

# Metabolic Magic Mini-Interventions

## Meet the Expert

*(Suggested usage: Any Case Study)*

Goal: To have a health expert provide education to families and school community

## Planning Discussion Questions

- ❑ What is the health issue we want to address? (ex. Mental health, nutrition, physical health)?
- ❑ Who are some local health experts who are representative of the school community?

## Guidelines

- Reach out to local health expert and invite them for a community health evening
- Prepare questions you want to ask them
  - Gather questions from other students
- Take notes during the presentation
- Use the information to create an Ebook for the community
  - Research how to create an Ebook
  - Organize information from the health evening
    - Find graphics, or students create images to use in the Ebook
  - Include ways children and families can use the information they have learned