Good Mood Food Plan Lesson Plan

**Time:** Two 55-minute class periods

**Learning Objectives:**

-Students will learn about how food impacts the brain and in turn, their mood.

-Students will learn the difference between Good Mood Foods and MAD (Modern American Diet) foods.

**Materials:**

TV or projector with Internet access

Poster Boards

Markers

Old Magazines

**Resources:**

<https://youtu.be/xyQY8a-ng6g>

<https://youtu.be/ukK7ngdvR2g>

*The Happiness Diet* by Tyler Graham and Drew Ramsey, MD

**Activities:**

Students will watch the two Youtube Videos on how food impacts the brain. They will then research Good Mood Foods on the Internet and by using the book *The Happiness Diet* by Tyler Graham and Drew Ramsey, MD. Students will complete one of three options:

1. Students will identify 5 foods or meals that they currently eat that are a part of the MAD diet. They will then identify 5 foods or meals that are Good Mood Foods. They will create a poster about their Good Mood Foods that will be posted in the hallway including a short explanation as to how that food is beneficial to the brain. They will present their poster to class and share the benefits of the 5 Good Mood Foods that they chose.
2. Students will choose one Good Mood Food to focus on. They will create a poster that explains how that food impacts the brain, how it benefits mood and provide a Good Mood Food recipe that incorporates this ingredient. The student will present their poster and information to the class.
3. Students will keep track of their diet for five days. They will submit their diet (identifying Good Mood Foods in a different color). They will also submit a 3 page paper discussing what they learned about their diet, three changes they can make to eat more good mood food and how those changes impact the brain and in turn, their mood.

**Assessment:**

-A rubric based on the assignment chosen

-Students will be graded upon the guidelines for the assignment