**Healthy Hero Lesson Plan**

**Age Range:**Year 9 to Year 10 (Junior High School)

**Overview and Purpose:** Students must make choices every day about what they eat. Helping them think critically about foods is important to encouraging them to have a healthy lifestyle.

**Objective:**The student will be able to create a mural of healthy food.

**Resources:**

Heathy Hero Nutrition and Exercise App

**Activities:**

Talk with students about what types of foods are healthy and how they know they are healthy. (And how they know other foods are unhealthy.) Discuss things like ingredients, the way the food is prepared, and what you can add to the food like salad dressing or cheese.

Ask student to use the phones or laptops or tablets to log into the HealthyHero app.

Answer two simple questions “What did you have for Dinner last night?” and “How did you get to school today?” Ask them what group the App identified their Health choices as.

Have the students create a class video of healthy food and exercise. Encourage them to consider food they might not normally think was healthy. Have them look at how it is prepared and what condiments have been added to it.

**Wrap Up:**

You could also have two videos; one that has foods that are always healthy and one that has foods that can be healthy depending on how they are prepared. Students can then add notes to the pictures stating how they should be prepared to be considered healthy.