



Health Fair

Grade _____ **Lesson Plan** _____
Level: Foundational **Timeframe:** 2-3 days **Topic:** Health Fair **State:** ID
Prepared _____
By: Carolee Fogg Mordi **Chapter/School:** Middleton High School

Overview & Purpose Students will identify and research the aspects of a healthy lifestyle and organize their information into a Health Fair.	FCCLA National Program(s) Student Body
Programs of Study Teen Living Nutrition and Foods Adult Living Child Development	

Lesson Plan Goals & Objectives (Specify skills/information that will be learned.)	Students will identify the aspects of a healthy life Students will explore what it takes to be healthy Students will organize and carry out a health fair
Materials Needed	<ul style="list-style-type: none"> • Paper • Pencil • Computer with internet • Display boards
Introduction of Subject Anticipatory set (Give and/or demonstrate necessary information)	Ask students what they think it takes to have a healthy life? Discuss
Steps Guided Practice Verification (Steps to check for student understanding)	Identify areas that health is important for Mental Physical Emotional

Activity 1 (Describe the independent activity to reinforce this lesson)	Have students brainstorm ideas for research that a person may want to know more about regarding health. For example - healthy foods, healthy exercises, brain exercises, stress relief, etc. Have each student or pair of students select an area to research and create a 3-5 minute presentation on.
Activity 2 (Describe the independent activity to reinforce this lesson)	Once the research is done, have students put everything together to create a health fair. Discuss time frame, location, additional resource to include such as guest speakers or local care givers, and whom to invite.
Activity 3 (Describe the independent activity to reinforce this lesson)	Hold the health fair
Assessment	Student discussion Student presentations Health fair
Summary/Evaluation (Assign Homework, or Reflect on the Outcomes)	Write a one page paper on what you learned about being healthier and what you plan to implement in your own life.
Other Resources	(e.g. Web, books, etc.) http://fcs.tamu.edu/health/health_fair_planning_guide/index.php https://www.lcms.org/graphics/assets/media/WRHC/HFM.pdf
Additional Notes	
Source (If Applicable : cite any published or copyrighted materials used in this lesson plan)	National Spotlight Project

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