

Health Lesson Plan

Purpose of Lesson:

1. To instruct a lesson on calories and servings

Student Objectives:

1. Students will create a food journal to track their calories for the week

State Standards:

10.1.3 C Explain the role of the food guide pyramid in helping people eat a healthy diet.

10.1.6 C Analyze nutritional concepts that impact health

Materials Needed:

Prepared PPT on calories, Computer with internet access, Paper foldable for the week, Marker/Pen

Anticipatory Set:

We've worked through what a healthy diet is – we know our food pyramid and we have a good idea of what we should be eating in terms of serving size – today we're going to learn about calories. Can anyone tell me what a calorie is? (Food energy is the amount of energy in food that is available through digestion)

Procedures:

1. Anticipatory Set
2. Work through PPT – define Calorie
3. What foods have calories?
4. Why do some foods have more than others?
5. How do we track our calories?
6. Pass out paper – create foldable book
7. Label Breakfast / Calories :: Lunch / Calories :: Diner/Calories
8. Snacks will be listed under each as they are eaten
9. <http://www.ars.usda.gov/Services/docs.htm?docid=17032>
10. Have students at centers walk through what they've eaten for breakfast/lunch/dinner from previous day to calculate their daily intake of calories
11. Compare with a healthy diet plan based on nutrition and exercise

Closure:

Talk about the dangers of poor eating habits and non-exercise.

Reinforcement Activity:

For homework the students should keep track of their food intake in their journals. If they do not have internet, they can use the computers during computer time in class to check their calories.

Student Evaluations:

Students will be evaluated by their participation in the activity and their attention during the presentation

Lesson Evaluation:

Lesson will be evaluated by the level of attentiveness and questions by students

Adaptations:

For students with high abilities: Students may help others create the foldable journal

For students with low abilities: Students will be given a note shell – possibly help with foldable

Contingency Plans for technology glitches:

A downloadable program from USDA that gives caloric information is available – will keep on thumb drive