

Twenty-Four Hours and One Brown Paper Bag

NHES Standard 8 Students will demonstrate the ability to advocate for personal, family, and community health.

Teaching Objectives

- Develop an awareness of environmental health and steps that can be taken to decrease waste.
- Develop and advocate for an environmental health goal.

Teaching Strategies

- Review the environmental health benefits when we reduce, reuse, and recycle waste products.
- Give each student one small brown paper lunch bag with their name on the outside of the bag.
- Have students complete steps 1 through 3.
- After 24 hours, have students bring their brown paper bags to class, reflect upon their experience, and discuss the results.
- Based on their 24-hour brown bag experience, have students select and advocate an environmental health goal that will positively impact their family and/or school.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score.

- ✓ Shows support for the position with relevant information
- ✓ Shows awareness of audience
- ✓ Encourages others to make healthful choices

Hands-On **HEALTH**

Activity **Twenty-Four Hours and One Brown Paper Bag**

Your challenge is to make a positive difference in the world by reducing, reusing, and recycling as much as you can during a 24-hour period.

What You'll Need

- small brown paper lunch bag
- paper and pen/pencil

What You'll Do

Step 1

Review Chapter 28 to gain a better understanding of the benefits of reducing, reusing, and recycling waste products.

Step 2

Put your name on one small brown paper lunch bag and for 24 hours challenge yourself to reduce, reuse, and recycle everything you can. Anything you cannot must fit into the paper bag.

Step 3

Journal about your experience. Bring your paper bag and journal to class after 24 hours.

Apply and Conclude

Based on your experience, describe an environmental goal that will have a positive impact on your community.

Checklist: Advocacy, Goal Setting

- ✓ Support for the position with relevant information
- ✓ Encourage others to make healthful choices
- ✓ Identify realistic goals
- ✓ Plan for reaching the goals
- ✓ Evaluate or reflect on the plan



Home and Community

Making a Difference Review the five tips from the Environmental Defense and the World Wildlife Fund. Write each of the headings on the board. Have students expand the list of actions under each that can be taken to reduce the amount of CO₂ in the air. Have

each student identify an item from the list that they can accomplish on their own and write a report on how they could make a difference in their school, home, or community. Encourage them to take action and report their progress to the class.