

Heather Hossenlopp

Unit Plan Topic: Healthy Living

Grade: One

Big Question: What can we do daily to make our bodies healthier? How can we eat healthy? What foods can make us healthy? How do we exercise without getting hurt? How often should we exercise? Where is it safe to ride bikes, play and walk? What is the proper way to brush our teeth?

Rationale: It is important for students to gain a better understanding of how they should take care of themselves. They need to learn the proper way to plan a balanced meal. The students will be able to apply what they learn to their daily routines.

Goals: I would like to see the students taking an interest in their health. They will learn various ways that they can contribute to their own health. Some examples of this would be, brushing their teeth correctly, biking safely, and eating healthy.

Materials:

Large construction paper

Crayons

Bearenstein Bears and too much Junk

Food

Poster board

Pictures of Food

Brown paper bags

Paper plates

Markers

Magazines (with lots of food pictures)

Food pyramids made from half poster boards (one for each student)

Video camera

Blank videotape

CD player and music

Plenty of room (to exercise)

Exercise clothes and sneakers

List of exercises to include

Map

Book papers

Chalkboard and chalk

Crayons

Toothbrushes and tooth paste

Various size marshmallows

Map of teeth

Glue

Construction paper

Handout for books

Crayons

Stapler

Journals

Pencils

Computer

Hi Pizza Man by Virginia Walter or Hold the Anchovies by Shelley Rotner

“I am a Pizza” song by Charlotte

Diamond

Felt Food Pyramid

Felt Board

English Muffins

Pizza Sauce

Mozzarella Cheese

Olives

Sliced turkey hotdogs

Oven

Paper plates and napkins

Timeline:

Day One: What does it mean to be healthy? What are some ways we can become?
healthy?

Day Two: Nutrition (intro. to the food pyramid)

Day Three: Applying the food pyramid to daily use.

Day Four: Exercise (What is exercise? What does it do to our bodies? What are some
ways to exercise?)

Day Five: Exercise (making an exercise video)

Day Six: Bike Safety

Day Seven: Teeth (visit of dental hygienist)

Day Eight: Teeth

Day Nine: Write healthy tips to include in newsletter

Day Ten: Pizza Party

Day One

Goals: Students will make a poster about what being healthy means, and how to become Healthy

Objectives: The students will listen to a story about being healthy. The students will participate in a discussion about the story. The students will create posters about being healthy.

Standards: ELA #1 Language for Information and Understanding

-Students will write tips for being healthy on posters.

ELA#2 Language for Literary Response and Expression

-Students will listen to a story about unhealthy habits to find out what unhealthy habits are.

ELA#4 Language for Social Interaction

-Students will discuss what being healthy means and different ways we can become healthy.

Health#1 Personal Health and Fitness

-Students will learn ways to keep themselves healthy and what being healthy means.

Materials: large construction paper

Crayons

Bearenstein Bears and too much Junk Food

The teacher will read Bearenstein Bears and too much Junk Food to the class.

The class will discuss about what being healthy means then the students will go back to their seats and make posters about being healthy to hang in the hall.

Day Two

Goals: Students will learn about the food pyramid and participate in activities that apply to it. To understand why it is important to eat healthy. Students will fill out the Food Pyramid Graphing worksheet.

Objectives: -Students will participate in the activities and discussion about how to make a healthy meal. The students will color and paste pictures of food on a plate to make a balanced meal.

-Students will compare and contrast the graphs on the graphing worksheet.

Standards: Health#1 Personal Health and Fitness

-Students will learn how to eat healthy.

ELA#4 Language for Social Interactions

-Students will discuss what foods are healthy and where they fit in the food pyramid.

MST#1 Analysis

-Students will analyze and compare food graphs.

Materials: Poster board

Pictures of Food

Brown paper bags

Paper plates

Glue

Markers

Food Graph Worksheet

Large picture of a food pyramid

The teacher will remind students of the story read yesterday. The class will discuss the eating habits of the bears. The teacher will introduce the food pyramid and explain to the children what it means. The students will all receive a bag contain pictures of food. They will determine which foods they can use to make a healthy balanced meal. They will color and cut out these foods and paste them onto paper plates. As a class the teacher will lead the students in completing the graph worksheet. The teacher will give time for each student to record their own responses then call on a student to share their answer.

Day Three

Goals: The students will cut color and cut out foods then paste them to the appropriate places in the food pyramid. The students will record in their journals their favorite balanced meals.

Objectives: The students will paste and sort foods into the correct level of the pyramid.
-The students will write and draw a picture in their journal of a balanced meal containing their favorite foods.

Standards: Health#1 Personal Health and Fitness

-Students will use their knowledge of the food pyramid to put together an ideal meal.

ELA # 1 Language for understanding

-Students will write, from what they learned, their favorite balanced meal.

Materials: Magazines (with lots of food pictures)

Food pyramids made from half poster boards (one for each student)

Glue

Scissors

Journals

Crayons

The students will go through magazines and cut out pictures of food. The students will then paste the food onto a big food pyramid that will be displayed in the hall. When students are finished they will get out their journals and write their favorite meal. They need to be sure to include something from every food group. The teacher may want to check with each student before they write.

Day Four

Goals: The students will learn about the benefits of exercise and how to exercise.

Objectives: -Students will participate in a discuss about the benefits of exercise.
-Students will perform various exercises while counting them out to ten.

Standards: MST #3 Mathematics

-Students will count out the exercises to ten.

Health #1 Personal Health and Fitness

-Students will learn the proper way to exercise.

ELA#

See Lesson Plan and Reflection!

Day Five

Goals: The students will participate in the making of an exercise video.

Objectives: The students will participate in the making of an exercise video. The students will use the camera to tape the video. The students will count out the exercises to ten.

Standards: MST#1 Mathematics

-Students will count the exercises to ten.

MST#5 Technology

-Students will use the video camera to tape the exercise video.

Health#1 Personal health and Fitness

-Students will participate in the exercises.

Materials: video camera

Blank video tape

CD player and music

Plenty of room (to exercise)

Exercise clothes and sneakers

List of exercises to include

See Lesson Plan and Reflection!

Day Six

Goals: The students will learn about where it is safe to ride bikes and what to remember when riding.

Objectives: The students will locate on map safe places to play/exercise.

Standards: Health#2 Safe and Healthy Environment

-Students will learn safe and unsafe places to ride bikes and play.

SS#3 Geography

-Students will refer to a map.

Materials: Map

Book materials

Chalkboard and chalk

Crayons

-Students will use a map to locate the safe and unsafe places to play.

The teacher will discuss with the students important things to remember when riding bikes. These include: follow traffic signs, wear bright clothing, wear a helmet, make sure your bike is sturdy and the correct size, and make sure you have the correct shoes on and they are fastened securely. The teacher will write these on the board as they are discussed. They will talk about safe places to ride their bikes and point out these places on a map of a neighborhood. The students will make books about bike safety by writing safe things to remember and drawing a picture for each item.

Day Seven

Goals: The students will learn about how to care for their teeth from the visit of a dental hygienist. The students will make models of teeth using marshmallows.

Objectives: The students will actively participate in learning the appropriate way to brush their teeth. The students will listen for ways in which they can care for their teeth.

Standards: Health#1 Personal Health and Fitness

-Students will learn ways that they can take care of their teeth.

ELA#1 Language for understanding

-Students will listen to the guest speaker to learn how to care for their teeth.

Materials: tooth brushes and toothpaste

Various size marshmallows

Map of teeth

Glue

There will be a speaker to talk to the students about how to brush their teeth and care for their teeth. If the speaker does not cover the different types of teeth, the teacher will discuss the various types of teeth we all have before making the models. Later in the day the students will make model mouths by using marshmallows as the different types of teeth.

Day Eight

Goals: The students will make thank you cards for yesterday's speaker. These will include something that they learned from the speaker. The students will make books about visits to the dentist.

Objectives: The students will design and write cards to the speaker and include a sentence about how they will take care of their teeth.

Standards: ELA#2 Language for Literary Response and Expression

-Students will use the information from the speaker to write about how they can take care of their teeth.

Health#1 Personal Health and Fitness

- Students will learn how to care for their teeth.

Materials: construction paper

Handout for books

Crayons

Stapler

Scissors

The students will be making thank you cards for the speaker that came the day before. They will then cut out and color the pages to the visit to the dentist books. When they are done the teacher will bind them together.

Day Nine

Goals: The students will apply the knowledge that they gained in this unit to write tips for other students to follow. This will be in a form of a newsletter. The students will write the tips in their journal, and then type it into the computer.

Objectives: The students will write in their journals a tip on how to be healthy. The students will type that tip into the computer.

Standards: ELA#2 Language for Literary Response and Expression

-Students will apply what they have learn over the course of the unit to make tips for other students to follow.

Health#1 Personal Health and Fitness

-Students will write health tips for other students.

MST#5 Technology

-Students will use the computer to type their tips.

Materials: Journals

Pencils

Computer

The class will make a newsletter for other classes to read. It will include tips on how to stay healthy, exercise, and take care of your teeth. They will first write these out on paper, and later type their own tips into the computer.

Day Ten

Goals: The class will have a pizza party. They will learn a song about pizza and the many food groups used to make a pizza.

Objectives: The students will actively participate in teamwork games that will reinforce the information they gained during the unit. The students will be able to identify foods in the food group that are used in pizzas. The students will understand the importance of washing hand before preparing food and eating.

Standards: Health#1 Personal health and Fitness

- Students will learn what foods from a pizza go into the food pyramid.
- Students will learn the importance of washing their hands before making and eating food.

Materials: Hi Pizza Man by Virginia Walter of Hold the Anchovies by Shelley Rotner

“I am a Pizza” song by Charlotte Diamond

Felt Food Pyramid

Felt Board

English Muffins

Pizza Sauce

Mozzarella Cheese

Olives

Sliced turkey hotdogs

Oven

Paper plates and napkins

The teacher will teach the students the “I am a pizza song” as they act out the words. The teacher will read the book Hi Pizza Man or Hold the Anchovies. They will discuss their favorite pizzas. The teacher will draw the food pyramid on the board and ask the students to name which food groups go where. The class will analyze the different foods that go into a pizza and see which food groups they are from. After this the class will make English muffin pizzas. And eat them for snack or lunch.

Unit Evaluation:

Did the students display knowledge of the topics taught?

Did the students display interest in the topics taught?

Were all the activities beneficial to the students learning process?

Were the teacher's instructions clear to the children?

What would the teacher change for future application of this Unit Plan?

Content Outline

Healthy = feeling good, all your body parts working well, looking good.

Ways to be healthy:

- Exercise
- Eat healthy
- Get lots of rest
- Don't take drugs
- Brush your teeth

Exercise= any activity that makes the body work hard.

How does exercise help your body work its best?

-Regular exercise helps your body keep physically fit.

-When you are physically fit; all of the parts of your body can work their best.

- Makes your heart and other muscles strong.
- Makes your lungs able to hold more air.
- Exercise turns food into energy.

You can live longer and keep healthy if you are physically fit.

Exercise safety: Wear sneakers, tied
Comfortable clothing
Start out slowly and build up
Warm-up and stretch
Do not exercise right after eating

Bike Safety: Wear bright clothing
Use proper size bike
Ride a sturdy bike
Wear a helmet
Obey traffic signs ex) stop signs
Proper shoes, laces tied

Different types of teeth: