

## Background

This fifth lesson will review lessons 1-4 for the participants. The teens will also prepare for the Pacific Islander Health Spa that they will host. They will make the beauty products and practice presenting the nutrition information.



### Nutrition Component

Review importance of fruits, vegetables, water, sleep, breakfast, physical activity; decreasing fat and sugar consumption for obesity prevention



### Natural Beauty Component

Learn to make beauty products  
Healthy is beautiful

## Objectives

By the end of the lesson, participants will be able to:

- 1) Synthesize what they have learned in the previous four sessions
- 2) Demonstrate knowledge learned through oral and visual presentations



## Key Messages

- 1) Keep working on your goal, small, healthy changes equal maximum results
- 2) Be healthy and maintain a healthy weight

## Outline

- 1) Activity 1: *My Mini=Max Plan* Check in (5 min)
- 2) Activity 2: Review Lessons 1-4 (30 min)
  - a) Presentation Posters
  - b) What Have we Learned? Review Game
- 3) Activity 3: Prepare for Pacific Islander Health Spa (40 min)
  - a) Choose jobs
  - b) Create beauty products
  - c) Practice nutrition presentations
- 4) Activity 4: Wrap-up (10 min)
  - a) *Post-test*
  - b) *Final Program Evaluation*
- 5) Review & Preview (5 min)

NOTE: See *Packing List- Lesson 5* for preparation instructions

Have the participants' folders at their seats. As participants arrive, they can take out their *My Mini=Max Plan Reflection* sheets\* begin working on them. This is a great opportunity to check-in with them one-on-one regarding their plans.

### Activity 1: Final My Mini=Max Plan Check-in

Have the participants complete the *Final My Mini=Max Plan Reflection*\*.



#### Teaching Tip

Talking about their goal each week in the Teen Health Spa helps keep the participants accountable. Encourage the girls to think about the impact that had on meeting their behavioral goals and how they can still keep themselves accountable once the group is over. They may want to use a calendar to keep track of their progress, or check in with a friend or family member, etc.

Ask the participants to reflect on the previous 4 weeks and how they have progressed on their plan, and the challenges they encountered.

Participants should also think about whether or not they want to continue working on the same goal or make a new goal. Remind them that they will get to discuss their goals more in the Pacific Islander Health Spa the following week.

*Sharing your goal each week usually helps people be more successful. When you know someone is going to ask you about it, you are more likely to do it. This is called accountability. After this class, how do you think you can keep yourself accountable?*

*Mele and I already planned to text message each other each morning to remind each other to eat breakfast!*



Keep working on your goal: small, healthy changes equal maximum results.



Taste the Flavors: Have cold Hibiscus tea, combined with seltzer water for the participants to taste

## Activity 2: Review of lessons 1-4

### Presentation Posters

Divide the participants into teams and have each team make a poster to share what they have learned. These posters will be used at the Pacific Islander Health Spa that the participants will host the following week. Posters should include information about each of the following topics:



#### Teaching Tip

Let the girls choose who they work with, or have the “teams” pre-decided to avoid anyone feeling left out of a group.

- Fruits and vegetables
- Fat
- Sugar
- Physical Activity
- Breakfast
- Water
- Sleep

Each poster should contain:

- A title
- One or 2 facts about the topic
- One or 2 suggestions for making healthy choices regarding the topic
- Any additional information they found interesting
- Optional: Drawings or decorations that fit the topic

See Photos of sample posters in the Appendix.



Making the posters is a great review technique to allow the girls to put the information in their own words. Encourage them to add cultural foods, words or details to their poster to make it relevant to them and their guests.



Be healthy and maintain a healthy weight!

## What Have We Learned? Review Game

Hang the review posters around the room. Have the participants walk around and complete the *Teen Health Spa Review sheet\** by writing down at least two interesting things they learned from each poster. Tell the participants they will be able to use their notes for the review game to encourage them to include important information.



### Teaching Tip

Tell the girls how much time they have to complete the review sheet (usually they need about 1 min per poster or less). When time is up, flash the lights and everyone returns to their seats.

When they are finished, return to their seats. Individually or still working in teams, play a short review game using the *Teen Health Spa Review: Questions and Answers\**, or make up your own.

### OPTION 1: Individually

Have the participants write down the answers to the questions you read aloud (do as many questions as you would like, or have time for). When finished, go back over the answers and have the participants tally up their scores. Celebrate all correct answers and how much they have learned.

### OPTION 2: Teams

Have the participants divide into 6 groups; assign each group a number 1-6. After reading each question, allow all teams to have 15 seconds to discuss and choose their answer. Roll the dice, the team number that matches the number on the dice gets to answer the question first. If they are correct, go to the next question. If they are not correct, roll again and let that team answer.

Keep score or offer small incentives for correct answers to keep the game fun and the participants engaged.



This activity increases self-efficacy as the participants realize how much they know and have learned about nutrition.

## Activity 3: Preparing for the Pacific Islander Health Spa

### Choose Jobs

#### Teaching Tip

Briefly describe each job and ask the participants to think about their top 3 choices (because someone may choose the job they want). To keep it fair, you can have participants draw numbers and choose jobs in that order.

Each participant will choose a job from the *Presentation Sign-up Sheet*\* and/or the *Committee Sign-up Sheet*\* for a role in the Pacific Islander Health Spa. Remind the participants that there are both speaking and non-speaking parts to reassure those who do not want to speak in front of a group.

The participants will receive a *Job Description*\* of their responsibility for the Pacific Islander Health Spa. If they are presenting any information, they can choose to read the description, add to it, or write their own speech.

### Create Beauty Products

Divide the participants up into groups to help create the beauty products for the Pacific Islander Health Spa. You will need to make:

- *Oatmeal- Egg White Mask*
- *Sweet Potato Supreme*
- *Coconut Oil Scrub*

Store the facials in small, individual containers in the freezer until the Pacific Islander Health Spa. *The Coconut Oil Scrub* can be stored at room temperature.

#### Teaching Tip

While some girls are creating the products, you can have other girls work on their speeches or make “welcome” signs and “agendas” for the spa.

### Practice Presentations

Handout a copy of the *Pacific Islander Health Spa Agenda*\* and/or have it written on a poster for all to see. Run through the order of the spa and allow participants to practice giving their speeches.



Participants will get to create beauty products (and see how easy it is)!



By presenting the information in their words, and listening to each other, the nutrition information is reinforced.

## Review & Preview



### Teaching Tip

Continue to build excitement around the Pacific Islander Health Spa. Remind the participants that they also should remind their guests!

- 1) Ask each participant to share the most important lessons learned in the Teen Health Spa.
- 2) Ask each participant to share one strategy she will use in the future to work toward her goal.
- 3) Give a quick preview of the next lesson.

**NEXT WEEK:** Pacific Islander Health Spa

Ask the participants to:

- Remind their guests about the Pacific Islander Health Spa
- Practice their speaking part
- Remember that they will be the hosts of the spa so come prepared to share what they have learned!

Have the participants put all their materials and handouts in their folders. Collect the folders.