



Renovation for the Nation

Brainstorm Activity

Now that you have explored issues related to how America has gotten out of shape, you are prepared to make a significant change. You have studied your own environment, the way you eat and the amount of activity you get every day. How do you think you could make positive changes? What needs to be changed in where you live, where you go to school, how you eat or what you know? How can you help others change?

As the first part of your plan, you will analyze problems, hypothesize about the cause and propose ways to solve the problems. Eventually, your class will conduct an experiment to see if you can solve any of these problems. This first part – planning – will guide you in developing the class experiment.

Reflect:

As a group, you will discuss:

- What are you eating that you should probably eat less of? What should you be eating more of?
- Why do you eat the things you do? Time, convenience, etc.
- Do you move as much as you should? Why?
- How can you stay motivated to move enough every day

1. Look at examples.

Use this brainstorming table to list your best ideas. Look at the examples of problems, causes and possible solutions. After you have reviewed these examples complete the table provided by exploring some problems, causes and solutions within your schools.

What is the problem?	Why is it that way?	How could it be fixed?
Kids today don't eat enough vegetables every day.	The cafeteria vegetables are gross and the cafeteria salad bar is always unorganized.	<ul style="list-style-type: none"> • Bring vegetables in sack lunches. • Add lettuce and tomatoes to sandwiches.
	We eat a lot of fast food and they don't serve many vegetables.	<ul style="list-style-type: none"> • Look for salads • Pick a fast food restaurant that has better options.
	I don't like vegetables.	Try vegetables you have never tried.
	No choice in menus. Same vegetables everyday.	Bring vegetables in sack lunches.
	Provide fast food without consulting students.	Talk to your teacher and/or administrators.

2. Brainstorm on your own and with your group and write down as many ideas you can come up with.

Eating: What are you eating that you should eat more of? What are you eating that you should eat less of? Why do you eat the way you do?

What is the problem?	Why is it that way?	How could it be fixed?

Movement: Do you get 60 minutes of activity every day? How could you move more? How can you get more motivated to move, as you should?

What is the problem?	Why is it that way?	How could it be fixed?

Note: Be prepared to share your ideas with the class.