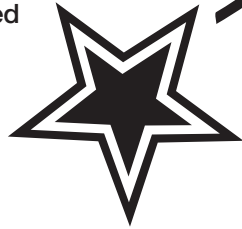




MISSION PLANS FOR GRADES 6-8  
**MISSION 3**  
MEDIA AWARENESS

Adventures in learning, created  
by Canadian dietitians



*Students explore diversity and critically analyze unrealistic and unhealthy body images in the media.*

**Learning Expectations:**

1. Critically analyze unrealistic and unhealthy body images in the media.
2. Develop and express appreciation for diversity.

**Subject Links:** Health, Personal Development, Language

**Materials & Resources:**

- ☆ Flip chart and markers
- ☆ Old magazines that students can cut up
- ☆ Art supplies to create a mural

**Class Discussion:**

Brainstorm media influences on body image. Ask students to think about their friends, family and people in their community and about their diversity in culture, personal qualities, talents, abilities, interests, sizes and shapes. Have students discuss how the real people they know are different from the people they see on television and in magazines and advertising.

**Teaching Tip:**

Visit [www.mediawatch.ca](http://www.mediawatch.ca) for more information and resources on media literacy.

**Activities:**

1. Based on your class discussion, challenge students to find and cut out pictures from magazines of people that look more like the real people they know. Note that this may not be an easy task. Ask students if it was easy to find pictures of “real people” or did they find many unrealistic pictures? Discuss how these media images may affect their own body image.

Encourage students to critically analyze unrealistic and unhealthy body images in the media around them and discuss the photography techniques used in magazine production and in the film industry. Have students describe why the people in the pictures they picked look real to them and what they like about them.

2. Have students create a “real people” mural for the classroom with the pictures they collected.

**Home Connection: Real People**

Encourage students to take action by writing to a magazine editor or TV station expressing concern about unrealistic images that are being portrayed. Their letters should ask the magazine or TV station to depict more “real people.”

**Assessment:**

Base your assessment on the critical analysis of unrealistic images and appreciation of diversity that students express in their letters to the editor.

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