

# Service Project Ideas

- Make a school bulletin board to teach people in the school community about healthy choices: Begin a dedicated bulletin board to health issues and information. Suggested titles: Stuff You've GOT to Know, BE COOL, BE HEALTHY. Post articles, charts, posters, food riddles and jokes, healthy recipes, and interesting and disturbing facts about health. Add, change and revise the bulletin board every week or two.
- Newsletter: Begin a Healthy Community newsletter to share information about health (as suggested above) to distribute to students, parents, and neighborhood businesses.
- *Heathy Foods Families Really Eat*: Create a cookbook with recipes from students' families. Include favorite Taste Testers snacks and treats that use healthier alternatives to white flour, oils, and sugar. Optional: Use as a fundraiser for a local health-related charity.
- Organize and raise money for a walk-a-thon. Work with students to organize, advertise, and implement a student and teacher walk-a-thon to raise awareness and prevent obesity by encouraging exercise. The American Diabetes Association has some pointers here: <http://www.schoolwalk.diabetes.org/>
- Create a Public Service Announcement (PSA). Brainstorm ideas for a public service announcement about health that targets young people. Some guiding themes include the following: What is it important for your peers to know about health? How can you create a message that will influence other young people? How will you inspire them to take control of their health?
  - Ask each small group to generate one idea for a PSA about health that targets young people. Then, ask each small group to present its idea to the class.
  - When each small group has presented its idea, vote so that every student has a voice in choosing the concept for the class PSA.
  - On chart paper have the class create a draft script for the PSA.
  - Options for presenting the PSA: to an after-school group, to an entire grade, or to the school during an assembly. Students may also choose to make and distribute copies of their script to the school community.
  - If video is an option, submit PSA to local and national network and cable stations.
- Change a current advertisement to a healthy message. Ask students to think of a current advertisement (print, TV, or radio) and how they might change it to reflect a



healthy message. Create a new, effective version of the ad that presents a healthy message. Perform it for the class.

- Letter to a Network—Students may write letters to a network station, or to a specific company, describing what they have learned about how the media influences choices we make affecting our health. They may make suggestions about how to present healthier messages (i.e. accepting or developing commercials that show people in various shapes and sizes, endorsing more shows that promote healthy living, etc.)
- Create a Character—Ask students to consider characters like talking M&M's. How do characters like these help to market unhealthy foods to children? Students should think about the qualities that make characters like M&M's appealing and then create characters that make healthy foods just as tempting. (Bro Broccoli?)
- Jokes and Riddles: Create a series of Fun Food Facts posters using riddles and interesting/surprising information about different healthy foods.
- Mini-Books: Make mini-books of student-illustrated food riddles and include a fun food fact with each one. For example:
  - Why did the banana go to the doctor? It wasn't peeling well.
  - Why did the peanut butter jump into the ocean? To be with the jellyfish
  - What dessert do fish serve at their parties? Crab cakes

