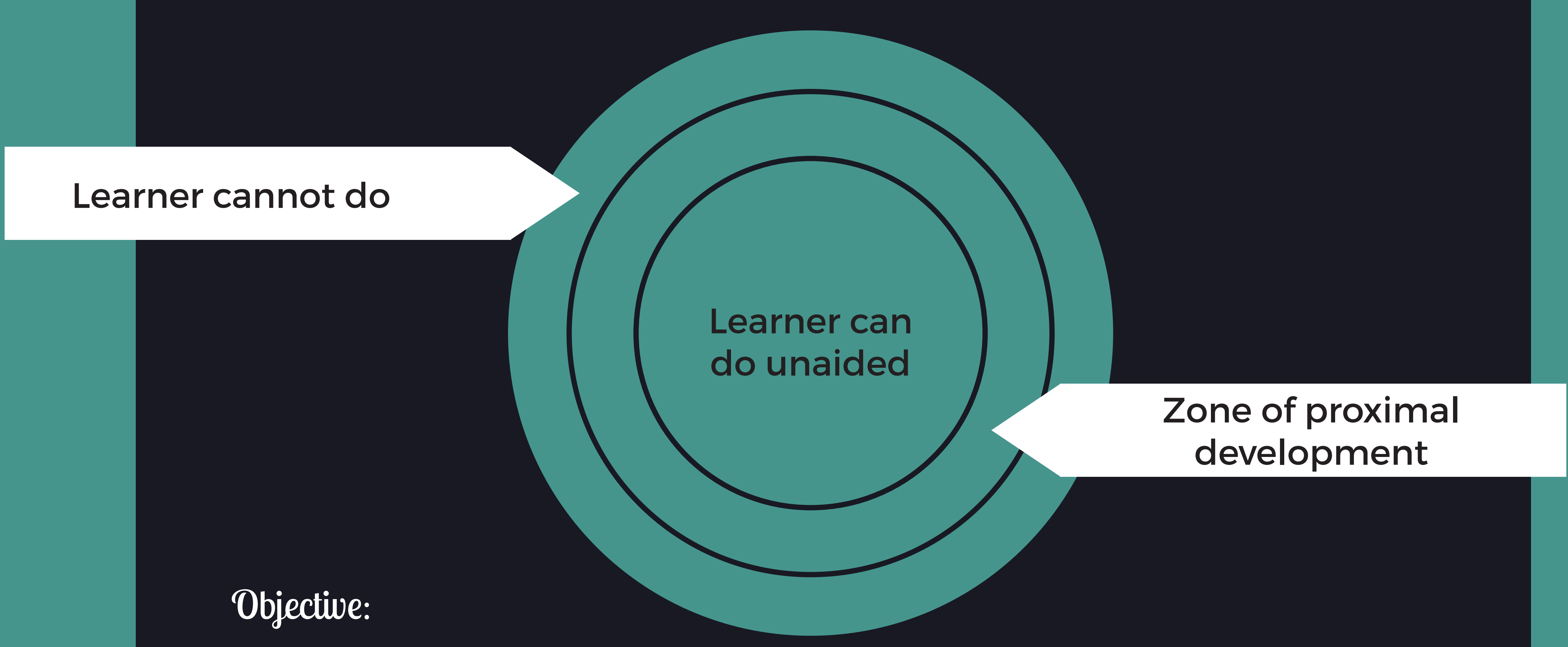


Applying Vygotsky's Advice to Promote Leadership Learning

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Objective:

Reflect on the leadership theories and concepts you've learned this semester. Develop an infographic that illustrates how one or more of the concepts can be applied in order to help solve big complex problems in agriculture.

Instructions

Identify one or more theories or concepts that we learned during the course of this class and illustrate their use in real life using an infographic.

Rules:

- Use Piktochart to create your infographic.
- Clearly identify the leadership concept or theory
- Be creative. Your infographic should illustrate the concept or theory and use the agricultural issue as the context in which to provide an example of application of the theory or concept.
- Use proper grammar and spelling
- You may work individually or with a partner. No more than TWO people



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Childhood Obesity

HOW TO USE THE CHANGE APPROACH TO COMBAT CHILDHOOD OBESITY

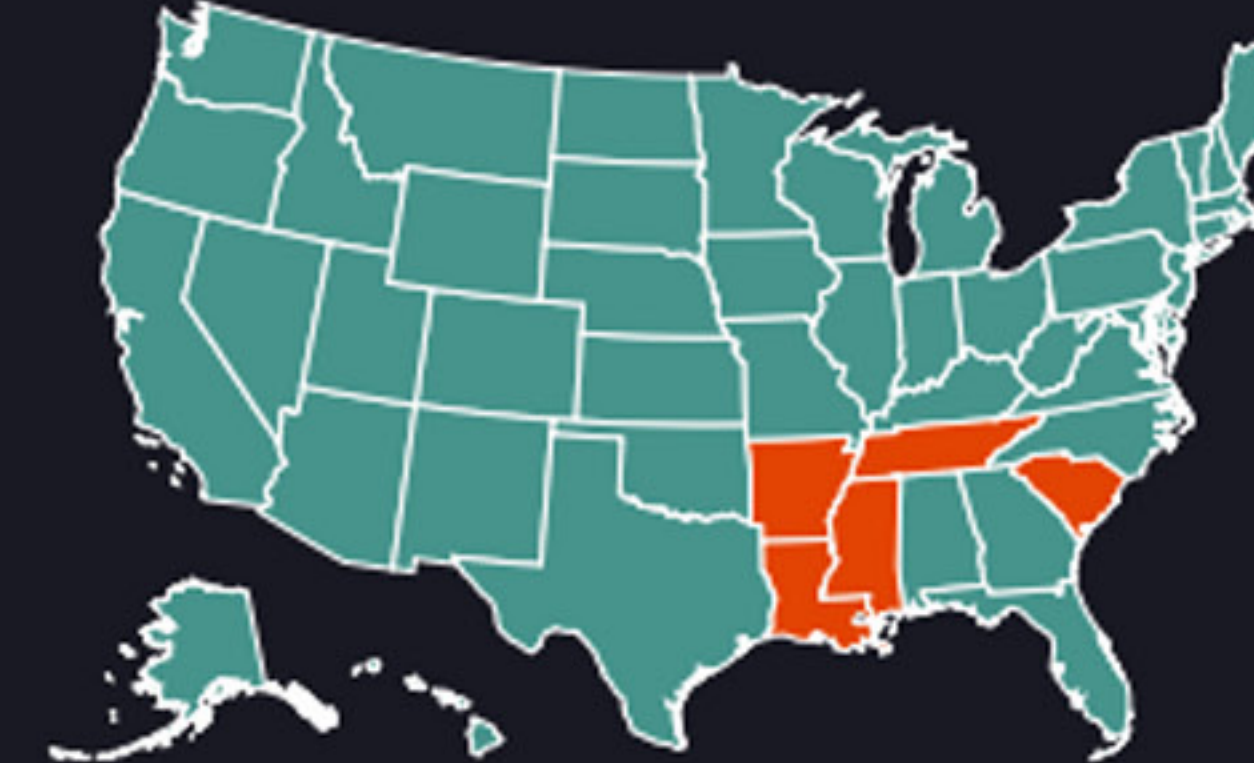
Childhood Obesity

Childhood obesity is a national epidemic. Nearly 1 in 3 children (ages 2-19) in the United States is overweight or obese, putting them at risk for serious health problems.



States with the Highest Childhood Obesity Rates:

- Mississippi (21.7%)
- South Carolina (21.5%)
- Louisiana (21.1%)
- Tennessee (20.5%)
- Arkansas (20%)



Tracing the Problem

Diets that are high in saturated fats, salt, and cholesterol are causing our nation's youth to grow outward instead of upward



It can be difficult to provide healthful choices for lower-income families where fast-food restaurants may seem like the only option.

Family oversight of a child's eating habits can also play a role. Children need to be taught right from wrong

Kids also tend to emulate what they see. If adult obesity runs throughout the family, or a child's family lives a fairly sedentary life, they, too, are likely to become obese and fail to get an adequate amount of exercise

How Do We Fix It

To combat this problem, we must make a planned effort to change for the better. During this problem/epidemic, positive reinforcement and change is the only way to battle child hood obesity. This change can happen by replacing most of the unhealthy food with fruit and vegetables. We could also implement exercise for at least an hour in schools to ensure children are getting adequate exercise. Change can happen in small increments, but result in huge positive change.

Unfreeze Change Refreeze



In order to get over the way things were done we need to:

- Establish what it means to live healthier lifestyles
- Learn to identify healthy food options
- Identify the importance of exercise and physical play

Next we need to implement the change by:

- Incorporating healthy choices into your daily routine
- Create healthier meal plans and provide health snacks
- Provide plenty of opportunity to get up and get active

Finally, we must solidify the change and continue our support by:

- Create a rewards system completing daily exercises and healthy food choices.
- Removing all unhealthy foods from the home and schools
- Strive to reach at least one hour of physical activity a day.

