

# **Challenge Part 1**

## **Healthy School Environment**

**Lesson Duration:** 60 minutes

### **Equipment and Materials:**

Equipment: LCD and Computer for PowerPoint  
Flip Chart  
Markers for Flip Chart  
Name Tags for Participants

Visual Aids: Making the Commitment Worksheet  
PowerPoint Slide Handouts for Participants

### **Lesson Outcome:**

At the end of this lesson, the learner will be able to

1. state the reasons why the school is an integral part of the overall health and well-being of school aged children;
2. commit to being a leader in their school district for a healthier school environment (healthier school meals and competitive foods, provision of nutrition education and regular physical activity, interact with the school district wellness council);
3. commit to becoming a Team Nutrition school if they are not currently one;
4. commit to initiating the process to become a HealthierUS School Challenge school; and
5. state the general criteria for becoming a HealthierUS School Challenge school.

### **Instructional Materials and Learning Activities:**

1. Icebreaker and introductions. (10 minutes)
2. Assessing needs of the audience: Why are you here today? What do you know about HealthierUS School Challenge? What issues regarding health are you concerned about in your school? Record health issues on flip chart. (5-10 minutes)
3. Introductory PowerPoint presentation: USDA HealthierUS School Challenge 1: HealthierUS School Challenge Introduction and Background, including movie clip from UDSA. (30 minutes)
4. Handout: Introduce the “Making the Commitment” form. Participants will answer questions 1-4. (5 minutes)
5. Wrap-up and further outline the day. (5 minutes)

### **Evaluation:**

1. Class discussion.