



# act-out for health

## High School Lesson Plan Essay Contest

### Lesson title

Writing an essay for the Act-Out for Health contest

### Estimated lesson time

Entire class period

### Learning objectives

- Students will discuss the elements of a good essay.
- Students will learn the stages of process writing
- Students will research children's health Insurance in Florida
- Students will research good healthy living habits for teens

### Materials

- Paper
- Pencil
- Dry erase board
- A projector
- Computers with Internet access and MS Word

### Vocabulary Lesson

**Thesis:** This is the sentence or two in your text that contains the focus of your essay and tells your reader what the essay is going to be about.

**Conclusion:** . Reminds the reader about the most important aspects of your essay and should creatively restate the main idea.



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## **Procedures and discussion (5-10 minutes)**

- Discuss with students the different types of essay writing such as persuasive, cause/effect, narration, creative, and description.
- Have a class discussion about the parts of an essay: introduction, body, transitions and the conclusion
- Review what is typically included in the introduction paragraph:
  - “Clincher” statement that catches the reader’s attention
  - Overview of what you plan on discussing in your essay
  - Thesis statement - state your position
  - Transitions smoothly into first paragraph
- Have students explain the importance of a thesis statement and its impact on the entire essay.
- Discuss the body of an essay and what type of writing is needed to clearly and creatively convey a message.
- Review paragraph flow : main idea/topic sentence, supporting detail, smooth transitions, and conclusions. Provide examples.
- Briefly review essay conclusions. If possible, discuss Do’s and Don’ts of a good conclusion.
- Have students discuss current events related to health care.
- Ask students if they have health insurance. Discuss why or why not.
- Tell students about the Florida KidCare program and that they can participate in the Act-Out for Health essay contest for a chance to win prizes and have their work published.

## **Activity: Research session (optional, 10 minutes)**

- Have students go to their computers.
- Tell them to log onto [www.floridakidcare.org](http://www.floridakidcare.org).
- Tell them download contest materials and have them answer these questions:
  - What age group has the highest amount of uninsured kids?
  - How does being healthy positively affect your life?
- Tell them to find information about healthy living for children and teens.



- **Activity: Brainstorming session (10 minutes)**

- Have students turn to page two of the information packets.
- Ask volunteers to read the three paragraphs aloud.
- Discuss with students each message.
- Give each student a piece of paper.
- Tell them they have 10 minutes to draft an outline of their essay and how they would tell other teens about health insurance. (They must use one of the messages from page two of the packet.)

- **Discussion (5 minutes)**

- Remind students when time is almost up for drafting their outlines.
- Ask students to briefly talk about their thesis statement.
- Ask students to provide feedback to each other.

- **Activity: Essay Writing (20 minutes)**

- Have students write their essays in class.
- Remind students that the essay must be a minimum of 150 words and a maximum of 500 words; double spaced with a 12 point font.
- Remind them to do a spelling, grammar and punctuation check before submitting.
- Remind them to review the content for logical organization, point of view, word choice and sentence variation.
- Remind them to edit for correct use of varied sentence structure, including the elimination of dangling or misplaced modifiers, run-on sentences, and unintended sentence fragments
- Remind them that they must also submit a signed (by parents) copy of the Terms and Agreement form.
- Remind them that they can mail their essays to 661 E. Jefferson Street, 2nd Floor, Tallahassee, FL 32301 no later than **Friday, January 6, 2012**. Envelopes must be postmarked by this date.

*Note: This is a suggested lesson plan that aligns with Sunshine State Standards:*

*LA.910.3.1.1 through LA.910.3.5.3*