



BACKGROUND

Over the past 6 weeks, the students were given the opportunity to work with a mentor and to learn about changing their environment. Today is the last day with their mentor and a time to celebrate and reflect on what they were learned.

OBJECTIVES

Youth will

- Learn how they have increased their knowledge about how to create a healthy environment
- Review healthy snack preparation skills

STRATEGIES

- Active learning;
- Building preparation skills
- Knowledge of ways to improve community environment

TIME NEEDED

60 minutes

Introduction (3)
Final Interview (22)
Snack Time (30)
Review (5)

GETTING READY

1. All materials needed for each recipe (mixing bowls, spoons, plates, napkins)
2. Copies of the winning recipe
3. Bring Cards students made last week
4. Champ Certificates

Module 26: Hip...Hip...HOP'N Champ...Hooray!

1. Greeting & distributing nametags.
2. Final Interview w/ HOP'N Champ. Today will be the last day the HOP'N Champ is with the group. The Champ will be asked to discuss with the students about changing their environment.
3. Snack Time. The students will create their snack that they voted on during Module 25.
4. Thank the HOP'N Champs! The students will be asked to present the cards they made to their HOP'N Champs and thank them for helping.

Fun on Your Own!

Share the winning snack with friends and family.

FREQUENTLY ASKED QUESTIONS

Module 26: Hip...Hip...HOP’N Champ...Hooray!

Activity 1: Final Interview

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 (10)

Presentations (10)

Total: 22 min

Procedure:

The HOP’N Champ will be asked to bring back his community contract Module 26. Each group with their HOP’N Champ will be given 10 minutes to talk about the contract and to discuss changes that were made. After the 10 minutes are up, each group will get a chance to get up in front of the class and talk about their HOP’N Champ and the changes he/she made.

Follow-up/ Assessment:

Discussion Points

Discuss how to make the changes permanent? (don’t go back to old ways)

Modifications:

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Activity 2: Snack Time

Objective:

The students will learn how to make another healthy snack.

Materials:

Copies of the winning recipe

Ingredients

Mixing bowls

Spoons

Measuring utensils

Time:

Hand out materials (3)

Students make healthy snack (15)

Eat Snack (12)

Total: 30 min

Procedure:

The instructor will go over the ingredients needed for the snack. As a group, the snack will be created with different students helping out.

Follow-up/ Assessment:

Discussion Points

Was the snack easy to prepare?

Is this snack something you could make at home?

How can you change the recipe and still have a healthy snack?

Could use other ingredients with the snack (add fruit or veggie)?

Modifications:

You could have divided the group into 2 and had them each make the recipe. You could time them to see who takes the longest, or compare whose tastes/looks better.

Certificate of Appreciation

Healthy Opportunities for Physical Activity and Nutrition

Presented to

With sincere thanks for being a HOP'N Champ.

Awarded on _____



Module 26: Hip.. Hip... HOP'N Champ... Hooray!

Introduction

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

This is the twenty- sixth 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. Today, you have your final interview with your HOP'N Champ, you will prepare the winning recipe, and HOP'N Champs, we have a surprise for you.

Final Interview

1. Give the groups 10 minutes to talk about the contract and to discuss changes that were made.

2. Lead the group in presentations of Champ changes. After the 10 minutes are up, each group will get a chance to get up in front of the club and talk about their HOP'N Champ and the changes he/she made.

3. Discuss how to make the changes permanent?

Snack Preparation

1. Review the procedure and ingredients needed for the snack.

2. Circulate the room as groups make and eat the winning recipe.

3. Lead the group in a discussion. Say,

Was the snack easy to prepare? Is this snack something you could make at home? How can you change the recipe and still have a healthy snack? Could use other ingredients with the snack (add fruit or veggie)?

Modifications:

You could have divided the group into 2 and had them each make the recipe. You could time them to see who takes the longest, or compare whose tastes/looks better.

Review

1. Remind the students. Say,

Thank you again to the HOP'N Champs it was truly a privilege to have you here. I hope We were able to help you make healthy changes that you will be able to maintain. HOP'N Club members, next week we will have a celebration of all of your hard work at HOP'N Club.

2. Collect nametags.