



Jr. Chef Club II Cooking for a Healthy Digestive Tract Lesson 4



Objectives

After completing the lesson, students will be able to:

1. Name the major structures of the digestive system.
2. State the basic function of each major structure in the digestive tract.
3. List two foods that can keep the digestive tract healthy.

| EALR | Program Integration |
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| Reading 1.3 Build vocabulary through wide reading. | Read vocabulary words on board and in research. |
| Reading 3.2 Read to perform a task. | Complete worksheet(s). Read a recipe. |
| Communication 1.2 Listen and observe to gain and interpret information. | Participate in discussion of human digestive system. |
| Communication 2.1 Communicate clearly to a range of audiences for different purposes. | Share researched information with small group, entire class, and adults in class. |
| Science 1.2 Understand how components, structures, organizations and interconnections describe systems. | Describe basic functions of digestive system organs and process of digestion. |
| Health and Fitness 1.4 Understand the relationship of nutrition and food nutrients to physical performance and body composition. | Discussion of foods and nutrients necessary for healthy digestive tract. |
| Health and fitness 2.2 Understand the concept of control and prevention of disease. | Determine foods that promote a healthy digestive system. |
| Writing 2.3 Write in a variety of forms. | Take notes during lecture. Research and write facts for presentation to group. |