

Tell Us What You Think

Pre-Curriculum Activity

Time

20 minutes

Activity Overview

Youth will complete a pre-curriculum activity designed to find out what they think and know about media, nutrition, and physical activity.

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* sheets (one set for each youth)
- ◆ *Alpha-Code* sheets (one copy for each youth)
- ◆ Watch/timer

Facilitator's Preparation

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

A Note About the Purpose of This Activity

Having youth complete the *Tell Us What You Think* and the *Tell Us What You Think Now* sheets at the beginning and at the end of the workshop are optional activities designed to give you and your program a good sense of what the youth know and think about the three major Media-Smart Youth topics—media, nutrition, and physical activity.

Choosing not to do these activities will not affect your ability to conduct the workshop. However, conducting both activities and comparing the responses of the youth before and after the workshop can be helpful in several ways:

- Responses to the *Tell Us What You Think* activity will give you a good sense of how much the youth know already about the Media-Smart Youth workshop topics. Understanding their prior knowledge, skill levels, and opinions will help you tailor the workshop to their needs and interests.
- If necessary, you may answer youths' questions related to the meaning of a word or to clarify an unfamiliar term, but do not coach the youth through the questions or tell them how to answer the questions.
- A comparison of the *Tell Us What You Think* and *Tell Us What You Think Now* responses will help you gauge how much the youth learned during the lessons.
- The information from the 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 when making presentations to current or potential funders or to after-school program administrators.

We recommend that you think about these activities as a pair. If you choose to do one, do both. If you choose to skip one, skip both.

Warm-Up | 2 minutes

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

2. **SAY:**



I'm going to hand out a sheet of questions that's designed to help me understand what you think about nutrition, physical activity, and the media. This is not a test. Your responses will not be graded, and you don't even have to write your name on this sheet. You might not be familiar with all of the terms on this sheet, but that's okay—you'll learn more about them throughout this program.

At the end of the workshop, I'll ask you to fill out a similar sheet of questions. Your responses will help me to see how your thoughts on these topics may have changed.

Knowing what you think now and at the end of the workshop will help me do a better job of presenting the Media-Smart Youth material.

Doing the Activity | 17 minutes

1. **HAND OUT** the *Tell Us What You Think* and *Alpha-Code* sheets and the pencils/pens.

2. **ASK** youth to complete the *Tell Us What You Think* sheets. They should do this on their own, without talking to each other and without help from you. Youth who finish quickly can do the *Alpha-Code* sheets until all youth complete the *Tell Us What You Think* activity.

3. **ALLOW** 15 minutes for youth to complete the *Tell Us What You Think* 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* 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. Assure them that no matter how they answer, it will not affect their ability to participate in the program.

Closing the Activity | 1 minute

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

Alpha-Code

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=
- B=
- C=
- D=
- E=
- F=

- G=
- H=
- I=
- J=
- K=
- L=

- M=
- N=
- O=
- P=
- Q=
- R=

- S=
- T=
- U=
- V=
- W=
- X=

- Y=
- Z=

Tell Us What You Think!

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.

- | | |
|----------------------------------|--|
| <input type="checkbox"/> Cheese | <input type="checkbox"/> Peanut butter |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Milk |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> 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 American Council on Education
Leadership and Advancement

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 OF THE UNITED STATES

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!