



# Welcome Bags

**Grade Level:** Foundational     
 **Lesson Plan Timeframe:** 1-2 days     
 **Topic:** Nutrition and Healthy Eating     
 **State:** ID  
**Prepared By:** Carolee Fogg Mordi     
**Chapter/School:** Middleton High School

<b>Overview &amp; Purpose</b> Identify ways to make new students feel welcome	<b>FCCLA National Program(s)</b>  Student Body STAR Events
<b>Programs of Study</b> Teen Living Adult Living Nutrition and Foods	

<b>Lesson Plan Goals &amp; Objectives</b> (Specify skills/information that will be learned.)	Students will identify ways to make new students feel welcome Students will create welcome bags Students will plan and conduct a welcome breakfast
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>• Paper</li> <li>• Pencil</li> <li>• Computer with internet</li> <li>• Material for bags</li> <li>• Sewing machines</li> <li>• Cooking Labs</li> <li>• Ingredients</li> </ul>
<b>Introduction of Subject</b> Anticipatory set (Give and/or demonstrate necessary information)	Ask students if they have ever felt like an outsider. Discuss What could they do to make new comers feel welcome?

<p><b>Activity 1</b> (Describe the independent activity to reinforce this lesson)</p>	<ul style="list-style-type: none"> <li>• Have students work with school guidance counselors to identify and collect information needed about students who are new to the school.</li> <li>• Have students construct cloth bags in clothing/textile courses</li> <li>• Have students in foods courses research and compile healthy snacks and nutrition information to distribute with the bags</li> </ul>
<p><b>Activity 2</b> (Describe the independent activity to reinforce this lesson)</p>	<p>Have students in the FCCLA chapter host a welcome breakfast for new students to give them the bags.</p>
<p><b>Assessment</b></p>	<p>Teacher observation of student work</p>
<p><b>Summary/Evaluation</b> (Assign Homework, or Reflect on the Outcomes)</p>	<p>Have students submit a report about their project to state and national FCCLA</p>
<p><b>Other Resources</b></p>	<p>(e.g. Web, books, etc.)</p>
<p><b>Additional Notes</b></p>	
<p><b>Source</b> (If Applicable : cite any published or copyrighted materials used in this lesson plan)</p>	<p>National Spotlight Project</p>

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