

# TOPIC

# HEALTH NEWS: IN THE KNOW



## AGE RANGE

10–13

## OVERVIEW

Why is it important to stay in the know? With the ever-increasing popularity of social media as a main news source, it is important that students learn to review their health news in a critical light. Students will consider the difference between health fads and research-based conclusions, and they will learn strategies for distinguishing between the two. Students will then apply what they have learned as they research recent, credible health news. Finally, students will share their findings with the class.

## TIMING

45–60 minutes

## OBJECTIVES

Students will:

- Differentiate a health fad from real health news
- Evaluate health news content
- Summarize a research-backed health news article
- Explain why “staying in the know” is important for their future health
- Understand the connection between lifestyle choices and noncommunicable diseases



## MATERIALS NEEDED

- Pencils, one per student
- Device with the ability to project\*
- **Health Fad Headlines** handout, one for volunteer(s)
- **Evaluating Health News** handout, one per student

For more information about the Future Well Kids program, please email  
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