



Nutrition Mission

Grade Level: High School **Lesson Plan** **Timeframe:** 1.5 hrs **Program Topic:** Food Nutrition for Second Grade Students **State:** SC
Prepared By: Brenda Rogers **Chapter/School:** Chapman High School

Overview & Purpose With your high school FACS class, the purpose of this lesson is to teach second grade students good eating habits, and emphasize that exercise is important.		FCCLA National Program(s) Student Body and Community Service
Education and National FACS Standards Addressed <u>Area of Study:</u> 4.0 Education and Early Childhood Comprehensive Standard: Integrate knowledge, skills, and practices required for careers in early childhood, education, and services. Competencies: 4.2.5 Analyze strategies that promote children’s growth and development. <u>Area of Study:</u> 14.0 Nutrition and Wellness Comprehensive Standard: Demonstrate nutrition and wellness practices that enhance individual and family well-being Content Standard: 14.1 Analyze factors that influence nutrition and wellness practices across the life span Competencies: 14.2.2 Analyze the effect of nutrients on health appearance, and peak performance		
Lesson Plan Goals & Objectives (Specify skills/information that will be learned.)	<ul style="list-style-type: none"> • Basic food preparation • Familiarize student with the Food Pyramid • Reinforce that exercise can be fun • Demonstrate an understanding of the importance of nutrition. Able to educate elementary students. • Apply various dietary guidelines in planning to meet nutrition and wellness needs. 	
Materials Needed	<ul style="list-style-type: none"> • Bingo Game • Twister Game • Nutrition Booklet • Matching Game • Nutrition Mission Game • Pizza Sauce • Crescent Rolls • Pepperoni 	<ul style="list-style-type: none"> • Mozzarella Cheese • Nutritious Snacks for game prizes • Lemonade • Cups • Napkins • Spoons • Sanitation Wipes

<p>Introduction of Subject (Give and/or demonstrate necessary information)</p>	<p>The lunchroom will be divided into six centers. FCCLA members will be in charge of each center.</p> <ol style="list-style-type: none"> 1. Matching pictures and naming foods 2. Food Pyramid Bingo 3. Nutrition Mission Game 4. Booklet of Food Activities 5. Pizza Making 6. Twister Exercise
<p>Verification</p>	<p>FCCLA will ensure that each second grader at each center understands and completes work at each center.</p>

<p>Activity 1 (Describe the independent activity to reinforce this lesson)</p>	<p>Pizza Making Center – The second graders will take a crescent roll, unroll it, and put pizza sauce on it. They will add mozzarella cheese and pepperoni as well. They cover the baking pan with foil for easy clean up and so that masking tape can be used to identify what student’s piece of pizza is which. Bake and serve.</p>
<p>Activity 2 (Describe the independent activity to reinforce this lesson)</p>	<p>Matching – Find two matching pieces of food and glue them on two separate cards made of craft paper. Make about 15 pairs. The students can find the pairs, name the food item and the student with the most matches wins the nutritious snack.</p>
<p>Activity 3 (Describe the independent activity to reinforce this lesson)</p>	<p>Bingo – Play food pyramid bingo and this can be purchased from: Smartpicks, Inc. The winning student will receive a nutritious snack.</p>
<p>Activity 4 (Describe the independent activity to reinforce this lesson)</p>	<p>Nutrition Booklet – This is made by the FCCLA members and it can be taken home to finish. If the parents help the student, this could get the parents thinking about nutrition.</p>
<p>Activity 5 (Describe the independent activity to reinforce this lesson)</p>	<p>Twister Game – The second grade students can play Twister to know how much fun exercise can be.</p>
<p>Activity 6 (Describe the independent activity to reinforce this lesson)</p>	<p>Nutrition Mission – This is a game made by the FCCLA members. It is set up on a board like Candy land. The student winning the game will receive a nutritious snack.</p>

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