#### Step 3

Mix the cards up again and pass to the group on your left. Repeat matching.

### Apply and Conclude

List the factors associated with one weight management issue or eating disorder and make a health-enhancing decision about it.

### Checklist: Decision Making

- ✓ Gives a clear description of the situation
- ✓ Gives several options with possible outcomes of each
- ✓ Shows influence of values on possible decisions
- ✓ Shows a health-enhancing decision and evaluation of it



## Promoting School Wellness

**Refrigerator Magnet** Have students incorporate a strategy for managing food cravings into a format that could be used as a refrigerator magnet. Point out to students that refrigerator magnets are typically small in size, so their magnet design should contain few words. Explain that pictures or symbols may be used on their magnets as

well. Cut paper or index cards into 2 inch by 4 inch rectangles and distribute one of these to each student. Have students write or draw their prepared information on these paper rectangles. Then have students affix small magnets to the back of the paper to create a refrigerator magnet.