**Health Education Review**

* The class lecture is a time of review and deepening understanding.
  + Homework is assigned the night before that covers the topics of the following class
    - This allows for more discussion and deeper conversation
* Application Activities
  + After class lecture there are one or more activities that the students complete that allows the students to apply their knowledge
  + List of activities;
    - “What influences teenagers” collage
    - “See, what had happened was…”
    - Iron Chef
    - Supersize me
    - The 411 on portion size
    - Getcha Goals worksheet
    - Goal ladder Mapping Activity Sheet
    - Pick Me!
    - Label my plate
    - To eat, or not to eat
    - “Nancy Drew’s Mystery of Taco Tuesday Night”
    - Healthy Habit’s Discussion & Snack
    - Kitchen creations
* Review Activities
  + The first part of class is spent on a review activity of the prior class
  + List of activities:
    - Don’t Break the Chain!
    - Team Jeopardy
    - Review questions
    - Rate Your Snack Food
    - Picture This
* Review Days
  + The class prior to a test, the students will participate in a variety of stations/activities that review all of the content on the test. These stations/activities accommodates to a variety of learning styles.
  + List of stations/activities;
    - Nutrition Land
    - Guided Discussion Cards
    - Hot Potato
    - “Who has, I am”
    - Clicker station
    - Charades via drawing or acting
    - Ticket to Class Review