

# Metabolic Magic Mini-Interventions

## Healthy Living Brochure

*(Suggested usage: After Case Study 2, Case Study 3, or if the group has only one day to do a mini-intervention)*

Students will utilize a variety of media (photos, drawings, quotes, stories, etc.) to create a “for kids by kids” healthy living brochure. The brochure can be printed and distributed to medical offices and schools in the area or other relevant organizations.

### Pre-activity discussion:

Using Problem based learning, students answer questions that will allow them to learn about “healthy living” before making the brochure.

- What do you consider to be healthy living?
- What are macro and micronutrients and why are they important to health?
- According to the American Dietetics Association, how many servings of fruits and vegetables should we eat a day? How much vitamins and minerals?
- What is “traffic light eating”?
- According to the CDC, how much physical activity do youth need?
- What happens to your body/brain/emotions when you exercise?
- What are some effects of stress on the body and mind?

### Guidelines:

- Students will define and discuss the need and value of a healthy living brochure.
- Students will discuss the content of the brochure and consider how to make it teen friendly.
- Students will work as a team to decide how to produce content for the brochure.
- Students will discuss as a team where the brochure could be distributed and how to connect to those entities.
- Content might include: stories, interviews, facts, quotes, photos and drawings.
- Students will design the brochure in the digital format as well as a printed version.
- Students will critique the brochure content themselves. Teachers may provide feedback or guidance although the project is student-led.
- Digital brochures can be created with online platforms such as Canva or Issuu.