



Teaching Progression:



Step 3: Make a Decision

GUIDING QUESTIONS:

Why is it important to make decisions?

NHES PERFORMANCE INDICATORS:

(5.8.6) Choose healthy alternatives over unhealthy alternatives when making a decision.

VALUABLE VOCABULARY:

decision,
alternatives,
choice

Step 3: Make a Decision



SUGGESTED LEARNING ACTIVITY 1:

Explain to students that the most important step in *Decision-Making* is actually making the decision.

Facilitate a whole-class discussion by asking students the following questions:

- Why is it important to make a decision?
- What challenges can arise from not making a decision?
- What happens if we get stuck in weighing our options?

Language of Health Literacy:

I have decided to _____.

I made this decision because _____.

After weighing my options, I decided to _____ because _____.



SUGGESTED LEARNING ACTIVITY 2:

Have students refer back to the decision they worked on in Step 2. Ask students to look at all of the work they did to analyze their options and consider the outcomes. Then, have each student identify the option they feel is the healthiest for them.

TEACHING NOTES:

- Make sure students explain, verbally or in writing, why they chose the option they did, and why the option is healthy for them.
- Model and provide the *Language of Health Literacy* to support student responses.