

Health Lesson Plan

Purpose of Lesson:

1. To instruct a lesson on nutrition

Student Objectives:

1. Students will learn what their daily nutrition needs are.
2. Students will learn how well fast food meals contribute to their daily need for nutrients.

State Standards:

- 10.1.6 C - Analyze nutritional concepts that impact health.
- 10.1.6 E - Identify health problems that can occur throughout life and describe ways to prevent them.
- 10.2.6 B - Explain the relationship between health-related information and consumer choices.
- 10.2.6 C - Explain the media's effect on health and safety issues.
- 10.2.6 D - Describe and apply the steps of a decision-making process to health and safety issues.

Materials Needed:

Computer with internet access, prepared PPT on serving size

Anticipatory Set:

Teacher will open the lesson by giving some facts about some of the more popular fast food restaurants – sales figures, marketing tools, etc.
-Supersized meals

Procedures:

1. Teacher will talk about the food pyramid and how balanced meals help young adults grow
2. Teacher will go over the PPT and talk about serving sizes
3. Compare super-sized containers with daily recommended serving size portions
4. Log the difference in ounces in a journal
5. Use the USDA.gov website to track the difference in calories between super sized and recommended

Closure:

The teacher will recap the importance of the food pyramid and a balanced diet – even when eating at a fast food restaurant.

Reinforcement Activity:

Homework assignment: come up with at least 3 different “dinners” that fall into the category of healthy. Remember to utilize the food pyramid.

Student Evaluations:

Have a discussion with the students, asking them if they feel this project will change their future choices of fast food.

Lesson Evaluation:

The lesson will be evaluated by the level of participation during the excel spreadsheet portion, and the level of discussion with the class.

Adaptations:

For students with high abilities:

Higher level students can examine daily nutritional requirements

For students with low abilities:

Students can be given a shell of notes so they can follow along

Contingency Plans for technology glitches:

Use of chalkboard for spreadsheet – print out of common fast food items

Assign students homework to familiarize themselves with the USDA website.