

Name: _____

Taking a Look at the Media

Name of Publication: _____

Type of Publication: _____

Choose a newspaper or magazine. Find articles and ads on ways to change your body. In the table below, describe what you find. Some examples are:

- if you read an article about a man losing weight by following a certain diet, write "man losing weight" in the **articles** column
- if you see an advertisement for an exercise bike, write "exercise bike" in the **advertisement** column

Type of way to change your body	Advertisements	Articles	Total
Diet			
Exercise			
Supplement			
Drug			
Other			
Total			

Questions:

1. How many "ways to change the body" do you think were healthy? What percentage of the total is this?
2. Name one healthy way to change the body that you found and describe why it is healthy.
3. How many "ways to change the body" do you think were unhealthy? What percent of the total is this?
4. Name one unhealthy way to change the body that you found and describe why it is unhealthy.
5. Compare your findings with another classmate. How are your results similar and different?