

People: Then and Now

Explain to your students that our lifestyle is subject to consequences, good and bad. For example, obesity is becoming an epidemic in this country. So many people are overweight. Ask the students to work in groups of three to brainstorm how they think our lifestyle is contributing to the overall weight gain of Americans.

Using the ideas your students came up with, have them research how that aspect of American life compares to how it was fifty years ago. For example, if one group said that Americans watch too much TV, have them compare the amount of time spent watching TV today and fifty years ago.

Choices	1960	Today	Consequences of choices