
Unit:	Nutrition/Science, Fourth Grade	
Title of Lesson:	Seafood Savvy	
Standard:	<u>Science</u> Life Sciences 2.b: Students know producers and consumers are related in food chains and food webs and may compete with each other for resources in an ecosystem. <u>Health Education</u> Grades four through six Expectation 8: Students will identify products, services, and information that may be helpful or harmful to their health. Food Choices: -Using valid nutrition information to make healthy food choices.	
Objective:	Students will be able to use nutrition information to make healthful food choices.	
Materials:	Shrimp Imitation lobster Imitation crab Cocktail sauce Lemon juice Mango Salsa (see attached recipe) MyPyramid poster MyPyramid overheads Oranges (for students unable to eat shellfish) Shellfish worksheet and overhead	Tablecloth 4 oz. bowls Forks 2 oz. containers Napkins Wet wipes Overhead projector
Procedures:	1. <u>Introduction:</u> (5 minutes) a) Introduce MyPyramid with emphasis on the Fruit and Vegetable Groups and the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. b) Give overview of lesson. 2. <u>Activity:</u> (1 hour) a) Discuss importance of nutrients in diet using overheads. b) MyPyramid: display poster and discuss importance of including fruit,	