More or Less Lesson Idea

Explore

1. Have you ever given in to an urge to eat a lot of a particular food? What was the food? Encourage discussion. Students will most likely mention sweet foods, such as candy or ice cream, or snack foods, such as potato chips or popcorn. How did you feel after you “pigged out” on the food? Students may describe physical feelings, such as stomachaches, headaches, nausea, fullness, or sluggishness. They may also mention feeling emotionally “bad” or guilty.

Suppose you decide that you are eating too many sweets, fatty foods and salty foods so you cut all of them out of your diet. Is that a moderate plan? (No) Why might cutting out all sweet, fatty and salty foods not be a wise idea? (You might miss eating those foods and end up eating too many of them at once.)

What alternative might you suggest to a person who has decided that he or she is eating too many sweet, fatty and salty foods? Encourage discussion of moderating eating habits. Record students’ responses on the chalkboard. Ideas might include (1) eating sweets, such as candy, or fatty or salty foods, such as potato chips, once in a while instead of often; (2) substituting a healthful snack (naturally sweet fruits, raw vegetables, plain popcorn, breadsticks, rice cakes, unsalted baked tortilla chips) for a sweet, fatty, or salty snack; and (3) keeping a written record of sweet, fatty and salty foods eaten.

2. Point out that wise people throughout the ages have advised enjoying everything in moderation. Have students list activities, besides eating, that they might choose to participate in moderately. They might mention a physical activity, video or computer games, television watching, or reading comic books. Have students discuss why it might be wise to pursue these activities in moderation. Invite them to discuss experiences they have had with “overdoing” an activity and then choosing to be more moderate.

Ask students to think of an activity they might choose to practice more moderately and write a plan for doing so. For example, “I watch television for three hours each day after school. From now on, I plan to watch TV for only one hour each day after dinner.” After several weeks, ask volunteers to report to the class on the success of their plans.