

Lesson 12: The Healthy Reveal

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Time Required

Estimated lesson timing is 40-60 minutes; however, this lesson can be expanded or shortened, as needed. We encourage you to tailor it to fit within the available class time. If time is limited, we recommend focusing on the Getting Started, Teaching Instructions and Reflections sections.

Audience

High school students grades 9-12

Lesson Overview

The activity is the event in which students present and are judged on their “makeover” recipe. See Lesson 2 and 4 for more detail.

As indicated in those earlier lessons, there are several options for the makeover and presentations. They range from actual cooking demonstrations at school to videos of at home preparation with samples for tasting to virtual makeovers that rely on research.

NOTE: Teachers should determine at the beginning of the semester which format the makeover and final presentation will take, based on what works best for their class and school.

Getting Started

- **Why is this activity important?** Your students have been working in teams all semester leading up to a live presentation or video where they can showcase their new skills, demonstrate their teamwork, share what they have learned and receive acknowledgement and reinforcement for their achievements.
- **What can you do about it?** Make sure to inspire excitement about this opportunity to showcase what students have learned. Remind everyone that this is a friendly competition. Ask your students what aspect of the recipe makeover they find most valuable and what they think will be useful as they become adults.

Lesson Objectives

Following this lesson, your students should be able to:

1. Demonstrate their knowledge of nutrition and physical activity.
2. Demonstrate skills to revise a recipe and make it healthier.
3. Demonstrate skill at following a budget.
4. Show how the SuperTracker can help everyone eat better and move more.
5. Share the importance of attaining energy balance.
6. Show how it is possible to eat healthfully on a budget.

Teacher's Lesson Preparation

Setup

- Schedule a time and place for teams to make their presentation or show their videos to a wider audience at school.
- If the event involves video presentations, make sure to have access to appropriate equipment, e.g., computers with internet access for teacher and a screen.
- Select judges.
- Obtain prize(s).
- Bring in food supplies (forks, knives, spoons, plates) if students present samples for tasting.
- Print copies of final recipes.

Teaching Instructions

1. Consider beginning with a stretch and exercise break (suggested activities found on page 13-14).
2. Review the learning objectives.
3. Arrange for your students to deliver final presentations or show videos in class or school event.
4. Select judges from the school administration, community, faculty and/or student body to judge recipes against the established criteria.
5. If your students create videos, explore opportunities to share what they've learned by putting their videos on the school website, social media channels or sharing it in some other fashion with the student body.
6. Award prizes.



Beyond the Classroom

In School

Work with food service staff to make and serve recipes that were successfully made over. Find a way to recreate the in-class presentation to share with other students (e.g., video, cafeteria demo, part of assembly, PTA meeting).

Out of School

Take a family favorite recipe and make it over with a relative.

Wellness Council

Incorporate the recipe makeover contest into an annual event.