

Project Reboot

CONTENT DIET EXERCISE

30 minutes

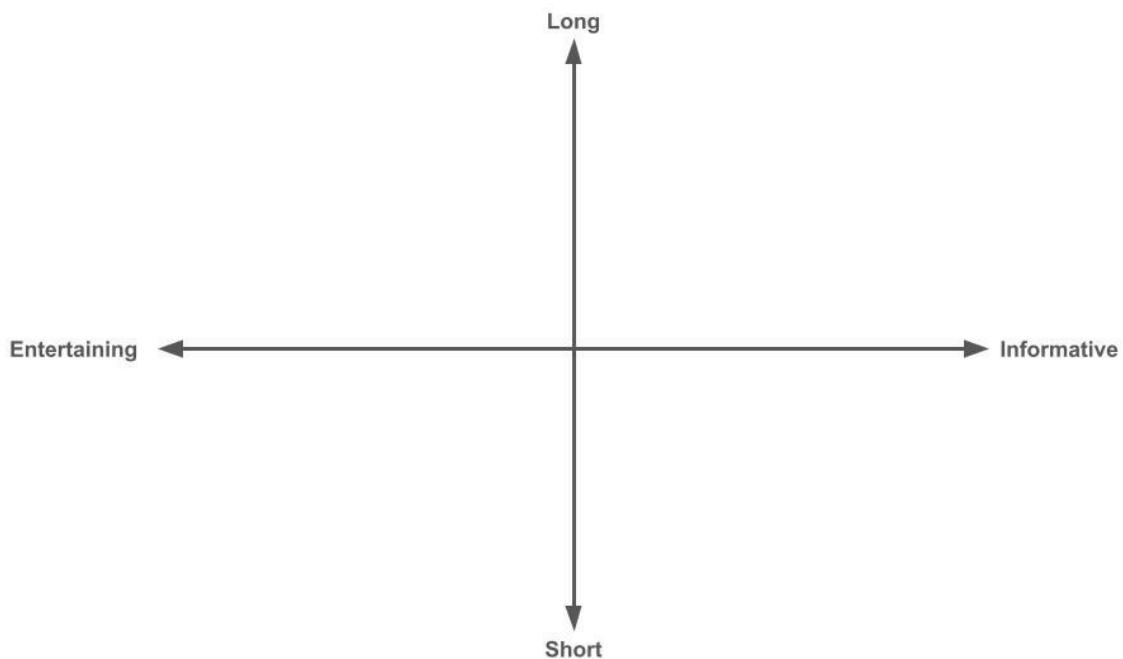
Materials: Whiteboard, slide deck, blank sheet of paper for each student

Objectives:

- Get students to think critically about the pros & cons of consuming different types of content
- Inspire students to leverage the Internet for self-directed learning
- Help students evaluate their options for discovering content

Preparation

1. On the whiteboard, draw the following diagram



2. Open the slide deck and put it on the screen/projector

3. Pass out a blank sheet of paper to each student

Outline

Each of the following sections corresponds to a slide on the slideshow. Advance the slides as you move through them.

Intro: Reviewing the idea of a content diet (5 mins)

Ask the students to recall the “content map” from the assembly (which is drawn on the whiteboard)

For each of the four quadrants, ask them for categories of content that fit into them. Write their responses out in each area of the whiteboard.

The corners should look something like this:

- Bottom left: YouTube shorts, TikTok videos, Instagram Reels
- Bottom right: News articles, how-to videos on YouTube, Khan Academy
- Top right: Some podcasts, online courses, books, documentaries
- Top left: Movies, fiction books, TV series, some podcasts

Note: *Students may argue that TikTok should be included in the “informative” side. It’s fine to put it in both quadrants, but get students to think about which corner **most** TikTok videos fit into.*

Activity: Building your own content map (5 mins)

Now have the students draw the content map on one side of their paper. Ask them to list out *specific examples* of content that they have consumed in each of these quadrants, along with the percentage of their content consumption time each corner takes up.

Discussion: Sharing our content diets (5 mins)

Erase the categories that you have written in each of the quadrants. You will now fill them up with specific examples of content as students discuss what they’ve written:

- For each quadrant, what are some examples of content that you have consumed? Do you have content recommendations to share for the top two quadrants?
- What percentage of your content diet do you think each quadrant should represent.

Activity: Creating content diet guidelines (10 minutes)

The USDA publishes MyPlate as an official set of guidelines for Americans to eat healthy. Examine the MyPlate guide that is linked on the slide.

Now ask the students to imagine they have been assigned to a committee responsible for publishing an official set of content diet guidelines for the American public. Have them partner up with the person next to them and create their guidelines on the other side of their blank paper.

Discussion: Sharing your guidelines (5 minutes)

Have the students take turns sharing what they decided to include in their guidelines and why.