



DISCUSSION AND SELF-REFLECTION QUESTIONS

Video, Part One (Open)

Discussion Questions

1. What are some of the factors contributing to the increase in childhood obesity today? Which factor do you think is having the most effect?
2. What are three changes we can make to our daily food and exercise habits to help reduce overweight/obesity? (*Eat five servings of fruits and/or vegetables, reduce sugar and fat, increase physical activity to 60 minutes a day*).

Self Reflection Question – Capture the Learning

1. Dr. Satcher, former U.S. Surgeon General, says that today's children may be the first in history to have a shorter life expectancy than their parents. How does this make you feel? Would you like to live as long or longer than people do today?

Video, Part Two

Discussion Question

1. Is it a school's job to teach health and nutrition? Do you think schools should offer healthy options at lunch and in vending machines? How often should schools offer physical education?

Self Reflection Question – Capture the learning

1. Do you enjoy participating in physical education at school? Why or why not? Have you ever felt a benefit from being physically active in school? (i.e. more energy in the afternoon, better concentration, etc.)



Video, Part Three

Discussion Question

1. Have you ever influenced (or wanted to influence) a friend or family member to change? Explain what you did (or wanted to do). How successful were you? (How successful do you think you would have been?)

Self Reflection Question

2. Have you ever been influenced by peer pressure? Are you influenced by your friends and/or the media to make good or bad choices about nutrition or exercise? Explain.

Video, Part Four

Discussion Question

1. How much influence do you think kids can have regarding health and nutrition changes in schools, communities, government? Have you ever seen an example of the power/influence students have?

Self Reflection Question

1. Have you ever been an advocate for a cause or wanted to support a cause? What would you do – make speeches, hold an event such as a race, write letters, use email?

Video, Part Five

Discussion Question

1. Are your parents or other adults in your life in charge of what you eat or how much you eat? Do they affect how much you exercise? What do your parents/adults do that is a positive influence? What do they do that is a negative influence?

Self-Reflection Question

1. How healthy is your lifestyle? What changes could you make to improve your eating habits, TV/video game habits and physical activity? What prevents you from making the changes/improvements that you want? What can you do to stick to your goals when it gets tough?

