



Pre or Post Lesson

Another Way to Go: Healthy Travel for You and Planet Earth

Level: K -1-2-3-4-5-6

Subject Area(s): Health, Social Studies, Science

Objective: Students will learn that people all over the world use different forms of transportation. Students will learn the pros and cons of each mode of transportation.

Time: 45 min

Materials:

Paper and Markers or Crayons

Online Maps, online images of different forms of transportation used around the world

Suggested Activities

1. Discuss various types of transportation, in addition to walking, used in the United States. Which type do students think is used the most? (automobiles)
2. Discuss what other types of transportation might be used instead of automobiles; (walking, trains, airplanes, bicycles, animals, boats, buses, etc.).
3. Discuss the fact that in many other countries the automobile is not the kind of transportation most used. What do students think other countries use for transportation, and what are the advantages and disadvantages of each kind of transportation?

For your Information

Younger students won't have this prior knowledge. Slides or films of other countries can be used to help them visualize or identify the variety of transportation used in other countries. For example: pedestrians, horse carts, bicycles, buses, camels, donkeys, trains, etc.

4. *Pros and Cons of Transportation Activity:* There are A LOT of different ways to get around, but not all of them make sense. For example, did anyone take an airplane to school today? Why not? What about taking a horse? (Where would you keep it while you're in school?) We are going to do an activity to discuss the pros and cons of different forms of transportation.

For Your Information

Pros are things that are positive, or are a reason for doing something. They have a positive effect for meeting a specific objective or goal. For example, a pro of walking is that it results in exercise.

Cons are drawbacks, or an argument against something. They have a negative effect for meeting a specific objective or goal. For example, a con of driving is that cars pollute.

5. What are some of the things you have to think about when you decide how to go somewhere? Transportation decisions depend on (write somewhere visible):

-distance

-time

-cost

-load

-companionship

-comfort

-health

-environment

6. You can work with the whole class or break them into five groups, have class discuss pros and cons for each form of transportation. If the class is broken into groups, each group can be assigned a form of transportation. Each group should assign a recorder to write down their ideas. Remind students to think about and refer back to Bicycle Coalition’s lesson/discussion, and to the list of ‘transportation decisions’. Have groups present their charts.

For Your Information

Examples of what should be included: (this list is not exhaustive)

Walking

Pros

Travel is Free
 Travel is also Exercise
 Travel is efficient for short distances because it is fast and easy

Cons

Travel is inefficient for long distances
 Travel limits carrying capacity

Cars

Pros

Travel short distances or long distances
 Carry multiple, usually up to four, people.
 Carry large and heavy loads in the trunk or back end.
 Don’t have to wait for it to arrive before leaving.

Cons

Requires a huge network of pavement that covers 30-60% of urban land.
 Create smog while car is running.
 Contributes to global warming gases.
 Travel slowly around town because of traffic.
 Pay for parking in larger cities and downtown.

Biking

Pros

Exercise while traveling
 Cost is much less.
 Good for the environment.

Cons

Carrying large loads is more difficult.
 Can’t go long distances as fast.
 Can only travel with others when others have a bike.

Public Transportation

Pros

Much cheaper per trip than car.
 Less susceptible to weather conditions while traveling.
 Can carry large number of people.

Cons

People don’t get exercise while traveling (unless they walk to and from transit.)
 People are restricted to scheduled times.

Plane/Boat

Pros

Can cross water.
 Can carry large loads and #'s of people.

Cons

Can create large scale environmental damage.
 Not feasible around town.
 Loud.

7. *After discussion:* What are your most important considerations when choosing transportation? A growing number of people are saying that health and environment are the most important factors to consider. Why do you think this is? Driving cars all the time has a detrimental effect on the environment and on a person’s health. Drivers don’t get exercise while sitting in a car, and there are many different ways that burning gas in cars harms the environment. Plus, the pollution from cars contributes to getting sick and health problems like asthma.