

Healthy and Unhealthy Foods SIOP Lesson Plan

This plan was created by Courtney McGowan of Sugarland Elementary School in Sterling, VA as a part of the SIOP lesson study project in collaboration with CAL.

Suggested Differentiation strategies

Vocabulary:
For lower proficiency students, teacher may include other vocabulary items in addition to "healthy" and "unhealthy."

Materials:
Any additional items providing visual or verbal L1 support to lower proficiency students.

Background

In previous lessons the students learned the names for common foods and became familiar with the four food groups. Included in this study was a teacher-written, interactive poem about foods the students like.

English proficiency levels: beginning through advanced

Grade: K

Standards: State Health Standards of Learning, Grade K
K.1 a -the importance of making healthy food choices

Preparation

Content Objectives: The students will be able to

- identify healthy and unhealthy food.

Language Objectives: The students will be able to

- listen to a story and tell a buddy if a food is healthy or unhealthy.

Key Vocabulary

- healthy
- unhealthy

Materials

Teacher Materials

- *The Very Hungry Caterpillar* by Eric Carle
- Smart Board presentation with lesson objectives, food picture splash, and food sort
- Small posters with examples of healthy and unhealthy food
- Laminated pictures of healthy and unhealthy food (adapted from UVA's Book-a-Week Program
http://www.teach.virginia.edu/go/wil/Caterpillar_Lesson.pdf)
- Red- and green-labeled sort organizers

Student Materials

- Laminated pictures of healthy and unhealthy food in plastic bags (adapted from UVA's Book-a-Week Program
http://www.teach.virginia.edu/go/wil/Caterpillar_Lesson.pdf)
- Red- and green-labeled sort organizers