


# My Information Diet

The media that you consume is what makes up your information diet. After hearing Part 1, review the list of types of media that you consume (see, watch, hear, use) and track your media consumption based on a typical day.



**Digital Media:** social media apps, streaming services, videos, websites and blogs, email, messaging apps, gaming apps, podcasts


**Print Media:** newspapers, magazines, books, textbooks, brochures, flyers, posters

**Broadcast Media:** television and radio

**Outdoor Media:** billboards, business displays, ads on buses

**Recorded Media:** DVDs, CD's, vinyl records, tapes

**Interactive Media:** video games, virtual reality



	Type of Media Consumed	Amount of Time	Tone of subjects, thoughts, and feelings
Morning			
Afternoon			
Night			

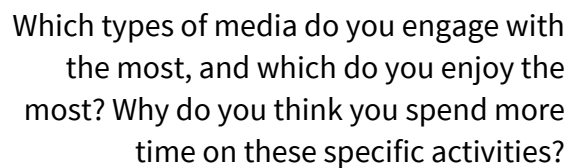
Extension: Digitally or by hand, design your own way of tracking your media consumption for the next week. At the end of each day, write down notes on how the media you saw that day impacted your thoughts and feelings. Share your tool and your thoughts with others.



## My Information Diet

A healthy balanced diet includes a variety of good nutrients consumed in the right proportions. Think about the types of media that you use, see, hear, surround yourself with, and create. This media makes up your information diet. Your information diet should include a variety of perspectives, come from reliable sources, and be balanced with other activities. Fill your plate below to create a healthy, balanced, informative diet.

Feel free to include visuals.



Which types of media do you engage with the most, and which do you enjoy the most? Why do you think you spend more time on these specific activities?

In the media you mostly use and consume, is there a diversity of people, perspectives, cultures, beliefs, and languages? Who/what do you see/hear most?

Think of the reasons why you spend the most time on the activities listed above. What other activities could you do to avoid or pursue those same reasons? Ex: For boredom, I could...

Based on your curiosities, what other types of people, perspectives, cultures, beliefs, and languages would you like to see, hear, and learn more about?