

## Student Body Mixer Learning Activity

### Purpose:

To introduce young people to a variety of eating, fitness, and healthy lifestyle topics.

### Preparation:

1. Reproduce the [Student Body Mixer Handout](#), one per participant.

### Instructions:

1. Give each participant a copy of the [Student Body Mixer Handout](#).
2. Allow 8 to 10 minutes for each participant to obtain the signature of someone who matches the statement in each square. Offer a small reward for the first three people to complete their sheets.
3. At the end of the allowed time period, have participants return to their seats.

### Processing:

1. Read each statement from the [Student Body Mixer Handout](#). Ask participants to stand if the statements applied to them. (They should sit back down between statements.)
2. Point out the variety of health-related knowledge and habits among participants. Explain that a wide range of young peoples' eating, fitness, and healthy lifestyle needs can be addressed through the national FCCLA program, Student Body.