**Lesson Plan-Assignment #13**

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**LESSON PLAN**

**Grade:** 9-12th grade

**Subject:** Happiness Diet/Health

**Lesson Objective:** Students will be able to name a minimum of 5 mood-busting foods, 5 energy foods, and will create a list of foods they want to try to eliminate from their diet and add to their diet.

**Materials:** Power point presentation, teacher created worksheet that students will fill out after lesson.

**Procedure:** The teacher will gather students and explain the objective to them for class. Teacher will start out by playing a couple of videos regarding sugar for the students. Videos are: <https://www.youtube.com/watch?time_continue=636&v=UU3GvRsFHqY>

<https://www.youtube.com/watch?v=0fbxmdPX-lA>

<https://www.youtube.com/watch?v=k1JZ3MLS-k0>

Teacher will then get some feedback from students on their thoughts regarding the videos and sugar intake. Then the teacher will go through some of the highlights of “The Happiness Diet” by sharing a power point presentation with the class. Highlights will include: brief history of the American diet, mood-busting foods, foods that increase energy, and benefits not only to your body, but also to your brain, energy, mood, etc. At the end of the presentation, teacher will gather thoughts from the class and have students get into small groups to discuss the information learned. Students will use chart paper to write down their big ideas from the lesson and then we will share them to the whole class. The teacher will then explain the homework assignment to the students.

**Homework/Evaluation:** Students will complete a teacher created worksheet that focuses on students identifying mood-busting foods, energy foods, and students will create a plan for foods they want to try to eliminate from their diet and add to their diet.

**Next Lesson:** After students have learned about the information, they will be asked to create a food diary and keep track of their foods for the next 10 days and reflect on their mood and energy.

**REFLECTION:** Learning the information that I have from “The Happiness Diet” will be life changing for me. It will allow me to continue to find balance in my eating and know that what I am putting into my body really does affect how I feel. I recently heard someone say, “You only have one body so you have to take care of it from an early age.” This also made me reflect on what I feed my family and I am motivated to not only make healthier choices for myself, but also for my family. The information that I have learned will not only impact me, but also them. I can teach them about the mood-busting and energy goods in a way that they will understand it and can start to make healthier choices for themselves. My husband will also openly admit that he is addicted to sugar and I am hoping that when he sees me making better choices for our family, that he will do so too. I have read him parts of the book throughout the course, but I would love for him to jump in and read the book also so that he can change some of his bad habits. Whenever family, friends, or co-workers see me making healthier choices or even see that I have more energy, I will share the information I have learned with them and pass along the book to others so that they can too benefit from the information learned. If I had a Health class, the above lesson would be a great way for students to learn the information from the book. Reading the book as a class is also something I could do. I think that having students write down their daily food intake can be eye opening. Sometimes, we don’t realize all of the little things that we put into our mouths. When you have to write down everything that you eat, it also forces you to make better choices because you don’t want to write down all of those bad foods.