



### BACKGROUND

Many children are not aware of how their environment affects their physical activity levels and behaviors. Many adults don't realize how their environment affects their behavior, so if we can bring it to their attention as children, we are on a good path.

### OBJECTIVES

Youth will

1. Learn how to change their environments
2. Understand how environment affects them

### STRATEGIES

1. Build leadership and self-efficacy through a community member
2. Environmental scan

### TIME NEEDED

60 minutes  
Introduction (5)  
Interview (22)  
Poster (28)  
Review (5)

### GETTING READY

1. Poster Boards
2. Glue
3. Markers
4. Scissors
5. Colored Paper
6. Glitter
7. Tape
8. Remind HOP'N Champ to bring contract

## Module 24: Let's Revamp with our HOP'N Champ

1. Greeting & distributing nametags. Welcome the HOP'N Champs for coming.
2. Interview HOP'N Champ. The students will interview/discuss with the HOP'N champ about healthy environmental change strategies
3. Create a Poster. The students will create a poster advertising their "voted on" snack from last week. Remind the groups which snack they voted on and their posters should include advertisement strategies directed at their principal, lunch crew, etc.
4. Review

### Fun on Your Own!

The students can continue with their PA advertising at home. The students can make posters at home encouraging their families to be active.

## FREQUENTLY ASKED QUESTIONS

**Module 24: Let's Revamp with our HOP'N Champ**  
**Activity 1: Interview HOP'N Champ**

**Objective:**

The students will learn how to make healthy changes in their environment with the help of their HOP'N Champ.

**Materials:**

**Time:**

Gather into Groups (2)

Individual group discussion (20)

**Total: 22 min**

**Procedure:**

Each group with their HOP'N Champ will look over their CHAMP's pictures and help their CHAMP fill out the contract.

**Follow-up/ Assessment:**

**Discussion Points**

Discuss how each group is going to make different changes and how everyone's environment is different and the changes each person makes are individual.

**Modifications:**

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## **Module 24: Let's Revamp with our HOP'N Champ**

### **Activity 2: Poster Activity**

#### **Objective:**

The students will demonstrate and communicate knowledge on how to advertise their snack

**Materials:** Markers  
Poster Board

#### **Time:**

Group formation (2)

Discussion (3)

Create Poster (12)

Presentations (5)

Total: ~22 minutes

#### **Procedure:**

The instructor will discuss parameters for the posters presentations. The posters need to include taste, color (nutrition), and health benefits. Also, presentations need to incorporate advertisement strategies directed at their principal, lunch crew. Finally, it is important that the information is truthful; there are enough factual great reasons to eat these foods. The students will have 12 minutes to work on their posters/ presentations. As the students are working, the instructor will circulate through the work area providing assistance. After the 12 minute work time is over, the students will form back into a large group. The students will be asked to form two lines, forming a “runway” (like for models). Each group will select one person to walk the “runway” and present their poster to the class. Then each group will be asked to vote on which poster they think their principals, lunch crew (etc.) would get the most impact from.

#### **Follow-up/ Assessment:**

#### **Discussion Points**

Advertising strategies include: rhyme, pictures, celebrity endorsements, create emotion (pull at “heart strings”, excitement, etc), and music.

#### **Modifications:**

The students could access information (on the computer or handouts) from

[http://dole.com/Products/Prod\\_AZ.jsp](http://dole.com/Products/Prod_AZ.jsp) or

[http://www.dole5aday.com/ReferenceCenter/R\\_Home.jsp?topmenu=6](http://www.dole5aday.com/ReferenceCenter/R_Home.jsp?topmenu=6).

The students could use various reference materials or the instructor could compile a reference handout that includes important information.

Ask the schools if the students can hang up their posters.



## HOP'N CHAMP INTERVIEW QUESTION SUGGESTIONS

- Was it hard or easy to find things on the list?
- What places did you go to take pictures?
- How do you stay healthy?
- How much sleep do you get?

- Do you usually eat healthy food?
- Where do you get your food?
- Do you eat fruits and vegetables?
- What is your favorite fruit?
- What is your favorite vegetable?
- Do you have fruits and vegetables at home?
- How much candy do you eat?
- Do you eat a lot of fast food?

- How much exercise do you usually get?
- Do you take the stairs or the elevator?
- When do you exercise?
- Where do you exercise?
- Who do you exercise with?
- Do you have pets to play with?
- If you have a yard, how do you use it?

- Do you drink soda or water?
- How much soda do you drink?

- Do you watch TV?
- How many TVs do you have?
- How much TV do you watch?
- How much time do you spend playing video games?

## Changing my Environment

Look at the pictures and talk about changes that can be made.

1. Refrigerator. Is there healthy foods? Stock up on healthy fruits and veggies and get rid of the junk.
2. Kitchen Counter. Do you have a bowl of fruit sitting out or a bag of potato chips?
3. Food Cabinet. Limiting the junk food in your cabinets will allow you to make healthy choices easier.
4. Grocery Store. Is there a store within walking distance?
5. Two Closest Restaurants. If they aren't very healthy, could you go a little further to get to a healthier restaurant. If there aren't healthy restaurants, how can you choose healthier choices?
6. Food items in your house. Compare your healthy choices to your unhealthy choices. Which are easier for you to grab when you are in a hurry. Try to have healthy, quick options around the house
7. Sidewalks by your house. If you don't have sidewalks around your house, where could you be physically active. Could you go for walk before, after or during your lunch breaks at work.
8. Lunch time. Look at the pictures of your lunch. How can it be improved?
9. Snack Time. What do you snack on? How can you change your snacks. Do you drink regular soda, water, diet soda, juice. How can you change the snack options at work. Could you talk to a person in charge of the vending machine to get more healthy options in place?
10. Recreation Facility. How far away. Is there anything closer that you can be physically active. Can you walk there?
11. Parks. Is it far away? Why are or aren't you active in your park? Is it well lit, safe? Could you write a letter to the city of Manhattan to make parks safer if they are unsafe.
12. TV Advertising. If you are watching a lot of tv, are you seeing advertisements for bad foods and wanting to purchase them. Do you sit a lot watching television instead of being physically active.

## **Module 24: Let's Revamp with our HOP'N Champ**

### **Introduction**

#### **1. Welcome students back to HOP'N Club.** Say,

*This is the twenty-fourth week of HOP'N Club. What is HOP'N Club? HOP'N Club is a once a week club where we focus on four healthy goals. What are the four HOP'N Goals? Be Physically Active everyday. (Great. How many minutes should we try to get at least? 60 minutes And how many minutes after school? 30) Eat fruits and vegetables at every meal or snack. Cut back on T.V. and video games. (Does that mean never watch T.V.? No, but we should try to limit our T.V. to 2 hours a day.) Drink less soda and juice drinks. (Does that mean never drink soda and juice drinks? No, but we should try to limit our soda and juice drinks to less than one glass a day.) What does HOP'N stand for? Healthy Opportunities for Physical Activity and Nutrition. It is so nice to have the Champs back with us today. Last week we tried the recipes. Next time the Champs join us we will eat the winning recipe. Today, the club members have some questions for the Champs and we will make some posters.*

### **Interview HOP'N Champ**

**1. Circulate the room as the HOP'N club members talk to their Champs about their contracts and other changes their Champs can make.** Students may use the questions that were generated last week or either of the HOP'N interview suggestions.

### **Poster Activity**

**1. Discuss parameters for the posters presentations.** Say,

We are making posters to feature the recipes we made. The posters should convince others to try your healthy snack. The posters need to include taste, color (nutrition), and health benefits. Also, presentations need to incorporate advertisement strategies (rhyme, pictures, celebrity endorsements, create emotion (pull at "heart strings", excitement, etc), and music) directed at the principal, students, and food service staff. Finally, it is important that the information is truthful; there are enough factual great reasons to eat these foods.

You will have 12 minutes to work on your posters/ presentations.. After the 12 minute work time is over, you will form back into a large group. You will be asked to form two lines, forming a "runway" (like for models). Each group will select one person to walk the "runway" and present their poster to the class. Then each group will be asked to vote on which poster they think your principals, lunch crew (etc.) would get the most impact from.

**2. Circulate through the work area providing assistance.**

**3. Have runway show.**

### **Review**

**1. Remind the students.** Say,

*Thank you Champs and thank you club members. I hope all the Champs got some good ideas today. The posters look great.*

**2. Collect nametags.**