

LESSON PLAN

Interactive Opening Activity

- Each small group or partner pair will receive a bag of food labels/small food items. The purpose of this activity is for each group to begin to separate unhealthy versus healthy food. Every group will have different items, so it is important as a leader to be walking around to ensure each group is on the right track. Size of group depends on the preference of the lead teacher.
- Afterwards, Teacher leader can go through a few of the items from each group and together we can discuss healthy (thumbs up) unhealthy (thumbs down)
- If time, you can show that 20 sugar cubes are in one 12 oz can of coke GREAT VISUAL

Concept Development

- Teacher leader discusses the importance of healthy foods and not foods that contain a lot of fat or sugars.
- Together, we work on creating individualized grocery lists using a visual produce display as a guide. In partner pairs, individuals choose appropriate healthy foods for each of the following categories: Fruits, grains, dairy, vegetables, Protein and other. Emphasize that the “candy and unhealthy snack category” should be the very smallest amount if any at all!

Interactive Role play: Have individuals come up to you and your “cashier” and practice either give you their food stand card with a greeting or for advanced students (actual cash)

- Discuss Medical Health.

Leader discusses that there are some events that happen that are an emergency and others that are not an emergency. Teacher leader shows large visuals of either an emergency or non-emergency. If you want to make it interactive, have the individuals actually move to one end of the continuum or the other next to a visual. If you want them to remain seated, you can have hand gestures for emergency or non emergency (stand up if emergency and sit down if non-emergency.)

GRAINS

VEGGIES

FRUITS

PRODUCE

DAIRY

SUGAR



oatmeal



bagel



crackers



muffin



popcorn



rice



pasta



bread mix whole and enriched



broccoli



carrots



celery



cherry tomatoes



peppers



squash



green beans



lettuce



apple



berries



bananas



orange



kiwi



grapes



peach



watermelon



tuna



baked chicken



lean deli meats



hard boiled eggs



nuts



peanut butter



tofu



red meat



milk



yogurt



string cheese



cottage cheese



ice cream



pudding



cheese



frozen yogurt



oil



avocado



butter / margarine



cream cheese



salad dressing



chocolate



candy



veggie dip



EAR ACHE



TOOTHACHE

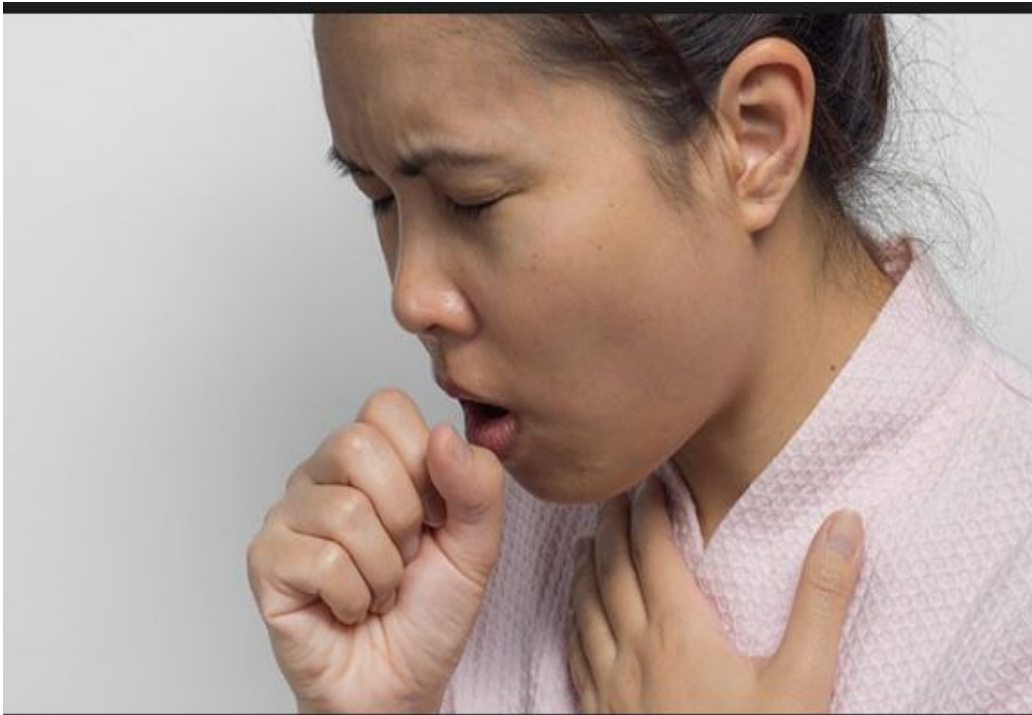
SKIN RASH



**BLOODY
NOSE**



ASTHMA



**COMMON
COUGH**



RUNNY NOSE



