Lesson Plan – Day 4

Name: Delphony	Name of Unit: You Are What You Eat / Nutrition	<b>Date:</b> 6/29/10	Grade 4 <sup>th</sup>
Williams			
Objectives	Procedures	Materials	Evaluation
#1 The student will identify the five food groups that make up the food pyramid.  #1 Using a newspaper, the student will cut out and sort foods into the correct food groups.	Anticipatory Set: TTW sing chocolate song. TTW display fruits and chocolate and have volunteers tell which is tastier and which is healthier. TTW listen to responses and use responses to motivate.  The teacher will: Introduce the lesson by stating the objectives and the purpose of the lesson.  - TTW introduce vocabulary words, displayed on pocket chart - Teacher will explain that in order to be healthy children should be eating more of certain foods and less of others Teacher will display the large food pyramid explain the purpose of the food pyramid and discuss the six categories shown on the food pyramid (5 food groups: grains, protein, dairy, fruits, vegetables; and sweets/fats use sparingly) on the board Teacher will also tell how many servings of each food should be eaten Teacher will hold up examples and ask which food groups they belong to and why. (Example: hold up a bagel and ask if it is in the protein group and why or why not.) - Teacher will allow students to ask questions TTW explain all group activities and divide students into three groups.	Teacher- made song, fruits, chocolate	Observation Listen to oral responses Clap and give verbal praises to show approval
	The student will: Work in small groups to complete each activity:  Group I-TSW create a food group mobile and write the serving sizes for each group. Group II-TSW write on this topic: In our story, Chocolate Fever, Henry Green ate chocolate all day everyday. Write a healthy menu for a lunch meal and explain why it is healthy. Group III- Using a newspaper, TSW cut out and sort foods into the correct food groups.  Remedial: The student will view and listen to information about the food pyramid and food groups on this web site: kidshealth.org. (Visual learner / Auditory)  Enrichment: The student will go to the computer center to play an interactive game that relates to nutrition and eating healthy on the web site: nourishinteractive.com (Auditory / Kinesthetic learner)	mobile patterns, wire, markers, crayons, writing sheet, manila paper, scissors, glue, computer, internet	Work samples

For each lesson plan, do the following:

<sup>1).</sup> **Align the standards** – Health Competency #1 2). **Identify the domain** – Science / Health 3). **State the benchmark** - #1

<sup>4).</sup> Address diversity - Children of diverse backgrounds 5). Infuse technology -

<sup>5).</sup> **Infuse technology** - Computers with internet access