

**Topic:** Health  
(International Organization for Migration, Overseas Processing Entity, Bangkok)

**Activity:** Healthy Eating

---

**Introduction**

You don't actually want to visit the doctor at all. You want to stay healthy so that you don't need to see the doctor. Here is how.

**Lesson Time**

30-40 minutes

**Materials**

- 2 scarves of different colors
- Pictures, or the real item of a large number of food products, some which are healthy, some which are not, and some which are not so clear (canned / packaged foods); these can include: drugs, alcohol, cigarettes, junk food (coke, chips, cookies), healthy food, an inactive person, a person playing sports, and a grossly overweight person

**Practice**

1. Show the picture of a grossly overweight person and ask participants some questions about it: Is this healthy? How did the person get so fat?
2. Briefly discuss American lifestyles as outlined in the core content of the health unit.
3. Designate one side of the room "GOOD FOR YOU" and the other side "NOT GOOD FOR YOU."
4. Lay out the products, or pictures, in the middle of the floor.
5. Ask participants to put those objects that are good for your health in the "GOOD FOR YOU" side of the room, and those that are unhealthy in the "NOT GOOD FOR YOU" side of the room.
6. If you want to make it more challenging, have the participants line up the objects according to the degree of "goodness" or "badness."
7. After they're done, check their work. If you find some objects out of place, tell participants how many they got wrong. They are to discuss amongst themselves and try to figure out which of the objects are wrong, and why.
8. There is no need to discuss at length the objects they got correct. The facilitator can, however, go deeper into the objects that are borderline. For example, fruit 'juices' can be 100%, 30%, or 0% real juice. Teach them the distinctions.
9. Teach participants how to read labels of selected objects. Warn that many processed foods are in fact not healthy, despite the picture on the label.

This document was developed with funding from the Bureau of Population, Refugees, and Migration, United States Department of State, but does not necessarily represent the policy of that agency and the reader should not assume endorsement by the federal government.