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Cross Contamination of Food - It is important for students to know how to be safe when they are cooking. In this lesson students will review what they know about cross contamination and ways they can help prevent it. Emergency Central Nervous System - In this lesson, students will get up out of their chairs and demonstrate how the central nervous system works in an emergency. Gross Motor Development - The student will be able to move arms, legs and maintain balance while in swimming pool. Healthy Eating - Students will learn about healthy food habits and the relationship between a healthy diet and physical activity. How To Handle Stress - Students will be able to define stress, stress-or, stress response, distress, eustress. How to Have Healthy Teeth! - Students will know the importance of brushing and flossing their teeth and they will know why they need to brush and floss. Patient with Anterior Knee Pain - A basic understanding of anterior knee pain, cause, and how it is treated with physical therapy interventions. Personal Safety - Identification of ways to increase personal safety in the community. Reading the Label - In this lesson, students will learn how to read a food label. They will have to find information about ingredients, calories, and nutrition. Risk Reduction - Identification of factors that increase and decrease chances of being hurt. Settling Disputes - To provide a strategy to students in 6-8 to settle simple disagreements. Self esteem - Students this age are often able to find many things wrong with themselves. This lesson challenges them to focus on the positive aspects of who they are. Stress Management and Prevention - A basic introduction to the concept. Teen Pregnancy - This lesson is about teenage pregnancy the sexuality that starts and the birth control that may prevent pregnancy and diseases that are hand in hand with having sex. Tobacco and Your Body - A great group of ideas for a lesson on tobacco and all forms. What Do You See - In this lesson, students examine the body's symmetry. They will compare pictures of people and look at how symmetrical their features are. What is Peace? - To help children gain an understanding that peace is more than the negation of violence. Guess Who's Coming to Dinner? There are many important subjects and lessons we cover in middle school, and nutrition should be one of them. A school is a place where teenagers exercise their minds and bodies, but teachers can also give them information and strategies for how to make good choices regarding their health and well-being at home. From making healthier snack choices to learning recipes and reading food labels, there are so many ways we can incorporate nutrition into our students daily lives. Here are 20 of our favorite activities to promote and foster healthy habits in our middle school classrooms. One of the first ways we can educate our students on how to make healthy food choices is through meal planning. Split your students into groups and ask each group to design a healthy lunch menu for the school. Make sure they are prepared to answer discussion questions about why they made the choices they did. Learn More: Top End Sports When teaching teens about nutrition, there are some important terms and concepts they should get familiar with. Once you've had a class discussion about food groups, you can dive deeper into nutrient deficiencies, common ingredient items, and food science. To check student comprehension, word searches are a fun option. Learn More: Teachers Pay Teachers Many teens have gone their whole lives without reading food packages. Many people rely on food ads and images when they make their purchases. Here is an activity that teaches students what to look for when buying food products. Give them a list of questions to answer about one of their favorite processed food items. Learn More: Top End Sports Depending on the age of your students, an application can be a better option for a food journal than a written one. Encourage your students to input their daily food intake for a set amount of time while they are taking nutrition lessons. Have them write an overview of how their choices improved as they learned more about a healthy diet. Learn More: Google Playstore Informative lesson plans can incorporate hands-on activities, as well as independent ones students can complete on their own. Crosswords are great educational resources students can take home and review or use as a reference for further exploration. Learn More: Pinterest Talk about food that packs a nutrient punch! Herbs are amazing plants that can greatly improve the taste and health quality of most meals. Students can learn how to incorporate herbs into different dishes for a more balanced diet. Create a mini herb garden in the classroom your students can help take care of! Learn More: The Spruce We all love to eat out on occasion, and most of the time these aren't health food restaurants. Students can learn how to make healthier food choices while still eating out and enjoying their favorite dishes. Portion size, sauces, and forms of cooking are all things to consider when ordering food. Learn More: U.S. Food and Drug Administration Pick a day of the week and ask your middle schoolers to bring in one of their favorite snacks. Encourage them to make healthy snack choices, and see what everyone decides to bring! While sharing the food, ask questions about the nutrients in each and award a prize for the healthiest one! Learn More: This Mama Loves This experiment tests to see which brand of potato chips uses the most grease and therefore has the most fat. The point is to show your students through crushing and viewing the grease marks, what they are putting in their bodies. Many students will be grossed out by the grease and learn to eat less of these processed foods. Learn More: Science Buddies Now here is an exciting online food safety game your middle schoolers will get lost in! Ninja kitchen has the thrill of a time crunch, making food and serving customers, but it also teaches important food safety practices. Learn More: Ninja Kitchen Game There are a few different math activities you can ask your students to complete using their favorite foods. You can have them solve word problems regarding serving sizes, total package calculations of various processed foods, and even have student groups make comparisons between different products. Learn More: Sciencing Nutrition and physical activity go hand in hand, so whether you are a science teacher or a P.E. teacher, these ideas are for you! Make some DIY fitness dice kids can take turns rolling and doing the actions for, or write nutrition questions on popsicle sticks and have students pick and answer for a fun interactive game. Learn More: S&S Blog Time to get a little artsy with a fun magazine collage activity your teens will get wrapped up in. Bring some health magazines to class with lots of pictures of different foods inside. Ask your students to get into groups and create a nutrition collage board by cutting out food pictures and writing facts to share with the class. Learn More: Stay At Home Educator Lets see how good your students are at naming different foods by smell and taste. Bring some blindfolds and food items into class. Have your students partner up and feed each other food to see if they can guess what it is. Learn More: Team Curious Did you know a food's natural color can tell us what nutrients it contains? Red foods are good for your blood and joints, while yellow foods help with digestion and your immune system. Fun and colorful facts can lead to a more varied and healthy diet! Learn More: Super Teacher Worksheets Give your middle school students some authentic homework that will teach them to be more conscientious grocery shoppers. This scavenger hunt worksheet asks students to find their favorite foods, as well as other items, and record their nutrition facts. Learn More: Read Write Think Time to test your students vocabulary when it comes to food and nutrition. Start at the beginning of a row and have each student say a food item that starts with the next letter in the alphabet. Learn More: Primary Playground Bring some fresh fruits and veggies to class and have your students do a little experiment to determine if the water content in different foods says something about their nutritional value. Learn More: Education We want to make sure that students know how to use knives, peelers, and mashers to prepare healthy meals for themselves. Foster respect and knowledge for these tools by practicing in a safe environment and improving students kitchen skills. Learn More: The Lean Green Bean Once you've done the lessons and taught your students the basics of nutrition, it's time for a celebration! Ask your students to prepare and bring in a healthy dish to enjoy with the class so they can share the benefits of eating a well-balanced meal. Learn More: PTO Today An official website of the United States government. Official websites use .gov A .gov website belongs to an official government organization in the United States. Secure .gov websites use HTTPS A lock () or https:// means you've safely connected to the .gov website. Share sensitive information only on official, secure websites. Find printable handouts and fact sheets that can be used for health fairs, classes, and other food or nutrition-related events. Share/Bookmark February is Nutrition Month. Several activities for learning about foods and nutrition. Objectives: To help students learn the importance of nutrition in keeping them healthy. Outline: Lesson 1: Being Healthy Lesson 2: Make a healthy food collage Lesson 3: Food Bingo Lesson 4: Food pyramid on the wall Lesson 5: Colors of food posters Lesson 6: How do you tell a fruit from a vegetable? Lesson 7: Play restaurant LESSON 1: BEING HEALTHY Discussion: What can we do to help our bodies stay healthy? (exercise, eat healthy, sleep, brush our teeth, take baths, wash our hands often) What kinds of food help to keep us healthy? (fruits, vegetables, meat, eggs, milk) Is sleep important for our bodies? Should we eat a lot of sweet foods and snacks? Why or why not? (cavities and they are not good for us) What is your favorite food to eat? (pizza, cookies, chicken) What is a fruit? What is a vegetable? Read any story about healthy living or healthy foods. Discuss the book. Have posters up in the room with healthy habits on them: for instance children washing their hands, brushing their teeth and eating healthy foods. LESSON 2: HEALTHY FOOD COLLAGE Objective: To be able to name healthy foods. Lesson Plan: Have many food magazines from local grocery stores for children to cut out pictures. Try to have as many colored pictures as possible. The children also need glue, scissors and a piece of construction paper to glue it on. Activity: Talk to children about healthy foods. Give them each some glue, scissors, and a piece of construction paper. Have them look through the brochures and magazines pictures for healthy foods they like to eat. Then have them cut them out and glue them onto their piece of construction paper. When they are all done they will be able to stand up one at a time in front of the class and tell the other students what they picked out and to point to the picture of that food item. Hang them up around the room for parents and other teachers to see. LESSON 3: FOOD BINGO Objective: To learn how to play Bingo and learn the names of many different kinds of fruits and vegetables. Lesson Plan: Before the day of the lesson cut out many different kinds of fruits and vegetables out of magazine pictures and glue them onto a piece of construction paper to make a Bingo card. Make enough cards for the number of children in your class. If possible have these cards laminated so you can use them often. Then make up cards with names of all the fruits and vegetables you used on your Bingo cards for the caller to call out. When a child gets 3 or four in a row they call Bingo. You might want to have stickers as prizes or nothing at all. The kids really enjoy this and they can learn new fruits or vegetables if you put pictures of unusual fruits or vegetables such as eggplants and Kiwi. LESSON 4: FOOD PYRAMID Objectives: To learn about the food pyramid and the different sections of it. Also for the children to learn what foods they should have the most of to keep them healthy. Lesson Plan: Have a copy of the new Food Pyramid and make the pyramid shape on a wall. Leave the pyramid squares all blank for the children to put in the food items. Have a piece of paper in each section that names that part of the pyramid such as breads. Talk to the children about what the pyramid represents and what each section is. Get out pictures of foods and have the children try to put the food in the correct section of the pyramid. After they are done, let them look at what they made and go through the whole pyramid together as a class, talking about all the examples in each section. Also talk about food portions and servings and how much of each serving they are to have a day. LESSON 5: COLORS OF FOOD Objective: To learn the different colors of foods and make a poster of the different colors to hang on the wall. Lesson Plan: Have many food magazines with many pictures of different colors of food. Have four to five pieces of large poster board to glue the pictures onto. Label the posters by the color of the food that will be put on it, such as Green Foods, Red Foods, etc. (I did four posters: Red, Green, Purple and Blue) After the children cut out the pictures, label each item under the picture, such as Tomato, grapes etc. After you are all done glueing and making the posters have the children point to an item and the rest of the class tells what it is and what color it is. The kids loved doing this and looked at the posters often in the room. The posters can be laminated after they are done so they last longer. LESSON 6: FRUIT OR VEGETABLE? Recommended Resource: Fruit & Veggie Sort Learning Center Objective: To learn the difference between a vegetable and a fruit. Lesson Plan: How Do You Know a Vegetable from a Fruit??? Generally speaking, a fruit is the seed-bearing part of a plant. A vegetable is ANY part of a plant that you would eat (root, stem, leaves, fruit, seeds.) To dig a bit deeper (no pun intended, ha ha), you can find these definitions at dictionary.com: fruit: the developed ovary of a seed-bearing plant with its contents and accessory parts, as the peach, nut, tomato, or pineapple the edible part of a plant developed from a flower, with many accessory tissues, as the peach, mulberry, or banana vegetable: any plant whose fruit, seeds, roots, tubers, bulbs, stems, leaves, or lower parts are used as food, as the tomato, bean, beet, potato, onion, asparagus, spinach, or cauliflower the edible part of such a plant, as the tuber of the potato. You may notice tomato was listed as both a vegetable AND fruit. More on that below. Bring in some real foods and determine if they are a fruit or a vegetable. Have such examples as corn, tomatoes, green beans, pears, peaches, grapes, etc. Then have them all for a great healthy snack. Have some unusual ones such as kiwi and eggplant if you can find them at your local store. Side note for teachers: Depending on the ability level of your students you may want to get into the more confusing fruit vs. vegetable determinations. Tomatoes, for example, are often referred to vegetables even though they are scientifically a fruit since they develop from a flower and have seeds. According to Oxford Dictionaries, The confusion about fruit and vegetable arises because of the differences in usage between scientists and cooks. In terms of cooking, a food that is more sweet will be more likely referred to as a fruit, and foods that are more spicy or salty (rather than sweet) are referred to as vegetables. LESSON 7: RESTAURANT Objective: To play restaurant and choose healthy foods when eating out. Plan: Make menus with pictures of vegetables and dinners from magazines. Under each picture put the name of the item. Set up a kitchen area and lots of play food to use to make dinners in their restaurant. Have the students set the table with a plate cup and napkin. Have them take turns being the waiter, cook, and customer. The kids LOVE playing this and have so much fun. By: Debbie Haren, preschool teacher Lesson 6: Fruit or Vegetable, edited by Amanda (A to Z Teacher Stuff)

Healthy eating grade 3 lesson plan. Healthy diet plan for students. Healthy eating lesson plans high school.