

Choosing your activity

There are all sorts of activities you might choose which relate to Take Shape. Here are some suggestions. Look at the Take Shape reference sheet for more ideas. There are spaces below to add your own. When you have produced your list, discuss which you think would work and choose the one you think will be most successful. Remember to make sure your chosen activity fits into Citizenship.

Presenting a case

Why should we be concerned about obesity?

Conducting a consultation

Business responsibility: should businesses be more responsible when marketing foods which lead to obesity?

Why do people ignore guidance? How could it be more effective?

Organise a meeting, event or forum to raise awareness and debate the issue

Is being fit an individual's responsibility or the government's?

Creating, reviewing or revising an organisational policy

School healthy eating policy - need justification other than dietary

Contributing to local community policies

Evaluation of the guidance provided by your local council.

You might use Take Shape Scenarios to help you choose.

You can find them at

http://www.interactive.bis.gov.uk/foresight/Obesity_Teachersguide/Contents.html

Your Citizenship activity

These are the questions that you will be asked to answer for your controlled assessment.

1a. Why is your issue important locally and nationally?

You will need to provide evidence showing why it is important.

This might come from in the Take Shape pack, particularly Research Notes 5.

Your research might include

- Cost to the NHS
- Social inclusion
- Ageing population
- Inequalities
- Workforce productivity

Internet searches will help you to research these topics. Choose the topics that interest you or think are most relevant for your activity.

My issue is important because

The evidence I have attached is

1b. Describe how the issue links to citizenship themes in Unit 1

The themes

Look carefully at these and work out where your activity fits. The themes in italics offer good connections.

1. *Political, legal and human rights and freedoms in a range of contexts from local to global*
2. Civil, criminal law and the justice system - police, youth offending teams, courts, lawyers, prisons and probation
3. Democratic and electoral processes and the operation of parliamentary democracy
4. The development of, and struggle for, different kinds of rights and freedoms both in the UK and abroad.
5. *The media*
6. *Policies and practices for sustainable development*
7. *The economy in relation to citizenship and the relationship between employers and employees*
8. *Origins and implications of diversity and the changing nature of society in the UK*
9. The European Union, the Commonwealth and the UN

My issue links to the following theme

because

2. How did you apply your skills of advocacy and representation?

a. Communicate with people in positions of power or influence about the issue to find out what they think. Attach evidence of your communication.

People who you might contact:

- relevant people at local council
- your MP
- your head teacher
- people in the food business
- others

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I have contacted

.....

The evidence I have included is

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b. Why do you think people hold different points of view on this issue?

Think about the people you have contacted and work out why you think they might hold different points of view on your obesity issue.

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3. How can participation in action address the citizenship issue?

a. How can you affect your issue through action?

Work out the sort of things that you might do in order to influence your obesity issue.

b. What action did you take? You need to show that you have negotiated, decided on and taken action. Attach evidence of your action and how you made a contribution.

Look at your action plan. How did you work together to work out the plan? Have you got notes or minutes of meetings that show how to made your decisions? Have you got evidence of an event you organised or a display you put up? This could be photographs, videos, audio tapes. Did you create a leaflet showing how obesity can affect people's economic wellbeing or why the government should review its policy?

4. Assessing the impact of your own action

a. Assess how your action contributed to your issue, both locally and nationally.

Did you make a difference? How did your activity affect the issue relating to obesity? Was it affect local and/or national? If so explain the influence it had.

b. Assess how the action has affected your point of view.

What was your attitude the obesity issue before you began? Has it changed? If so, how? Explain why.