

Metabolic Magic Mini-Interventions

Photo or Video Essay

(Suggested usage: Any case study, or if the group has only 1 day for a mini-intervention)

How does your school and community environments affect how easy or challenging it can be to create and maintain a healthy lifestyle?

Students will create photo essays illustrating elements in their home, school or community environment that make it harder or easier to maintain a healthy lifestyle. Students can display their photo essays to classmates and discuss their findings.

Guidelines:

- Students will discuss why and how their home, school and community environments affect their lifestyle
- Students will determine the format and length of their photo essays
- Students will choose one of the following: home, school or community environment
- If choosing the home environment, students will obtain a parent or guardian's permission to take and display photographs
- Content will include any elements of their environment that students find relevant to their health and lifestyle behavior
- Students will present their essays to their classmates and discuss the meaning and importance of each photograph