

Lesson Plan

Subject: Health	Name: Miss Park
Grade: – Grade 5/6	Date: Day 1, Friday, December 9, 2022 Time: Period 6, 2:00 pm – 2:50 pm
Topic: Healthy Eating	Length of Period: 50 minutes

Objective

- Diagnostic assessment questions
- Introduce Canada’s Food Guide
- Learn how to read food labels
- Recognize factors that influence food choices
- Group food by macronutrients, based on the food label

Curriculum Expectations – Grade 5

Overall Expectations

D2. Making Healthy Choices

D2. Making Healthy Choices: Demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being.

Specific Expectations

Healthy Eating

D2.1 Explain how to use nutrition fact tables and ingredient lists on food labels to make informed choices about healthy and safe foods

Curriculum Expectations – Grade 6

Overall Expectations

D2. Making Healthy Choices

D2. Making Healthy Choices: Demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being.

Specific Expectations

Healthy Eating

D2.1 Apply their knowledge of medical, emotional, practical, and societal factors that influence eating habits and food choices (e.g., allergies and sensitivities, likes and dislikes, feelings of stress, dental health, food availability, media influence, cultural influence of family and friends, school food and beverage policies, environmental impact, cost) to develop personal guidelines for healthier eating.

Learning Skills – Growing Success Document

Self-regulation

- Students should be following along with the presentation, asking for clarification when needed
- Students should manage their own learning, goals, and behaviours during the presentation

Initiative

- Students take initiative to answer the questions posed in the presentation
- Students help others, when needed

Prerequisites and Prior Learning

It is expected that students have been exposed to Canada's Food Guide in grade 4, based on the grade 4 Ontario Curriculum:

D2.1 Identify personal eating habits through self-monitoring over time, and set a goal for developing healthier eating habits, on the basis of the recommendations and guidelines in Canada's Food Guides

Materials

- Laptops and access to internet
- 3 example foods (1 protein-rich food, 1 carbohydrate-rich food, 1 fat-rich food)

Activities

Mentimeter Presentation

- Students get a laptop from the back of the room
- Students go to mentimeter.com and type in the code on the screen
- Students participate in activities and questions

Grouping Food by Macros Task

- Each of the three columns of tables given a food product box

- 1 carbohydrate-rich food
- 1 fat-rich food
- 1 protein-rich food
- Students asked to look at the food label and decide if the food has more carbohydrates, protein, or fat

Presentation

<https://www.mentimeter.com/app/presentation/aldmpn3s11h223gnbu8eaq57nruoanuh>

Consolidation

Teacher verbally reviews what was learned:

- Introduced Canada's Food Guide
- Learned how to read food labels
- Recognized factors that influence food choices
- Grouped food by macronutrients, based on the food label

Assessment

- Diagnostic assessment incorporated into the Mentimeter presentation
 - What does healthy eating mean to you?
 - What factors influence your eating habits and food choices?
 - Where do you go to get information on healthy eating?
- Formative assessment of participation based on Mentimeter questions and food grouping task
 - Did students follow along with the presentation?
 - Did students answer the Mentimeter questions?
 - Did students engage in the grouping food activity?

Modifications

- **Evan, Noah and Zoli** – Supervise and provide cueing during presentation
- **Val, Alex, Julian, Emma, Duncan, and Lyndun** – limit expectations of participation on Mentimeter. Can work with a partner.
- **Alma**: Translate slides for her into Arabic

Partners:

- Duncan and Breanna
- Alma and Emmy
- Val and Ava
- Julian and Mila
- Lyndun and Uves
- Emma and Davin
- Alex and Ahmed

Reflection

What went well:

- Students seemed to enjoy using the computers to participate in the Mentimeter polls
- Students liked the YouTube videos
- Students were able to read real food labels and put their skills into practice

What I would do differently next time:

- The lesson was rushed, so next time I would cover this content in two separate lessons
- I would let students engage in more discussion