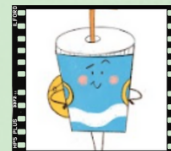


# Fresh Food Hollywood - Lesson Plan

by Best-ReMaP EU Joint Action project



**Subject:**

**Date:**

**Topic:** Fresh food Hollywood educational film

**Lesson #**

## Lesson Focus and Goals:

The video aims to guide children about the importance of making healthy food choices and how it affects their energy and mood throughout the day.

Students will be able to identify and differentiate between healthy and unhealthy food choices.

Students will be able to make informed decisions about their food choices based on the benefits of consuming nutritious food.

## Materials Needed:

projector+screen

link to the film:

<https://bestremap.eu/edu-video/>

colored paper, glue, pencils for group work

## Learning Objective:

To introduce children to the concept of healthy eating and how it contributes to their overall well-being.

## Activity:

**Scripted Questions** to help understand the messages of the film

- What is the main message of the video?
- What effect does unhealthy food have on our bodies and energy levels?
- What role do advertisements and marketing play in our food choices?
- Why do you think the characters in the video started making healthier choices?
- What are some ways we can encourage others to make healthier food choices?
- How can we resist the temptation to choose unhealthy foods when they are advertised so heavily?
- What are some healthy food options that you enjoy?
- How can we make healthy eating a part of our daily routines?
- What unhealthy options can be substituted by a more nutritious one? Can you recall a couple of food replacements presented in the video, for example the cola turns into water?

## Activity: Small-group work

- Create an ad: ask students to create their own advertisements promoting healthy food choices.
- Plan a healthy school meal: ask students to plan a meal that is both nutritious and appealing to children. They can discuss the challenges of marketing healthy food to children and brainstorm ways to make healthy foods more attractive.

## Potential Student Misunderstanding:

Believing that they are immune to the influence of marketing:

Students may underestimate the impact that marketing can have on their own food choices, believing that they are not influenced by advertising or branding. Discuss and acknowledge this cognitive dissonance. Read more on the topic at: <https://www.everydayhealth.com/neurology/cognitive-dissonance/cognitive-dissonance-communication-from-tv-ads-pr-campaigns/>