



HEALTH LOG LESSON PLAN

SUBJECT: HEALTH

GRADE: 4

OBJECTIVE: Students will learn to choose healthy foods and snacks through the use of a daily log. Recounting their current daily diet will create awareness of their health practices or lack thereof. Students will realize ways in which they can improve their health.

CONTENT STANDARDS:

1.2 N State the recommended number of serving sizes for different food groups.

6.1 N Make a plan to choose healthy foods and beverages.

6.2 N Make a plan to choose physical activities at school and at home.

MATERIALS: FOOD GROUPS WORKSHEET, FOOD LIST, DAILY LOG WORKSHEET, HEALTH LOG FOLLOW-UP WORKSHEET, & FOOD GROUPS QUIZ

PROCEDURES:

- 1. Pass out the FOOD GROUPS WORKSHEET and the FOOD LIST. Give the students a short amount of time to match the foods listed to their proper category.**
- 2. Go over the answers as a class and discuss each of the food groups.**

3. The teacher should conduct a class discussion about the food groups and daily allotted amounts for each group. It should be reiterated that not all foods have nutritional value and therefore may not fit into one of the food groups listed.
4. Pass out the **DAILY LOG WORKSHEET**. Go over what is expected to fill out the sheet. Students can log the previous full day.

PLAN FOR INDEPENDENT PRACTICE: Pass out and complete the worksheet titled **HEALTH LOG FOLLOW-UP WORKSHEET**; or simply write these questions on the board and hold a class discussion.

ADAPTATIONS FOR LEARNING DISABLED STUDENTS: The class discussions held after the activities will help students who are struggling with the activities. Teachers can also have students work in pairs or groups to complete these activities.

EXTENSIONS FOR GIFTED STUDENTS: During class discussions it is always beneficial to pose questions with open-ended responses to encourage higher level thinking patterns.

CONNECTION TO OTHER SUBJECTS: HEALTH, ENGLISH, & SCIENCE

ASSESSMENT: Pass out the **QUIZ** entitled **FOOD GROUPS QUIZ**