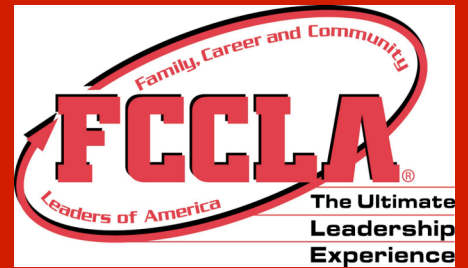


# Teaching with **TEEN TIMES**

September/October 2010



[www.fcclainc.org](http://www.fcclainc.org)

It's easy to incorporate *Teen Times* into your Family and Consumer Sciences curriculum! The articles in this month's issue can be used in class to support many assignments and projects, including:

**\*Use the planning process** to create a project based on the Student Body program (featured on page 2) that you can carry out in your school.

**\*After reading about First Lady Michelle Obama's initiative Let's Move!** on pages 3 and 9, use the information from this issue and the website to plan a short assembly for an elementary school that gives information about healthy eating and exercise.

**\*Create your own bulletin board or display** based on the FCCLA 65 Years of Leadership. Check out some ideas of what to include on pages 4 and 5, and make sure to post quotes from members in your chapter about the best part of FCCLA.

**\*What most surprised you** in the article "Prevent the Pounds: Exercise YOUR Voice Against Childhood Obesity"? Create some posters titled "Did you know?", and include information from the article. Make sure to put your posters up around the school in places where everyone will see them.

**\*Using the information on page 9,** make table tents that give tips on healthy snacks and easy exercises. Put the table tents in your school's lunchroom.

**\*Check out the profiles of the 2010-2011 National Executive Council** on pages 10-12. Each of the officers shared what FCCLA means to them. After reading their answers, think about this question: What does FCCLA mean to you? Get out an index card, and write down your thoughts in the form of a short (20- to 30-second) speech that you can share with other members and possible new members.

**\*Write an article for your school newspaper or newsletter** about healthy choices that teens can make at fast food restaurants. Use the information and the website given on page 14 to help you write your tips.

**\*Talk to your physical education teacher about doing The Plank** (explained on page 15) during your next class. If you aren't in a physical education class, practice doing The Plank during a break at school.

**\*Create a skit that can be used to educate others on the dangers of sexting.** Use the information on page 16, and make sure to include some of

the statistics. Once you've practiced your skit, perform it for a class, an assembly, a meeting – anywhere that you think you can get the message out.

**\*Ask a grocery store if you can set up a booth** to educate customers about food calories. Using the quiz on page 20, challenge customers to see how many foods they can get correct.

## Wellness on the Web

Check out these great websites for more information to use when planning lessons and activities related to wellness!

[www.teenhealthandwellness.com](http://www.teenhealthandwellness.com)

[www.kidshealth.org/teen/](http://www.kidshealth.org/teen/)

[www.education.com/special-edition/new-trends-teen-wellness/](http://www.education.com/special-edition/new-trends-teen-wellness/)

<http://life.familyeducation.com/teen/fitness/34463.html>

[www.win.niddk.nih.gov/publications/take\\_charge.htm](http://www.win.niddk.nih.gov/publications/take_charge.htm)

From Everyone at FCCLA...

**WELCOME**  
to a new school year!

We look forward to  
working with you!



# ON THE ROAD TO WELLNESS

Use the articles in the September/October 2010 edition of *Teen Times* to fill in the signs along the road of wellness! Start at the beginning, and follow the arrows to your ultimate goal: living a healthy lifestyle. You could even race a classmate to see who gets to the end of the road first!

