

Session 11

Creating and Understanding Of our lessons

For today's lesson we are going to look at the things we have learned so far and use our activity as a review of them. It is important to understand that completing lessons and learning things is great, but when we really gain knowledge and improve is when we can show others the things we have learned. Today you will create a Public Service Announcement, or a PSA, of one of the subjects we have learned about so far. Here is today's question to think about:

Which is the favorite health related lesson you have learned so far?

Session 11 Activity

Creating a Public Service Announcement

A Public Service Announcement is just a message to the public that raises awareness towards a topic, an attitude or behavior and may intend to change the behavior or offer guidance to the public. There is no specific guide to making a PSA or a perfect example of one as they are all different, but we want to offer a small guide to help. Also remember that this is just a learning experience, PSA's that are put out for the public or that come from other organizations will have more detail and information, but this is a guide for you to just show the things we have learned so far in our program:

Here are some things that you may have in your PSA:

1. A subject – make sure you start off by informing the public of the subject of your announcement
2. Supporting points – What are some facts or points that you want your audience to know
3. Closing – A call to action that describes what you want people to learn or do once they hear your announcement.

Here are the subjects you can choose from when creating your PSA:

- A. Inform your audience of the 5 food categories and why they are important
- B. Inform your audience about drinks and how sugary drinks can be harmful
- C. Inform your audience about snacks and the benefits of eating nutritional snacks
- D. Inform your audience of the importance of understanding your body's hunger cues and learning when to eat or when you are truly hungry

The next page has ways for you to brainstorm and create your PSA but here is an example of one for you regarding choice B:

Attention everyone! I want you to understand why it is important for you to know what is in your drinks. What we drink is very important to our health and if you do not look at your labels you may miss out on key information. Drinking a lot of sugar can be harmful to your body. I want you to know what is in your drinks and choose wisely and healthy options when you grab a drink!

Creating your PSA

1. What is the subject of your PSA?

2. What are some supporting points of your subject?

3. What action do you want your audience to take after hearing your PSA?

4. Now you can write your PSA

Conclusion Session 11

Today you were able to think about what we have learned so far and use it to inform the public of an important health Public Service Announcement. We want you to know that the things we are learning in this program are to help you develop healthy habits for the future and create an understanding of how your choices can affect your health.

Today we also want to discuss another thing that people may have different opinions on but it is certainly okay. Think about what your favorite season of the year is. We have spring, summer, fall and winter and each season brings different things we can like or dislike. Some people love the Fall because of the pretty colors of the leaves, others love winter because of the beauty of snow, some like the great weather and relaxing rain we receive in the spring and some love summer because we are out of school. Some people also may dislike these seasons for the same reasons, maybe they do not like snow or cold, are sad because they cannot get outside in the rain, do not like having to rake up all the leaves in their yard or think that summer is too hot. The point is each season is different and people may like or dislike them for different reasons but just because someone else doesn't enjoy your favorite season does not make it any less special for you! We are all special in our own ways and our differences make us that way.

Now take the time to finish session 11's line on your "What I Like About me" page.