



Lesson 16: What is Health? Healthy People, Plants, and Communities

Lesson Plan

Estimated lesson time: 90 minutes

Learning objectives:

- Identify components and habits that lead to good health
- Name and explain the four dimensions of health
- Understand relationships between and importance of good physical, mental, social, and spiritual health
- Provide examples of personal choices that can improve or harm our health
- Identify barriers to health and ways to overcome those barriers

Key concepts:

- Health
- Health disparities
- Social determinants of health
- Social ecological model

Materials:

- Large pieces of paper to outline students' bodies
- Poster/cards and tape
- Markers and other writing utensils

Lesson components:

- I. Background (for instructors) – 5-10 minutes
- II. Icebreaker activities – 10 minutes
- III. Introduction to Health (lecture and activity) – 30 minutes
- IV. Systems Thinking: Identifying & Overcoming Barriers to Health (group discussion) – 30 min
- V. Debriefing – 5-10 minutes