















# Technology-Connected Lesson Plan

<b>Title:</b>	<b>Food Pyramid - Planning a Healthy Meal</b>
Grade Levels:	3 <sup>rd</sup> - 6 <sup>th</sup>
Curriculum Areas:	Science - Nutrition
Measurable Objectives:	<ul style="list-style-type: none"> <li> TLW identify the five basic food groups.</li> <li> TLW use their knowledge of the food pyramid to plan a full meal that incorporates at least one serving of food from each group.</li> <li> TLW will be able to classify their ingredients according to the food groups.</li> </ul>
LA Content Standards:	 <b>LS-E-A6</b> - recognizing the food groups necessary to maintain a healthy body.
Grade Level Expectations (GLE)	<ul style="list-style-type: none"> <li> Identify a meal that includes representatives from each group of the food pyramid (LS-E-A6)</li> <li> Explain the primary role of carbohydrates, fats, and proteins in the body (LS-E-A6)</li> <li> Describe the relationship between eating habits and maintaining a healthy body (LS-E-A6)</li> </ul>
K12 Educational Technology Standards:	<ul style="list-style-type: none"> <li> Technology Communication Tools (<i>Communication Foundation Skill</i>) - Students use a variety of media and formats to communicate and present information and ideas effectively to multiple audiences.</li> <li> Technology Productivity Tools (<i>Resource Access and Utilization Foundation Skill</i>) - Students use productivity tools to work collaboratively in developing technology-rich, authentic, student-centered products.</li> </ul>
Technology Connection:	 <b>Kid Pix Deluxe 3</b>
Procedures:	<ul style="list-style-type: none"> <li> Start the lesson off by completing a KWL chart with the students. K- List the things that student know about food and nutrition. W - List the things that students want to know about food and nutrition. L - Save this part for last to list the things the new things that students have learned about food and nutrition.</li> <li> Explain to the students that they are going to learn about the</li> </ul>






food pyramid and the foods that keep them healthy. Give each student a copy of the Food Guide Pyramid. Use an overhead transparency of the food pyramid to discuss the lesson with the students.

*The bottom level of the pyramid is the bread, cereal, rice, and pasta group. These foods help to give us energy. We should eat 6-11 servings from this group a day.*

*On the second level of the pyramid, we have two categories - the vegetable group and the fruit group. The vegetable group gives us vitamins and minerals our bodies need to stay healthy. We should eat 3-5 servings a day. The fruit group also gives us vitamins and minerals. We should eat 2-4 servings a day.*

*The third level of the pyramid includes the milk yogurt, and cheese group, and also the meat, poultry, fish, eggs, nuts and beans group. The milk group gives us calcium to keep our teeth and bones strong. We should eat 2-3 servings a day. The meat group gives us protein to help build new cells and tissues in our bodies. We should eat 2-3 servings from this group a day.*

*The top of the pyramid is the fats, oils, and sweets group. Although our bodies need a little bit of food from this group, eating too much is not good for us. We should eat foods from this group only once in a while.*

-  Tell the students that they are going to design a meal that includes at least one serving of food from each food group.
-  The meal must include an entrée, or main dish, at least one side dish, and a beverage.
-  Provide the students time to plan out their meal before going to the computer station. Remind them to focus on each food group. Have the student write out which food groups each item in their meal belongs to.
-  At the computer stations, student will use Kid Pix to design their meal. If using Kid Pix Deluxe 3, go to the Background and locate Foods I Eat. If using Kid Pix 4, go to the Idea Machine to locate Foods I Eat.
-  Students will select one of the plates from the category and use the eraser tool, remove the heading for the plate. Your assignment is for the students to plan a meal that includes at least one serving of food from each food group.

	<ul style="list-style-type: none"> <li>☞ Students will use the tools (stickers, stamps, drawing tool, etc) to prepare their meal.</li> <li>☞ Have students insert a text box below their plate to type which food group each item of their meal belongs to.</li> <li>☞ Once all of the students have finished, prepare a slideshow in Kid Pix for students to present their meals. Allow each student to explain their meal and their choices of food from each food group.</li> <li>☞ Return to the K-W-L chart and add the new information learned about food and nutrition.</li> <li>☞ Print the projects out to prepare a Menu Booklet for the class.</li> </ul> <p>Online Resources to enhance student understanding:</p> <ul style="list-style-type: none"> <li>☞ Teeth and Nutrition <a href="http://www.alfy.com/Scripts/go.asp?url=http://www.bbc.co.uk/education/revisewise/science/living/04_act.shtml&amp;purl=/Teachers/Teach/Thematic_Units/Nutrition/Nutrition_1.asp">http://www.alfy.com/Scripts/go.asp?url=http://www.bbc.co.uk/education/revisewise/science/living/04_act.shtml&amp;purl=/Teachers/Teach/Thematic_Units/Nutrition/Nutrition_1.asp</a></li> <li>☞ <a href="http://www.alfy.com/Scripts/go.asp?url=http://www.harcourtschool.com/activity/pyramid/pyramid.htm&amp;purl=/Teachers/Teach/Thematic_Units/Nutrition/Nutrition_1.asp">http://www.alfy.com/Scripts/go.asp?url=http://www.harcourtschool.com/activity/pyramid/pyramid.htm&amp;purl=/Teachers/Teach/Thematic_Units/Nutrition/Nutrition_1.asp</a></li> <li>☞ Pyramid Power <a href="http://www.ring.com/health/food/food.htm">http://www.ring.com/health/food/food.htm</a></li> <li>☞ Mission Nutrition <a href="http://kidshealth.org/kid/closet/mission_nutrition.html">http://kidshealth.org/kid/closet/mission_nutrition.html</a></li> <li>☞ Nutrition Café <a href="http://www.alfy.com/Scripts/go.asp?url=http://exhibits.pasci.org/nutrition/default.html&amp;purl=/Teachers/Teach/Thematic_Units/Nutrition/Nutrition_1.asp">http://www.alfy.com/Scripts/go.asp?url=http://exhibits.pasci.org/nutrition/default.html&amp;purl=/Teachers/Teach/Thematic_Units/Nutrition/Nutrition_1.asp</a></li> <li>☞ The Amazing Caffeine Machine <a href="http://www.alfy.com/Scripts/go.asp?url=http://www.harcourtschool.com/activity/caffeine/caffeine.htm&amp;purl=/Teachers/Teach/Thematic_Units/Nutrition/Nutrition_1.asp">http://www.alfy.com/Scripts/go.asp?url=http://www.harcourtschool.com/activity/caffeine/caffeine.htm&amp;purl=/Teachers/Teach/Thematic_Units/Nutrition/Nutrition_1.asp</a></li> <li>☞ The Food Guide Pyramid <a href="http://kidshealth.org/kid/stay_healthy/food/pyramid.html">http://kidshealth.org/kid/stay_healthy/food/pyramid.html</a></li> <li>☞ Riddles <a href="http://www2.lhric.org/pocantico/nutrition/riddles.htm">http://www2.lhric.org/pocantico/nutrition/riddles.htm</a></li> </ul>
Materials:	<ul style="list-style-type: none"> <li>☞ Food Pyramid Poster</li> <li>☞ Food Pyramid handout (black &amp; white) (<a href="http://www.KidsHealth.org">www.KidsHealth.org</a>)</li> <li>☞ Transparency of the above handout</li> </ul>
Assessment:	☞ Design of the five food groups in Kid Pix
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