

Metabolic Magic Mini-Interventions

Map Quest

(Suggested usage: After Case Study 4)

Students will work together to create a map of their local city, township or neighborhood. The map will include safe playgrounds, libraries, schools, parks, bike lanes, sidewalks or walking trails, and restaurants that include healthy selections in their menus.

Pre-Activity discussion questions:

- What sources can be used to identify parks, bike lanes, sidewalks and walking trails?
- How will safe playgrounds be determined?
- How will information regarding restaurants with healthy menus be gathered?
- What will the criteria be for determining healthy menus?
- What are ways we can create a map? (ie., digital, draw on a printed map, draw own map by hand or on the computer)

Guidelines:

- Students will meet to decide what type of map they want to create, whether paper and/or digital.
- Optional: Two teams can be established; one team for a paper map and one team for a digital map.
 - If students decide to create a paper map, they will need to discuss how to produce and distribute the map.
 - If a digital map is to be produced, students will need to research how to drop pins on the map and label the items.
- Students will discuss and share personal knowledge and experiences of parks, playgrounds, libraries, schools and restaurants in their location.
- Students will request to meet with a local alderperson, city council member or city planner to explain the purpose of the map they are creating and possible applications for the map.
- Discuss their experience. What did you learn about your community? What are some of the strengths and challenges you found?