



Rap Food Audit

Note Catcher

In this lesson, students will reflect on their personal diets by exploring rappers' eating habits. Then, they will set a SMART goal focused on a healthy lifestyle.

LESSON PART ONE

Watch the three videos provided in order to analyze rappers' eating habits. For each video, write at least three observations, questions or notes.

- How can you relate to the videos?
- What diet choices do you notice?
- How do these diets compare to your own?
- What observations do you have about these diets?

Lil Yachty's Food Diaries

(Continued below)



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LESSON PART ONE (continued)

Styles P's Juices for Life

Cordae's Men's Health Weight Loss Process

(Continued below)



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LESSON PART TWO

Choose one healthy choice/diet change you can make in your own life. Use the SMART goal framework to plan your healthy lifestyle goal. Think about the rappers' healthy habits you've seen today as inspiration.

Is your goal SMART?

(Specific, Measurable, Attainable, Relevant, Time-Based)

My **specific** healthy diet/lifestyle goal is:

I will **measure** it by:

This is **attainable** because:

This is **relevant** to my life because:

My **timetable** for this goal is: