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Life Science Lesson Plan

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Topic: Eating Healthy – use <http://www.choosemyplate.gov> to help

Standard: Science in Personal and Social Perspectives: Personal Health.

Engage:

* On the board write the “What do you consider to be healthy eating” – have each student write their definition on a post-it and have them place it on the board when they are finished. Read everyone’s answers
* Ask the students if they can list the 6 nutrients. As they list one correctly have it pop up on the screen, into the placemat setting.
* Have students create a KWL chart

Explore:

* Have the class focus on the screen and run through the website quickly. Show them the different food groups that are placed on the plate.

Explain:

* Tell the students what MyPlate is and explain to them how it was started
* Show the class what older versions of the Food Pyramid looked like

Elaborate:

* Divide class into 6 groups. Have each group explore a different part of the plate. Students will have laptops to do this/ if laptops are unavailable pre-print out the information of each food group.
* Give each group large paper to write a minimum of 5 important facts about the food group that they read about.
* Have students present what they found about their food group

Evaluate:

* At the end of the lesson have students fill out the Daily Food Plan.
* For homework have students fill out the MyPlate, MySelf of pages 11 and 12 of the teachers guide provided by the website. <http://www.choosemyplate.gov/kids/downloads/ServingUpMyPlate-level3-TeachersGuide.pdf> - this will be over the course of 1 week.
* By filling out the daily food plan online and the chart of what they eat each day. The teacher can see who followed the assignment of healthy eating.