

## **Sample Lesson Plan**

### **Chapter 3      Stress Management**

#### **Lesson Objectives:**

Identify and describe ways to control stress, reduce tension, and change the way you think about stressors.

Describe the value of seeking support from others when you are under stress.

Explain why building resilience is important.

#### **Warm-up:**

Complete the Personal Inventory activity “Skills for Managing Stress”.

Discuss the activity with the class.

#### **Content (Lesson):**

View the interactive video “Stressed Out” (15 minutes)

After each segment (Preview, Explore, and Wrap Up) students will answer questions and engage in class discussion.

Discussion of a variety of stress management techniques (positive and negative).

Class activity – Resilience (writing and discussion)

#### **Check for Understanding/Closure:**

Students will answer ten questions concerning stress management as teacher checks for understanding

#### **Assignment:**

Building Health Skills – Setting Goals:

Students will set two short-term goals for managing stressors that they are currently facing. They will write an action plan for meeting their goals.

## **Sample Lesson Plan**

### **Chapter 9      Choosing Food Wisely**

#### **Lesson Objectives:**

Analyze and evaluate the information contained on food labels.

#### **Warm-up:**

Complete the Personal Inventory activity “Food Choices”.  
Discuss the activity with the class.

#### **Content (Lesson):**

Using the overhead transparency “Reading a Food Label”, Explain and discuss the general structure and information on food labels.

Activity – Students will be placed in groups and will compare and identify facts and other food label information on food containers and packages they have brought to class. Information will be recorded on activity charts.

#### **Check for Understanding/Closure:**

Briefly question and discuss the findings of the different groups and how the information can be put to use when planning meals or shopping for food.

#### **Assignment:**

Read pages 226 through 232 and complete the Note Taking Guides for Sections 2 and 3.

