

Name _____ Date _____ Class _____

Health Podcast Activity Worksheet

Episode 5: Fighting Teen Obesity

Activity A: Listening and Learning

Directions: Download the “Fighting Teen Obesity” podcast from www.glencoe.com. As you listen, write down the main ideas to help you complete the activities. Discuss the information on obesity from the podcast with your classmates and then answer the questions below.

1. What are three of the five ways that obesity harms the body?

2. What is the difference between being overweight and being obese?

3. What are the two factors that have contributed to the rise in teen obesity?

4. How many gallons of soft drink does the average teen drink a year?

5. How many minutes per day is the recommended number that teens should be involved in moderate to vigorous physical activity?

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Activity B: Beat Fat with Better Choices

Your goal in this activity is to create a digital presentation that illustrates the dangers of teen obesity and offers ways to combat it.

The first step is to decide what you would like to say in your presentation. Using information from the podcast, and any additional material provided by your teacher, make a list of the main points you want to make about teens, obesity, and choosing a healthy lifestyle.

Next, find pictures on the Internet* of people and things that illustrate your points. For example, you might want a picture of a hamburger to illustrate that teens eat too much fat. Save these images in a convenient place on your computer.

Finally, create your presentation:

1. Open the presentation-building software on your computer. Note: basic presentation software is available for free on the Internet. Ask your teacher to direct you to the best application to use for this project.
2. Create a new presentation and choose a layout that best suits your message.
3. Add text and content that describes the image and what it means.
4. Add new slides as needed. Presentations should contain *at least* 5-8 slides.
5. Be sure to include slides that illustrate how to make healthy lifestyle choices as well.
6. When you are finished with your presentation, post it to your class web site and email to your instructor.

*Remember to respect copyright laws when selecting images from the Internet.