

# Bigger Picture Lesson Plans

## Workshop Format Breakdown

Leading question: These questions are to intended to begin to generate discussion around different contributing factors of Type 2 Diabetes. The questions are leading questions into the subject matter of the lesson.

Activity: The activity portion is an idea generator and devise to explore the ideas of the lesson deeper.

Watch: Using [www.thebiggerpicture.org](http://www.thebiggerpicture.org) watch each correlating video that goes along with each lesson.

Discuss: Begin a discussion with reactions to the film and then use the discussion questions to expand on ideas.

Write: These are suggested writing prompts for the lesson. Use these prompts or generate your own depending on the direction of the discussion and feedback to the lesson.

Share Out: Participants share their writing to the group.

Wrap Up: The wrap up can be last thoughts or concluding questions. These questions were formed to for generate new thinking towards the next conversation and lesson.

# 1. Block O Breakfast

Leading questions:

What gets attention in ads? What do you think the aim is?

How does advertising affect the way you, your family, and your community diets?

What is the role of fast-food chains in the increase of Type II Diabetes?

Activity: Watch this McDonald's commercial and discuss first reactions.

<https://www.youtube.com/watch?v=kZCbvpJ4O6c>

Watch: Block O Breakfast

Discuss:

What tools do advertisers use to get your attention? How are they trying to make you feel? What images, stories or words do they use and what is their intention about how to make you feel?

Write:

Write your own commercial selling a product that is bad for the general public. Make it sound appealing. You can work as individuals or in small groups.

Or create a great commercial advocating and championing for healthy food.

Share Out

Wrap Up: What are our commercials hiding and sharing? What impact do commercials and television have on our communities food choices.

## 2. Hear No

Leading questions:

Who in your family may be at risk of Type II Diabetes because of their eating habits?

What is the balance between individual responsibility and societal responsibility to societal health?

Activity:

Draw a family portrait of your family 10 years ago.

Draw a family portrait of your family now.

What are the physical differences? Who has changed? How has their diet affected their body?

Watch: Hear No

Discuss: What are the physical effects of unhealthy eating?

Write: What does it mean for the family when one member denies medical attention? What does it feel like?

Share out

Wrap Up: What is important about the relationship between our families and food?

### 3. Pushin Weight

Leading Question:

What makes foods and beverages addictive?

What happens to our bodies and minds when we become addicted to something?

Activity: Create a list of foods that have you hooked.

Watch: Pushin' Weight

Discuss: Are we users?

Who is supplying us and with what?

What kinds of things are we being pushed?

Write: Tell the story of your addiction in the form of an Alcohol Anonymous testimony. "Hi my name is \_\_\_\_\_ and I'm addicted to \_\_\_\_\_."

Share Out

Wrap Up: What can we do to change our addictions?

## 4. The Corner

Leading Question:

What healthy food choices are available in your neighborhood?

What food is most available and convenient for you to buy and eat in your community?

What role does food play in bringing your community together?

Activity: Draw a map of the food options in your neighborhood.

Where in your neighborhood do “the grease fryers stay sizzling past midnight?”

Watch: The Corner

Discuss:

What are the choices you have when it comes to food?

What is the easiest choice? What makes it easy?

Where is your closest grocery store?

Write:

What corners are you standing on?

If you had the chance to re-write your daily food recipe, what would you include?

Share Out

Wrap Up: In your ideal world. What’s on your corners?

## 5. Farm Living

Leading Question:

What does the word food mean to you?

What is your impression of farming?

What ways are you being farmed?

Activity: Make a chart, graph or illustration about the things you are being farmed and where they come from. The Factory? The store? The farm? Describe or draw the process it takes to get to you.

Watch: Farm Living

Discuss: What images from the video were most daunting and why?

What was the most shocking statement made?

Write: What are we being fed?

Share Out

Wrap Up: How does knowing the truth affect your choices?

## 6. Sole Mate

Leading questions: What does your body and its parts mean to you?  
What would life be like without one of your limbs? How would it feel?

Activity: Create a word bank of things you like/ receive from/ benefit from a certain part of your body.

Watch: Sole Mate

Discuss: How is Type II Diabetes a threat against our bodies?

Write: Write a love story, song or poem to an important part of your body you couldn't imagine losing.

Share Out

Wrap Up: What can we do to protect our bodies?

## 7. Product of His Environment

Leading Question: What are societal and environmental factors that affect our relationship to food, exercise and success?

What are the basic needs we need to survive as humans?

What are other factors besides the foods themselves that limit our relationships to self?

Activity:

Create a list of what do you currently have in your fridge. Split the list in half of health and unhealthy foods.

Write next to the food where they come from. Your neighborhood? A grocery store? How far is it?

Watch: Product of his Environment

Discuss: What are major factors in your environment that affect your food choices?

What is your relationship to your food and what it provides you in relation to what you have to do or where you have to go to get it?

Write: How are you a product of your environment? Good or bad? What are the privileges or disadvantages that your environment provides you and what are the outcomes because of them?

Share Out

Wrap Up: What tools are we equipped to survive within our environment and what are the variables we have to survive against?



## 8. Death Recipe

Leading question: What family pressures do you have around food?

What role does food play in bringing your family together?

What are the unhealthy habits we maintain and why?

Activity:

Write the your own recipe for death as if it was a meal. What is killing you?

Write your recipe for longevity as if it were a meal. What will help you live a long time?

Watch: Death Recipe

Discuss: What habits do we have that are killing us or leading us to type 2 Diabetes?

In what ways have we contributed to our own suicide?

Write: Respond to the line, "Let me hit that cookie one time." What are you "hitting?" and what has led to that addiction?

Share Out

Wrap Up: What conversations can we begin to have with our families about eating habits?

## 9. Health Justice Manifesto

Leading question: Why is there a need for health justice? What is the current state of our health and lifestyles?

Activity: What questions would you ask the food industry if you had the chance to sit in front of them? Do you know where your food comes from?

Watch: Health Justice Manifesto

Discuss: How do we hold the food industry and government responsible for their impact on our health and wellness? What actions can we take?

Write: A list of demands. What do you want? From whom and for what?

Share Out

Wrap Up: What is your first step in creating awareness about Type 2 Diabetes in your school, home, city? What impact can that awareness have?

## 10. Lost in Translation

Leading question: What gestures of affection do your family or friends share that includes food? What kind of foods are offered in those gestures?

Activity: Name three family members at the top of your page. Write a list under each name of their favorite food you would gift them. After creating each list reflect on who has the healthiest and most unhealthy gift package.

Watch: Lost in Translation

Discuss: What are the origins of our eating habits? How did our ancestors eat? When did that change and how?

Write: "If my grandmother/grandfather had to survive on my food choices they would..."

Share Out

Wrap Up: How have our food choices changed over time? How does food play a part in family and cultural dynamics? What ways can our ancestors path influence our current choices?

## 11. A Taste of Home

Leading question: How does advertising affect you, your family, and your communities diets? How do companies appeal to different demographics of people? What tactics do they choose?

Activity: Create an ad for Coke with your family in mind as the target audience. What language, images, prices or language would attract them? Create a commercial or radio ad.

Watch: A Taste of Home.

Discuss: How easy or hard was it to make Coke sound attractive? What facts or information did you leave out and why? What parts of our diets have been colonized?

Write: What are other ways can we show affection in our families? How can we use food as a positive tactic for relationship building? What is your ideal taste of home?

Share Out

Wrap Up: How can renegotiating our family's diet change our relationships with each other and our environment?

## 12. Quantum Field

Leading question: What is the status quo around physical activity in your community? Do you have access to public parks or recreational activities? What are your options for activity?

Activity: Present 5-8 different drinks at the front of the classroom (ie Coca-Cola, Vitamin Water, Arizona Iced Tea, Snapple, Red Bull, Gatorade, Cranberry Juice, Crush, Water, etc). Have students try to order them from “most sugar to least sugar” or “unhealthiest to healthiest” without looking at the nutrition facts. Then have them order them using the nutrition facts to see how much sugar each drink actually has and how even healthy-seeming drinks have high amounts of sugar.

OR

Draw a map of your block or neighborhood. Mark the spots where it's safe and/or enjoyable to exercise with an X. Next to each X, write which physical activities you typically see people engage in. How many X's do you have? How far apart are they? How many different kinds of activity seem acceptable/ encouraged and how healthy are they?

Watch: Quantum Field

Discuss: How do your friends react when someone orders a salad at a fast food restaurant or turns down a dessert? How does social pressure affect your food or activity choices? How can you make healthy choices but still be unhealthy just because of the world you live in?

Write: What feels backwards or upside down about the ways we think about health? What would you change about how we think about exercise or healthy eating? What would you want our ideal healthy world to look like?

Share Out

Wrap Up: How do we change culture around physical activity and healthy eating, even when there are limited options?

## 13. Countdown

Leading question: What foods are most available and convenient for you in your community? who chooses what foods are in your community? How do these food get there and where do they come from?

Activity: Write out your daily schedule. What is included? When do you eat? Is this routine or does it change? At mealtimes what choices do you usually have?

Watch: Countdown

Discuss: How does your diet and food intake correlate with your daily activities? Does your activity level match the calories you eat? Or the calories you eat match how many you burn?

Write: Describe the countdown to your burnout. What are all the contributing factors to your burnout? What do you have to do for the day? What are your obstacles? What are your tool and what energy do you have to run on.

Share Out

Wrap Up: Who is responsible for keeping us uninformed about the dangers of Type 2 diabetes? How do they keep us uninformed?

## 14. Targets

Leading question: How many liquor stores are in your neighborhood vs. grocery stores? Next to liquor what is the highest commodity at the liquor store? What is at the liquor store for community members under 21? Where in the store are these items located?

Activity: Draw a map of your block or neighborhood. Mark the spots where there is a liquor store with an X. Mark every other shop or market with an O. Next to each X and O write what they sell there. How many X's do you have? How many O's? How far apart are they from each other and your home?

Watch: Targets

Discuss: How do companies target black and brown communities? What tactics, language, images, or characters do they use? How do advertisements and marketing affect where you chose to shop?

Write: Step into the character of an advertisement agency or soda company. Write a poem or pitch about who your product is targeting, why they are a good market to pitch to and what your campaign will look like.

Share Out

Wrap Up: How can we dodge the bullet of Type 2? What choices can we make despite the forces around us to succumb to an unhealthy lifestyle? How can we use what we've learned or share it with our community in an accessible way?

## 15. Perfect Soldiers

Leading question: What are your cultural customs around food? Where did they come from? How does your ethnic and cultural background affect your diet? How does your parents upbringing affect your dinner table?

Activity: Create a family tree of eating habits. Start with your generation. List your family members and what they eat then track back. What about the generation before? And before? When was there a change? What happened to your families journey that affected that? Did someone move? Change jobs? When did the family tree of eating habits mean good health? Did it change? What factors were involved in that change?

Watch: Perfect Soldiers

Discuss: What wars are we still fighting when it comes to food and health? What role do we play in that war? What battles do we have to fight? Who are the soldiers and what team are they on? Who started the war and what do they want to accomplish?

Write: Finish this sentence, "There is a war going on outside..." What is happening in that war? What are all the factors to that war? Who are the people involved? Who are the targets? Soldiers? What is the motivation to fight, win, lose?

Share Out

Wrap Up: How can we recruit our peers and family into the pursuit of healthy living and the war against Type 2 Diabetes? What are the benefits?



## 16. Thin Line

Leading question: Do you count your calories? Why or why not? What stigma is around calorie counting? Do you count your grams or sugar or carbs? What are nutritional facts made for? Are they easy to understand and clear or misleading? What ingredients are in the foods you most value?

Activity: Create a list of everything you have eaten today so far and look up the nutritional facts. Next to the food items write how many servings you had, how many calories it was and how many grams are sugar and carbs.

Watch: Thin Line

Discuss: What do we consume without knowing the dangers? What are the factors in our ignorance about wellness? What does ignorance put us in risk of? What do we know about what we consume? Who does our ignorance about food impact?

Write: Respond to "There is something killing our children..."

Share Out

Wrap Up: What is the thin line our community is walking on? How long have we been on it? How do we widen our options and choices?

## 17. Purest Poison

Leading question: What do you consider poison? Is it a thing? Substance? Energy? What different poisons do we allow in our bodies?

Activity: Illustrate, list or describe 3 poisons you allow in your body. Describe or draw the effects before and after the poison is introduced.

Watch: Purest Poison

Discuss: What poisons have been introduced in our communities without our permission? Where do they come from? Who provides or sells these poisons? Where are they distributed?

Write: Write a personification poem with an unhealthy poison as the character. What do they say? How do they feel? What do they want? Who do they want to poison? How do they feel about it?

Share Out

Wrap Up: What can counter the poisons of our lives? What has the power to heal us?

## 18. Chocolate Smile

Leading question: What is your favorite sweet, snack or beverage and why? When did you first encounter it? How does it make you feel?

Activity: Create a commercial that encourages the consumption of a comfort food or snack. What language do you use? What do you leave out? Make it clear what you want them to consume and how you want them to feel after consuming.

Watch: Chocolate Smile

Discuss: What addictions are we silent about? What has been killing our community?

Write: Finish the sentence, "I will no longer be silent about..."

Share Out

Wrap Up: After learning about Type 2 diabetes why is there reason to speak on this issue? What stories, facts, insight can we share? What do you hope will change?