**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