



HEALTH IS WEALTH

HIP-HOP AND HEALTH



INTRODUCTION

HEALTH

In today's lesson, we will:

- learn about how legendary rapper Styles P is working towards health
- explore the diets of rappers like Lil Yachty
- create a SMART Health goal



SEL CONNECTION



Social and self-awareness are at the core of developing the responsible decision making habits to living a healthy lifestyle.

It's important for us to understand how to make healthy choices even when our options might be limited.





ICEBREAKER

WHAT'S *in* MY STOMACH?

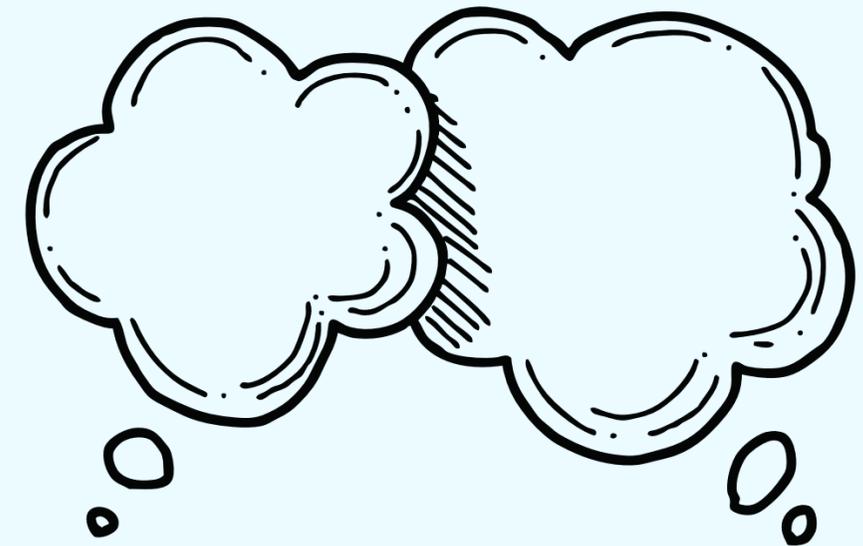




WHAT'S IN MY STOMACH?

We will:

- reflect on what we're eating
- reflect on why we're eating
- reflect on when we're intaking





WHAT'S IN MY STOMACH?

- What do you usually eat and drink for breakfast, lunch and dinner?
- At what times do you usually eat breakfast, lunch and dinner?
- How do the foods you eat make you feel on a daily basis?
 - Ex. low energy, high energy
- Which types of snacks do you eat throughout the day?





LESSON PART ONE

WHAT ARE RAPPERS EATING?



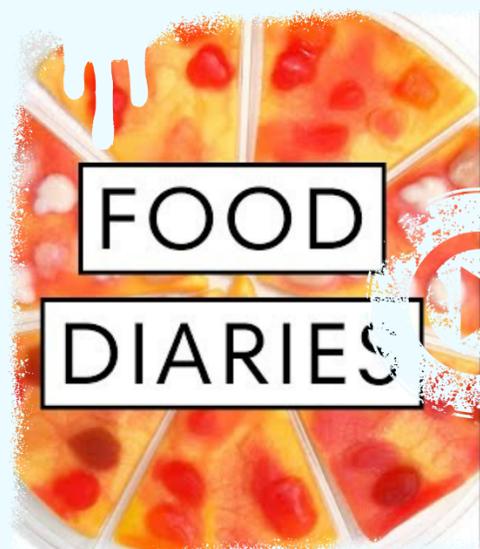
LESSON: PART ONE



WATCH A VIDEO

WHAT ARE RAPPERS EATING?

Watch and record in your graphic organizer.

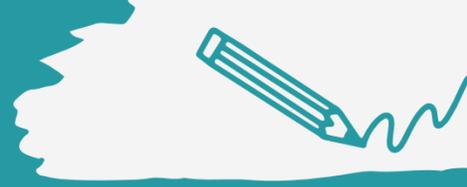




WHAT ARE RAPPERS EATING?

- What was the motivation behind the healthy eating habits of Styles P and Cordae?
- What questions do you have about these rappers' healthy diets?
- What are some differences in choices between all of the rappers we've seen?
- What's one choice or diet change you could borrow from the rappers we've seen today?





LESSON PART TWO

GENERATIONAL WEALTH: INFORMED CHOICES



LESSON: PART TWO



WRITING

INFORMED CHOICES

SMART GOALS

Example: Drink water everyday.

- | | | | |
|----------|-----------|-----|--|
| S | pecific | ➤➤➤ | I want to drink two glasses of water per day. |
| M | easurable | ➤➤➤ | I will measure out two glasses. |
| A | ttainable | ➤➤➤ | I am starting with something realistic. |
| R | elevant | ➤➤➤ | Everyone needs water. |
| T | ime based | ➤➤➤ | I will try this out for two weeks, then track my progress. |

CHOOSE A HEALTHY HABIT AND CREATE YOUR OWN GOAL!





DEBRIEF / EXTENSIONS



EXTENSION



WRITING

FOOD JOURNAL

Keep a food journal for at least one week and share your SMART goal progress with your accountability partner.

What did you notice about the impact of your diet on your:

- Level of energy
- Mood
- Focus
- Thoughts
- Any other areas of your life

