

Voki Lesson Plan



Lesson Title: Health and Nutrition

Lesson Title: Food Groups

Grade Level: Middle School

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Objectives:

Students will learn

1. About the nutrition information label on packages
2. To become healthier eaters
3. About the influence of food advertising

Materials:

1. Pictures of a few junk food packages and a few healthy foods
2. Junk food question sheet (to go over as a class, listed below)
3. Food boxes with nutrition labels (one per group)
4. The food pyramid (one copy per group or one large copy on the overhead)
5. One sheet of paper per group
6. Internet (one computer with internet access per group)
7. Voki.com (<http://www.voki.com/pickup.php?scid=3254861&height=400&width=300>)
8. One printed copy of questions (to follow) or put questions on board

Activities:

1. Place the first image on the board.
2. Ask the class:
 - a. Is this junk food?
 - b. How do you know if it is healthy or not?
 - c. What colors are used to advertise for this food?
 - d. What images are used (characters, explosions, etc)?
3. Break the students into groups of three or four
4. Give each group a box and the following questions:

Group Questions:

- a. What area of the food pyramid is this item from?
- b. According to the food pyramid, how many of these items should you eat per day?

- c. Is this junk food? How do you know?
 - d. What colors are used to advertise this food?
 - e. What images are used (characters, free prizes, etc)?
5. As a group, students will create a Voki character to advertise their food. Remind the students about the previous images they saw, and how those food types were advertised (As a teacher, check their consistency. If it is junk food, the advertisement would appeal to those brands (cartoon characters like robots or bears, etc), and if it is healthy food, the characters are more likely to be human)
 6. The character should talk about the qualities of the food listed on the nutrition table. Characters should not give away the company, brand, or item!
 7. Students will present their Voki advertisement to the class. Based on the image and the nutrition information it gives, the class will guess if the food was junk food or nutritious.