English Lesson Plan

Fitness Facts (or Fiction?)

Quick summary: Students will analyze newspaper articles related to healthy living, and determine if the articles are fact, opinion or reasoned judgment.
Students will understand the differences between the following terms: Fact, Opinion, Reasoned Judgment.
Students will choose a variety of on-line newspapers to gather articles related to healthy living.

How long will it take: 45 minutes

What do I need:
• Internet access
• Chalkboard or smart board with the following headers: “FACT” “OPINION” “REASONED JUDGEMENT”

How does it work:
The teacher will explain that a lot of public information that claims to be concerned about the health of Americans actually is trying to sell a product. It is important to be able to read a newspaper article and understand if the information in the text is fact or fiction.

Divide the class into groups of two or three to gather examples of commercials and advertisements related to healthy living. Have the groups use the following discussion prompts to help guide their thinking on whether the information presented in the article was fact, opinion, or reasoned judgment.

1. Evidence-based statements and research are conclusions that are made after several research studies have had similar results or findings. Are evidence-based research studies used to support the author’s claims?
2. Is the author trying to sell a product? If so, how might that impact the content of the article?
3. Does the article focus more on “feeling good” or “looking good” and how might focusing on “looking good” influence the reader?
4. Is the author a health professional? What specifically does she/he do for a living and how might this influence the advertisement or commercial?