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**Bag the Good, Trash the Bad**

**Materials needed:**

* Food labels (good and bad foods)
* People exercising and activities that involve no exercising (like Xbox)
* 4-5 trashcans or buckets
* Tape for a wall
* 4-5 shopping bags

**Purpose:**

* To get the students to choose the healthy food choices and options that lead to a healthy life style.

**Standards:**

* ND State Health Standard 4: Students demonstrate the ability to use communication skills to enhance health.
* ND State Health Standard 5: Students demonstrate the ability to use decision making and goal setting skills to enhance health.
* ND State Health Standard 6: Students demonstrate the ability to access, use, and evaluate health-related information, products, and services.  
  Benchmark 7-8.6.2: Analyze the validity of common health information, products, and services (e.g., brand-name versus generic medicine, health fads, weight loss fads, tanning booths)
* ND State Health Standard 7: Students demonstrate the ability to advocate for personal, family, and community health.

**Objectives:**

* The students will be able to analyze food labels to choose the healthiest foods.
* The students will be able to demonstrate the ability to choose healthy activities.
* The students will be able to work together in groups to make the best decisions.

**Learning activities:**

* The students will separate in to 4 to 5 groups; depending on class size it can be more, try to have 3-4 people per group.
* Each group will start at a different station with a trash can or bucket.
* Each team will receive one bag and in that bag they will place the healthy food label or life style option that they have learned about in class.
* At each station there will be bad options and good, healthy options; it's up to the students to take one healthy option away from the table and place one unhealthy option in the trash or bucket.
* Each group will communicate with one another to choose which food labels they keep in their "shopping bag" and which get tossed.
* Then they will proceed to another station and do the same thing, until they have gone to each station and all of the stations have no more items remaining.
* The station ideas include:
  + nutrition - healthy and unhealthy food options
  + activities - physical activities or lack of physical activity (biking, hiking, swimming, from playing xbox, sitting inside while other kids are playing, etc.)
  + alcohol - choosing orange juice over beer
  + relationships - choosing a happy married couple over a picture of an abusive relationship

**Assessment:**

* Once all the teams are through each station, get the students to come back together as a class. This will be the time for reflection and assessment. Ask each group to discuss why they chose certain items in their bag and what things they chose to throw away? Why were these items good to choose? Why were the items bad? Each student in the group should speak at least once.