

Tell Us What You Think Now

Post-Curriculum Activity

Time

20 minutes

Activity Overview

Youth will complete a post-curriculum activity designed to find out what they have learned about media, nutrition, and physical activity and to get their feedback about the workshop.

Activity Objective

By the end of the activity, facilitators will be able to:

- ◆ Determine youths' base knowledge of the topics covered in the Media-Smart Youth program.

Materials Needed

- ◆ Pencils/pens (one for each youth)
- ◆ *Tell Us What You Think Now* sheets (one set for each youth)
- ◆ *Word Search* sheets (one copy for each youth)
- ◆ Watch/timer

Facilitator's Preparation

- ◆ Photocopy the *Tell Us What You Think Now* and *Word Search* sheets (one set of each for each youth).

Warm-Up | 2 minutes

1. **EXPLAIN** the *Tell Us What You Think Now* activity briefly.

2. **SAY:**



Now we're going to do an activity that's designed to see what you think today about media, nutrition, and physical activity. Now that you've completed 10 sessions on these topics, you may have different ideas than you did at the beginning of the workshop, when you completed the *Tell Us What You Think* activity. As I mentioned at the start of the workshop, this is not a test. Your responses will not be graded, and you don't even have to write your name on this sheet.

Knowing what you think now and what you thought at the beginning of the workshop helps me do a better job of presenting this workshop.

Doing the Activity | 17 minutes

1. **HAND OUT** the *Tell Us What You Think Now* and *Word Search* sheets and the pencils/pens.

2. **ASK** youth to complete the *Tell Us What You Think Now* sheets. They should do this on their own, without talking to each other. Youth who finish quickly can do the *Word Search* sheets until all youth complete the *Tell Us What You Think Now* activity.

3. **ALLOW** 15 minutes for youth to complete the *Tell Us What You Think Now* sheets. **ANSWER** questions as they come up. **TELL** youth when they have 5 minutes and then 1 minute left. **TELL** youth when time is up.

4. **ASK** youth to hand in their completed *Tell Us What You Think Now* sheets.

* A Note About Keeping This Activity Upbeat

This activity is not a test! Keep the tone light and fun. Make the youth comfortable by telling them that there are no wrong answers and they won't be graded.

Closing the Activity | 1 minute

1. **THANK** youth. **ASK** youth whether they have any comments or questions.

* A Note About Reviewing the Youth's Responses

After the lesson, take time to review the youth's responses. Compare the *Tell Us What You Think Now* responses with the the *Tell Us What You Think* responses from the beginning of the workshop. The information provided should be helpful in several ways:

- It will give you a good sense of how much the youth knew at the beginning of the workshop about the Media-Smart Youth workshop topics—media, nutrition, and physical activity—and what they know about these topics by the end of the workshop. A comparison of the pre- and post-curriculum responses will help you gauge how much the youth learned during the lessons.
- The information from the pre- and post-curriculum responses will give you data you can use to plan future Media-Smart Youth workshops, as well as other programs. The data also may be useful in making presentations to current or potential funders, administrators, or to after-school program management.



Word Search

Find and circle as many of these healthy foods as you can. Try to find them all!

Then, try to remember to eat more of them in your daily meals and snacks! There are 40 words total. You will find them backward, forward, diagonal, and straight up and down.

APPLE
ASPARAGUS
AVOCADO
BANANA
BEET
BLUEBERRY
BREAD
BROCCOLI

CARROT
CELERY
CHEESE
CHERRY
CORN
CUCUMBER
FIG
FRUIT

GRANOLA
GRAPE
LETTUCE
MANGO
MILK
ONION
ORANGE
PEA

PEAR
PEPPER
PINEAPPLE
POTATO
PUMPKIN
RADISH
RAISIN
RASPBERRY

SPINACH
SQUASH
STRAWBERRY
TOMATO
TURNIP
VEGETABLE
WATERMELON
YOGURT

Z	N	K	P	D	A	E	R	B	R	S	W	T	T	M	I	L	K	D	M
Z	T	P	F	E	K	V	X	Y	T	O	J	G	H	H	S	Z	F	G	N
N	O	Y	G	Z	P	L	F	R	F	M	T	S	K	T	F	Q	R	O	R
S	M	G	Z	R	Y	P	A	C	L	L	I	A	E	C	Y	I	I	T	A
Q	P	Q	N	N	K	W	E	A	R	D	X	E	T	R	T	N	G	W	S
B	Z	I	V	A	B	H	M	R	A	H	B	E	R	O	O	N	V	P	P
A	C	W	N	E	M	Y	C	R	S	V	S	E	A	L	P	L	T	G	B
N	X	K	R	A	O	U	I	O	G	E	H	L	E	T	T	U	C	E	E
A	L	R	H	G	C	C	L	T	E	C	P	A	P	P	L	E	A	H	R
N	Y	R	U	U	L	H	O	H	L	E	C	I	H	T	N	G	V	S	R
A	Q	R	M	G	P	M	C	Z	B	P	G	D	N	L	P	M	O	A	Y
N	T	B	T	E	T	C	C	T	A	I	H	N	T	R	R	V	C	U	S
L	E	A	A	Z	F	E	O	X	T	N	Q	T	A	F	U	M	A	Q	E
R	J	L	K	C	C	L	R	C	E	E	X	M	T	R	G	T	D	S	P
G	W	O	L	B	O	E	B	Z	G	A	O	T	A	M	O	T	O	T	A
G	V	N	M	K	V	R	Z	T	E	P	Y	P	R	T	V	M	I	K	R
T	R	A	L	N	P	Y	N	M	V	P	F	H	Z	V	H	U	T	D	G
T	H	R	A	I	S	I	N	P	D	L	A	S	P	A	R	A	G	U	S
R	K	G	G	K	Y	R	R	E	B	E	U	L	B	F	P	M	L	T	V
P	U	M	P	K	I	N	H	N	L	W	A	T	E	R	M	E	L	O	N

Tell Us What You Think Now!

1. Tell Us About You

2. I am a:

Girl Boy

3. I am in grade:

5 6 7 8

Other grade: Which grade?

4. I am:

10 years old 11 years old

12 years old 13 years old

___ years old (fill in your age if it is not on the list)

5. I am:

Hispanic or Latino

Not Hispanic or Latino

6. I am: (Check one or more)

American Indian or Alaska Native

Asian

Black or African American

Native Hawaiian or Other Pacific Islander

White or Caucasian

Other _____

Nutrition

Check True or False for each statement below.	True	False
13. Foods that naturally have sugar tend to have more nutrients than foods high in added sugars.		
14. Over time, eating foods that are high in solid fats, added sugars, and calories and low in fiber can lead to health problems.		
15. What a young person eats now has no impact on their future health.		
16. People who eat lots of whole-grain foods and other foods that contain fiber as part of their everyday eating may have lower risks of heart disease, diabetes, and some cancers.		

17. Check all the reasons why whole grains and foods made from whole grains are an important part of daily eating.

- Whole-grain foods have more naturally built-in nutrients than refined-grain foods.
- Eating whole-grain foods can help keep us healthy.
- Whole-grain foods contain fiber.

18. Check all the ways that you can *reduce added sugars* in your daily eating.

- Eat a plain cereal instead of frosted cereal for breakfast.
- Drink water instead of fruit punch.
- Have ice cream as a sometimes treat.
- Split a candy bar with a friend instead of eating the whole thing.

19. Check all the ways that you can *reduce solid fats* in your daily eating.

- Remove the skin before eating chicken.
- Eat fewer fruits, lentils, and beans.
- Drink fat-free or low-fat milk instead of whole milk.
- Choose a small order of French fries instead of a large order of French fries.

20. Check all the foods that are sources of calcium.

- Cheese
- Spinach
- Carrots
- Peanut butter
- Milk
- Apples

Instructions for Questions 20-23: Use the Nutrition Facts label below to answer the questions.

Cereal, granola style

Nutrition Facts	
Serving Size 1/2 cup (61g)	
Servings Per Container 10	
Amount Per Serving	
Calories 280 Calories from Fat 140	
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 3g	14%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 32g	11%
Dietary Fiber 6g	26%
Sugars 17g	
Protein 9g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%

21. How many servings are in this item? _____

22. What is the serving size for this cereal? _____

23. How much fiber is in one serving of the cereal? (Circle one)

- a. 2 grams
- b. 13 grams
- c. 6 grams
- d. 15 grams

24. Based on the %DV (daily value), is one serving of this cereal high or low in total fat? (Circle one)

- a. High
- b. Low

25. To me, choosing foods that are good for my body is important. (Check one)

I disagree

I don't agree or disagree

I agree

26. To me, choosing foods that are good for my body is interesting. (Check one)

I disagree

I don't agree or disagree

I agree

Media

Check True or False for each statement below.	True	False
27. Many media ads promote foods that are high in solid fats and added sugars and that do not have much nutritional value.		
28. Media do not have a powerful effect on our attitudes, behavior, and health.		
29. Many people like to snack when they use media and may not realize how much they are eating.		
30. Many media ads aimed at young people (and adults) make foods seem very tempting.		
31. Media keep us busy but may not keep us physically active.		

Instructions for Questions 31-34: Use the ad below to answer the questions.

TURNING A 20-FOOT WALL INTO A CANVAS TAKES VISION. SO DOES GETTING INTO COLLEGE.

Get started at KnowHow2GOcalifornia.org

You've got what it takes.

Lumina
Ad Council
ACE Association to Advance Collegiate Education of Students and Schools
Leadership and Advocacy

32. What is the main message of this ad? (Circle one)
- a. Learning how to become an artist is important.
 - b. Painting is hard work.
 - c. Getting into college takes planning and motivation.
 - d. Choose the right colors when you paint.
33. Who is the audience for this ad? (Circle one)
- a. Students thinking about attending college
 - b. American Council on Education
 - c. Deans of colleges and universities
 - d. Parents and coaches
34. How is this ad trying to get your attention? (Circle one)
- a. A famous person
 - b. A message
 - c. A wall with art work
 - d. Both B and C
35. Who is the sponsor of this ad? (Circle one)
- a. KnowHow2Go
 - b. Colleges and universities
 - c. Lumina Foundation, Ad Council, and American Council on Education
 - d. None of the above

Instructions for Questions 35-38: Use the ad below to answer the questions.

“ SHE SNORES MORE THAN I DO, BUT I STILL LOVE MY HUMAN. ”

—BANDIT
adopted 11-26-09

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

adopt
theshelterpetproject.org

Ad Council THE HUMANE SOCIETY

36. What is the main message of this ad? (Circle one)
- a. It's fun to play.
 - b. Adopt a pet from a shelter.
 - c. Pets love humans.
 - d. The Internet is a good place to find information on dogs.
37. Who is the audience for this ad? (Circle one)
- a. Organizations that protect animals, like the Humane Society
 - b. Families
 - c. Companies that make ads
 - d. People looking for a pet
38. How is this ad trying to get your attention? (Circle one)
- a. Closeup of cute dog
 - b. Quote from dog
 - c. Information about an animal shelter
 - d. Both A and B
39. Who is the sponsor(s) of this ad? (Circle one)
- a. The Department of Health and Human Services
 - b. The Ad Council
 - c. The Humane Society
 - d. Both B and C

Thank you for participating in this activity!

Tell Us What You Think

Pre- and Post-Curriculum Activity

[Facilitator and Program Version with Answers]

* A Note to Facilitators

This version of the *Tell Us What You Think* activity has the correct answers highlighted in **ORANGE**. It is for facilitator and program reference only. Please use the other version of the activity for the youth in your group. The questions and answers in the *Tell Us What You Think Pre-Curriculum Activity* and the *Tell Us What You Think Now Post-Curriculum Activity* are the same, so this answer guide applies to both activities.

1. Tell Us About You

2. I am a: Girl Boy
3. I am in grade: 5 6 7 8
 Other grade: Which grade?
4. I am: 10 years old 11 years old
 12 years old 13 years old
 ___ years old (fill in your age if it is not on the list)
5. I am:
 Hispanic or Latino
 Not Hispanic or Latino
6. I am: (Check one or more)
 American Indian or Alaska Native
 Asian
 Black or African American
 Native Hawaiian or Other Pacific Islander
 White or Caucasian
 Other _____

Instructions

The next questions ask about physical activity, nutrition, and the media. Your answers will help us develop programs for youth your age. This is not a test! You will not be graded on these questions. We hope you find this activity interesting.

Physical Activity

7. Young people should be physically active for _____ minutes each day. (Check one)
- 15 45
 30 60

Check True or False for each statement below.	True	False
8. Riding a bike is a weight-bearing activity.		X
9. Gardening is a physical activity.	X	

10. What is the best thing you can do to build strong bones and teeth? (Check one)
- Eat vegetables and fruits and get enough sleep.
 Eat foods high in calcium and do weight-bearing activities.
 Eat foods with added sugars and do stretches to be more flexible.
 Eat foods with fewer added sugars and do weight-bearing activities.
11. To me, physical activity is important. (Check one)
- I disagree
 I don't agree or disagree
 I agree
12. To me, physical activity is interesting. (Check one)
- I disagree
 I don't agree or disagree
 I agree

Nutrition

Check True or False for each statement below.	True	False
13. Foods that naturally have sugar tend to have more nutrients than foods high in added sugars.	X	
14. Over time, eating foods that are high in solid fats, added sugars, and calories and low in fiber can lead to health problems.	X	
15. What a young person eats now has no impact on their future health.		X
16. People who eat lots of whole-grain foods and other foods that contain fiber as part of their everyday eating may have lower risks of heart disease, diabetes, and some cancers.	X	

17. Check all the reasons why whole grains and foods made from whole grains are an important part of daily eating.

- Whole-grain foods have more naturally built-in nutrients than refined-grain foods.**
- Eating whole-grain foods can help keep us healthy.**
- Whole-grain foods contain fiber.**

18. Check all the ways that you can *reduce added sugars* in your daily eating.

- Eat a plain cereal instead of frosted cereal for breakfast.**
- Drink water instead of fruit punch.**
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- Eat fewer fruits, lentils, and beans.
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- Choose a small order of French fries instead of a large order of French fries.**

20. Check all the foods that are sources of calcium.

Cheese

Peanut butter

Spinach

Milk

Carrots

Apples

Instructions for Questions 20-23: Use the Nutrition Facts label below to answer the questions.

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Calories 280 Calories from Fat 140	
% Daily Value*	
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Saturated Fat 3g	14%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 32g	11%
Dietary Fiber 6g	26%
Sugars 17g	
Protein 9g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%

21. How many servings are in this item? **10**

22. What is the serving size for this cereal? **1/2 cup**

23. How much fiber is in one serving of the cereal? (Circle one)

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b. Low

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Media

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28. Media do not have a powerful effect on our attitudes, behavior, and health.		X
29. Many people like to snack when they use media and may not realize how much they are eating.	X	
30. Many media advertisements aimed at young people (and adults) make foods seem very tempting.	X	
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SO DOES GETTING INTO COLLEGE.

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adopt
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b. Adopt a pet from a shelter.

c. Pets love humans.

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b. Families

c. Companies that make ads

d. People looking for a pet

38. How is this ad trying to get your attention? (Circle one)

a. Closeup of cute dog

b. Quote from dog

c. Information about an animal shelter

d. Both A and B

39. Who is the sponsor(s) of this ad? (Circle one)

a. The Department of Health and Human Services

b. The Ad Council

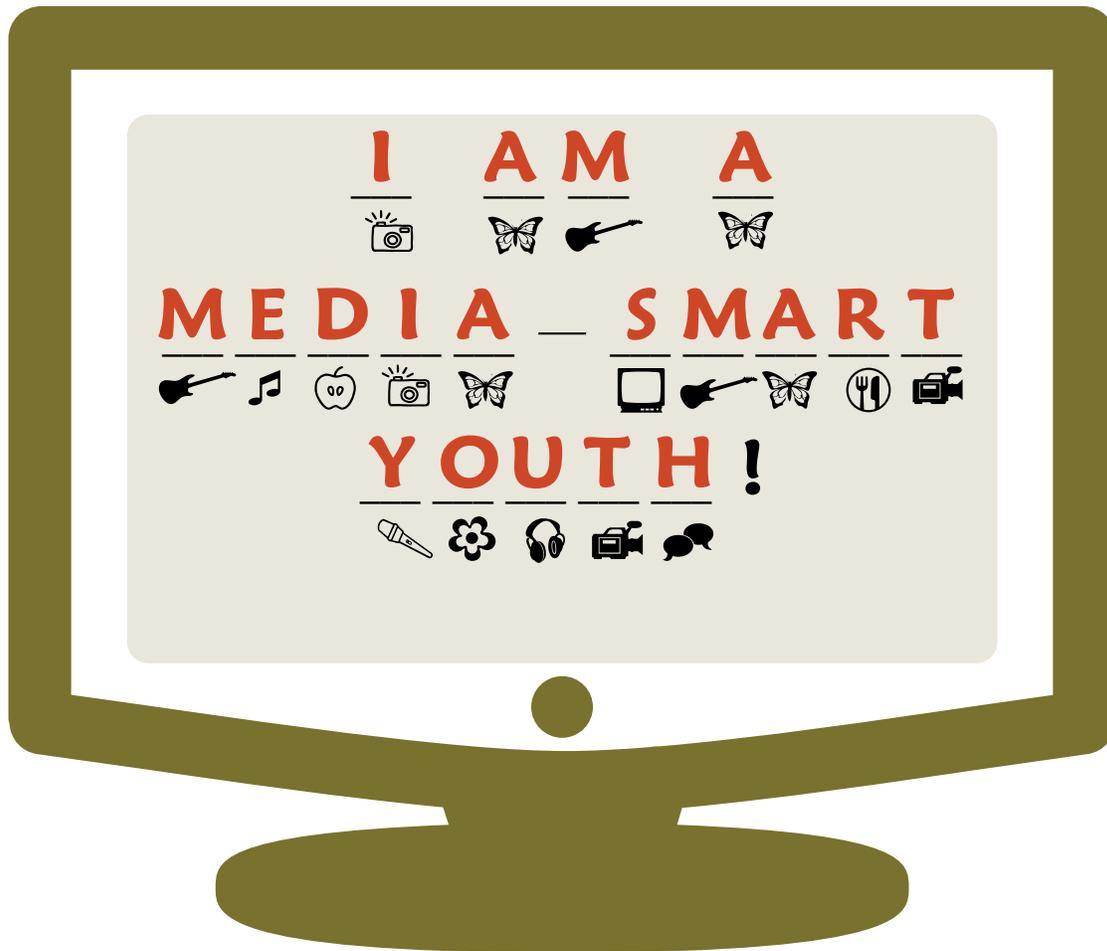
c. The Humane Society

d. Both B and C

Thank you for participating in this activity!

Alpha-Code Answer Key

Try to figure out the secret message! Use the picture code below to decode the message. Find the pictures in the alphabet list and write the letters that match them in the blanks above the code.



A=	G=	M=	S=	Y=
B=	H=	N=	T=	Z=
C=	I=	O=	U=	
D=	J=	P=	V=	
E=	K=	Q=	W=	
F=	L=	R=	X=	

Word Search Answer Key

Find and circle as many of these healthy foods as you can. Try to find them all!

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ASPARAGUS	CELERY	GRAPE	PEPPER	SQUASH
AVOCADO	CHEESE	LETTUCE	PINEAPPLE	STRAWBERRY
BANANA	CHERRY	MANGO	POTATO	TOMATO
BEET	CORN	MILK	PUMPKIN	TURNIP
BLUEBERRY	CUCUMBER	ONION	RADISH	VEGETABLE
BREAD	FIG	ORANGE	RAISIN	WATERMELON
BROCCOLI	FRUIT	PEA	RASPBERRY	YOGURT

