

UNIT 4 AGENDA

Healthy body

Select and check one:

- Activity 1 – *Eating healthy: What’s on my plate?*
- Activity 2 – *It’s your choice: Exercise for fun and health*

Adviser tasks:

- Hand out badges to Team Leaders.
- Gather materials for the selected activity and make copies as indicated:
 - ▶ Activity 1 – Worksheet copies, computer with Internet access, printer, paper, pencils
 - ▶ Activity 2 – Worksheet copies, “If You Don’t Take Care Of Your Body, Where Else Are You Going To Live?” DVD

Team Leader tasks:

- Welcome the Group and encourage participation.
- Read aloud the Character Development Quote.
- Watch the “If You Don’t Take Care Of Your Body, Where Else Are You Going To Live?” DVD clip (optional on Activity 1):
 - ▶ Activity 1 – Chapter 5
 - ▶ Activity 2 – Chapter 7
- Pass out activity materials.
- Read aloud the worksheet activity and help guide the Group.
- After completing the activity, lead an open discussion on what was learned.
- Remind the Group to write in their journals.

Closing:

- Thank everyone for coming and participating.
- Provide the date and time for the next Group activity.
- Encourage involvement in future Group activities.

Clean-up:

- Put away materials and leave everything as you found it.
- Return the Team Leader badges to the Adviser.