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| <b>COURSE:</b> Health  | <b>GRADE(S):</b> Kindergarten                       |
| <b>UNIT:</b> Nutrition | <b>TIMEFRAME:</b> 3 classes (15 -20 minute lessons) |

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| <p><b>NATIONAL HEALTH EDUCATION STANDARDS:</b></p> <p><b>STANDARD 1:</b> Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p><b>STANDARD 7:</b> Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p> |
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| <p><b>STATE STANDARDS:</b></p> <p><b>10.1 Concepts of Health</b></p> <p>10.1.3.B. Explain the role of the food guide pyramid in helping people to eat healthy diets.</p> |
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| <p><b>Lesson 1: Why we need food?</b></p> <p><b>Objectives:</b></p> <p>List three ways the body uses food.</p> <p>Students will identify the food groups and give examples of foods from each group.</p><br><p><b>Lesson 2: Choosing Food for Meals and Snacks</b></p> <p><b>Objectives:</b></p> <p>Describe meals many people eat each day, such as breakfast, lunch and dinner.</p> <p>Recognize the importance of eating meals during the day</p> <p>Identify reasons for eating a snack</p> | <p><b>CONTENT:</b></p> <ul style="list-style-type: none"> <li>• <b>Food:</b> <ul style="list-style-type: none"> <li>▪ Helps your body to grow and stay healthy.</li> <li>▪ Gives you energy. <b>Energy</b> is the power your body needs to do things.</li> </ul> </li> <li>• <b>Food Groups:</b> <ul style="list-style-type: none"> <li>▪ Grains – bread, rice, crackers, pasta</li> <li>▪ Vegetable – string beans, peas, carrots, broccoli, cauliflower,</li> <li>▪ Fruits – apples, oranges, bananas,</li> <li>▪ Milk – milk, cheese, yogurt</li> <li>▪ Meat and Beans – fish, chicken, red meat, pork , beans, nuts and seeds</li> <li>▪ Oils, fats and sugar – limit intake</li> </ul> </li> </ul> <p>You need to eat foods from each group to grow and be healthy. Most meals are made from foods in many of the food groups.</p> <ul style="list-style-type: none"> <li>• <b>Choosing Food for Meals and Snacks</b> <ul style="list-style-type: none"> <li>▪ Eating meals is a good way to get foods from many food groups. Breakfast, lunch and dinner are three meals that many people eat each day.</li> <li>▪ Breakfast – gives your body the energy it needs to start the day.</li> <li>▪ Lunch and dinner help your body to have energy all day long.</li> <li>▪ <b>Snack</b> – A <b>snack</b> is food you eat between meals. If you feel hungry between meals, you might want to eat a snack. Snacks give you extra energy between meals for work and play. Choose healthful snacks from different food groups.</li> </ul> </li> </ul> |
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| <p><b>ACTIVITIES:</b></p> <p><b>Lesson 1:</b></p> <p>Brainstorm a list of activities that require energy.</p> <p>Students will demonstrate how they use energy each day.</p> <p><b>Lesson 2:</b></p> <p>Brainstorm appropriate foods for each meal.</p> <p>Students will identify appropriate foods for breakfast, lunch and dinner.</p> <p><i>Teacher directed differentiated instructional projects and activities are ongoing and based on student need.</i></p> <p><b>RESOURCES:</b></p> <p><a href="http://Healthteacher.com">Healthteacher.com</a></p> <p><a href="http://www.mypyramid.gov">www.mypyramid.gov</a> Inside my Pyramid retrieved on August 26, 2008</p> <p><i>Harcourt Health and Fitness, Harcourt School Publishers Copyright 2007</i></p> | <p><b>Assessments:</b></p> <p>Verbalize as a class, activities that require energy.</p> <p>Role play how energy is used in daily activities.</p> <p>Choose foods that are appropriate to eat for breakfast, lunch, dinner and snack.</p> <p>Students will write a rhyme, song or story about foods</p> <p><b>REMEDICATION:</b></p> <ul style="list-style-type: none"> <li>• Review the food groups</li> <li>• Give children 3 sheets of drawing paper and have them title them breakfast, lunch and dinner. On each sheet the child may draw foods that are commonly eaten at the meal.</li> <li>• Classmates assist each other in choosing foods that are appropriate for each meal.</li> </ul> <p><b>ENRICHMENT:</b></p> <ul style="list-style-type: none"> <li>• Have children choose one of the three meals and write sentences to tell what foods they like to eat at that meal.</li> <li>• Go to my pyramid web-site (<a href="http://www.mypyramid.gov">www.mypyramid.gov</a>) and click into <a href="#">Inside the Pyramid</a> to learn more about each food group and find lots of tips for healthy eating.</li> <li>• Assist your parents/guardians in making a well balanced meal at home.</li> </ul> |
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