

Lesson #5 Essential Lesson Plan Components

<p>1. Theme of Instruction: Nutrition- Food Labels and Diet Grade/Developmental Level: 11</p>	
<p># Of Students 20</p>	
<p>2. Lesson Objectives: Highlight Standards/Benchmarks/Performance Indicators</p> <p>A) Cognitive: Students will understand food labels as demonstrated by completing the worksheet by the end of class. Students will understand proper diet techniques. Students will analyze special diets and food labels determining a responsible and educated choice by the end of class.</p> <p>Standard # 3 Benchmark/Source: 3.1, 3.2, 3.4/ National Health Education Standards (NHES)</p> <p>B) Affective: Students will participate in class discussions throughout the class. Students will communicate showing respect for the instructor throughout the class.</p> <p>Standard # 5 Benchmark/Source: 5.1, 5.3/ NHES</p> <p>C) Interdisciplinary: Students will write using the food label worksheet by the end of class. Students will read and problem solving using the Power Point Presentation. Standard- East Hartford High School Benchmark/Source: Content Literacy Education CMT passing scores</p>	
<p>3. A) Needed Equipment: Power Point presentation on food labels and diet. Food labels worksheet.</p>	
<p>Instant Activity: Read the article “Be Smart for Your Health.”</p>	<p>4. Time: 15 min</p>
<p>Assessment opportunity! Check for understanding frequently. Ask students if they understand. Assess understanding by the class discussion and by asking questions throughout the presentation.</p>	<p>Transition</p>
<p>6. Scaffolding: “Last class we talked about the calories. This class we will talk about nutrition labels and proper dieting and weight control. We will also take a look at our journals and determine if we eat the right amount of calories.”</p>	<p>Time: 2 min</p>
<p>7. Introduction to Lesson: A) State Obj. (What) “Our nutrition lesson today will specifically talk about food labels and diet.” B) Anticipatory Set (Why) Poor nutrition leads to a host of long term health diseases and problems. Americans consume way more fats than needed leading to health problems. “Learning proper weight management techniques will prevent diseases and other health problems.” C) Focus Attention (Cueing) Step – Listen, be respectful, pay attention, participate D) CFU “Does everyone understand what we will be doing today? Does anyone not understand what we have done the past four classes.</p>	<p>Time: 3 min</p> <p>Transition</p>