

FCCLA Planning Process Summary Page Template

(This template may be modified, but all headings must be used in the correct order. The FCCLA logo, STAR Events logo, and Planning Process graphics are encouraged but not required.)

IDENTIFY CONCERNS



- The football coaches at our school reached out to us recently, concerned about the nutritional health of their players. With this information we were able to prepare a nutritional diet for the players, in hopes to boost their mood, and increase durability when playing. This would overall benefit the team, school and community.

SET A GOAL



- Our goal is to bring awareness to students that nutrition affects teens mental health. Brining awareness will give them an opportunity to help better themselves physically and mentally. We wanted to show students that what you eat has an impact on how you feel through out your day and it can be fixed by eating a healthy diet instead of all processed foods.

FORM A PLAN (WHO, WHAT, WHEN, WHERE, HOW, COST, RESOURCES, AND EVALUATION)



- Who- Madison Bivens, Hannah Jackson, and Sydney Edmonds
- What- Bring awareness that nutrition affects teens mental health.
- When- 2023-2024 school year
- Where- Citronelle High School
- How- Research meals with healthy oils for the brain and foods that will give long lasting energy.
- Cost- Grant Funded through football \$2,000
- Resources- We research online, asked Coach Rowell of better food choices and our advisor Mrs. Shenese help guide us.
- Evaluation- We have had a positive turn around with the football team, they seem like they can really tell a difference in their energy, focus and being positive.

ACT



- I will use Canva to make a video with all the requirements and using the STAR event rubric.
- I will learn how to work Canva video maker and watch tutorials on how to make the video. Once the video is complete,
- I will reach out to teachers and administrators to rate the video and ask what improvements need to be made.

FOLLOW UP



- I feel that my hard work has paid off and now students and athletes can learn about how nutrition can affect their mental health. The video has received positive feedback from members and administration that have viewed the video.