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| **TEXAS CTE LESSON PLAN**  [www.txcte.org](http://www.txcte.org) | |
| **Lesson Identification and TEKS Addressed** | |
| **Career Cluster** | Human Services |
| **Course Name** | Child Guidance |
| **Lesson/Unit Title** | Eat Right, Exercise, Stay Healthy |
| **TEKS Student Expectations** | **130.278. (c) Knowledge and Skills**  (4) The student analyzes responsibilities that promote health and wellness of children. The student is expected to:  (A) identify signs of good health and symptoms of illness in children  (B) practice child guidance techniques that contribute to the health and wellness of children such as adequate rest, exercise, safety, and sanitation  (D) prepare nutritious snacks or meals for children following appropriate food guidelines |
| **Basic Direct Teach Lesson**  (Includes Special Education Modifications/Accommodations and  one English Language Proficiency Standards (ELPS) Strategy) | |
| **Instructional Objectives** | **Students will:**   * Analyze child guidance practices related to sanitation, obesity prevention, safety, rest, and exercise * Plan and prepare a nutritious snack based on the USDA guidelines of MyPlate * Incorporate exercising and eating healthy as part of a child’s lifestyle in order help reduce illness * Differentiate between the signs of good health and symptoms of illness in children |
| **Rationale** | Child guidance covers an array of topics, such as developing healthy eating habits and knowing how much sleep children need, to how and what to teach children about safety and sanitation. This lesson provides opportunities to explore these and other child guidance topics. |
| **Duration of Lesson** | Three 45-minute class periods |
| **Word Wall/Key Vocabulary**  *(ELPS c1a, c, f; c2b; c3a, b, d; c4c; c5b) PDAS II (5)* | **Calorie:** A quantity of food capable of producing such an amount of energy  **Exercise:** Bodily or mental exertion, especially for the sake of training or improvement of health  **Healthy:** Possessing or enjoying good health or a sound and vigorous mentality  **Illness:** Unhealthy condition; poor health  **Nutrition:** The food eaten and the way the body uses it  **Obese:** An excess proportion of total body fat |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer with projector for PowerPoint presentation * Computer lab or laptop cart   **Lab supplies:**   * Fruit (blueberries, sliced strawberries) * Granola * Napkins * Plastic cups * Spoons * Vanilla yogurt   **Materials:**   * Old magazines, preferably child-care related * Scissors * Glue * Paper * Copies of handouts   **PowerPoint:**   * Eat Right, Exercise, and Stay Healthy!   **Technology:**   * Wii:   + Use Wii to dance/exercise Allow students to take turns playing games on Wii that include exercise. For students that aren’t exercising on the Wii, partner with a buddy and exercise together. For example, jumping jacks, lunges, squat and so forth. * Infographic:   + Essential Fatty Acid Deficiency – Effects, Symptoms & Sources of Omega 3’s Here is a helpful infographic that gives you a list of Omega 3 sources and also outlines the effects and symptoms of EFA deficiency.<http://blog.naturalhealthyconcepts.com/2013/03/12/essential-fatty-acid-deficiency-effects-symptoms-sources-of-omega-3s-infographic> * TEDx Talk:   + Dean Ornish: The killer American diet that’s sweeping the planet Forget the latest disease in the news: Cardiovascular disease kills more people than everything else combined and it’s mostly preventable. Dr. Dean Ornish explains how changing our eating habits can save lives.<https://youtu.be/RTIY66IPjdY>   **YouTube:**  YMCA (or other) song – Students will create an activity for local elementary school children, for example, dance to the YMCA song (locate song on YouTube), as way of promoting exercising.  **Graphic Organizers:**   * KWL Chart   **Handouts:**   * Project Rubric |
| **Anticipatory Set**  (May include pre-assessment for prior knowledge) | **Before class begins:**  Locate and print pictures of children sleeping, exercising, eating, and washing their hands, etc. Also, print pictures of MyPlate. Tape all pictures on the wall or create a looping slide presentation with these pictures.  As class begins, have students brainstorm the connections between the pictures and child guidance.  **Script:**  Child guidance covers an array of topics such as developing healthy eating habits and knowing how much sleep children need; to how and what to teach children about safety and sanitation. This lesson will provide you with opportunities to explore these and other child guidance topics.  Distribute KWL Chart and have students fill in the first two sections. |
| **Direct Instruction \*** | Review word wall. Discuss each term and definition as it relates to child guidance and the well-being of children. Check for understanding.  Focus on differentiating between signs of good health and symptoms of illness. This may be done in the form of a T chart on notebook paper.  Allow students to discuss and analyze how exercise and eating promote good health and help reduce illness in children.  As a class, allow students to brainstorm, list and possibly demonstrate several types of exercises appropriate for children of different ages (e.g. jumping jacks and stretches).  Introduce Eat Right, Exercise and Stay Healthy PowerPoint. Focus on MyPlate guidelines and portions at <http://www.choosemyplate.gov>  Have students navigate to <https://www.choosemyplate.gov/quiz>and click on and complete each of the interactive quizzes.  Check for understanding.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * providing extra time for oral response * providing frequent feedback |
| **Guided Practice \*** | Prior to a mini-lab demonstration, review and demonstrate the difference between cleanliness and sanitation. Relate to child guidance and the prevention of illness. Focus on how to teach children to wash hands properly (singing happy birthday song twice).  Demonstrate how to make a healthy snack (yogurt parfait) that would be appropriate as an after-school snack for school-age children. Discuss age appropriate snacks and habits that could help prevent obesity in children.  If time and resources allow, have students each make a ‘healthy’ snack.  As students make snacks, have them determine which food groups have been included. Refer back to MyPlate references, and discuss why this would be important information to teach a child.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * providing frequent student/teacher contact * providing frequent student interaction |
| **Independent Practice/Laboratory Experience/Differentiated Activities \*** | Scenario: Students are childcare experts and have been charged with the task of individually creating a 12-month calendar entitled Responsibilities that Promote Health and Wellness of Children. Each month is to represent a child guidance topic or technique. Review the components of the rubric that will be used to assess this project.  Student-made calendars can include pictures from magazines, original sketches, or electronic means, with appropriate captions related to project objectives.  See references/resources for suggested research sites.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * assisting student with project selection * allowing for extra time to complete assignment |
| **Lesson Closure** | Round robin question and answer session on lesson objectives. Check for understanding.  Allow students to complete third row of KWL chart and discuss. |
| **Summative/End of Lesson Assessment \*** | Student projects will be presented to the class and assessed with a rubric.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * shortened length of presentation * providing extra time for completion of assignment |
| **References/Resources/**  **Teacher Preparation** | **Websites:**   * Choose MyPlate<http://www.choosemyplate.gov>   <https://www.choosemyplate.gov/quiz> USDA website information, interactive videos, food groups, quizzes, and tips for the day.   * Healthy Children<http://www.healthychildren.org/English/Pages/default.aspx> This site can be used to research child guidance topics and includes a symptom checker and various safety checklists. * Printable Calendars<http://www.printablecalendar.ca/> Free printable calendar templates for use with Microsoft Word. * Sleep for Kids <http://www.sleepforkids.org/> This site contains Information on the importance and amount of sleep needed by children of different ages. |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Use of Word Wall   Adding words from word wall to a personal student-made dictionary kept and updated throughout the entire course. |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | * Print copies of Ten Tips for Creating a Healthy Meal. Have students practice a prereading prediction strategy and try to determine the ten tips prior to reading the article. Students can then quickly skim the article and determine if they are on the right track before thoroughly reading the article. https://www.choosemyplate.gov/ten-tips |
| **Quotes** | To eat is a necessity, but to eat intelligently is an art. **-La Rochefoucauld**  Those who think they have no time for healthy eating will sooner or later have to find time for illness. **-modified from: Edward Stanley (1826-1893) from The Conduct of Life** |
| **Writing Strategies**  **Journal Entries + 1 Additional Writing Strategy** | **Journal Entries:**   * What is your favorite type of exercise? Explain. * How much sleep does a six-year-old child need? * What does the phrase, “You are what you eat” mean to you? * Describe the most memorable meal you’ve ever eaten.   **Writing Strategy:**   * Write as much as you can in 3 minutes on what the lesson was about. Spelling and grammar count. |
| **Communication**  **90 Second Speech Topics** | * Why is it important to exercise, and how does that impact the health and wellness of children? * What is the importance of eating healthily, and how does it benefit the health and wellness of children? |
| **Other Essential Lesson Components** | |
| **Enrichment Activity**  (e.g., homework assignment) | Students could discuss the health problems associated with the rise in childhood obesity and create a poster or brochure to use during Health Awareness Week. See CTSO connection.  **Math Assessment Problem**  Question: Tran’s child is sick, so she has been dispensing a children’s pain reliever according to the dosage instructions. If an 800 milligrams dose is supposed to last 6 hours, how long will a 500 milligrams dosage last? a. 2.5 hours b. 2.75 hours c. 3.5 hours d. 3.75 hours  **TED Talks:**  TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TEDTalks videos and live speakers combine to spark deep discussion and connection in a small group. These local, self-organized events are branded TEDx, where x = independently organized TED event.  The video below is related to this lesson. Allow students to view the video, and lead a discussion concerning the TED Talk.  Dean Ornish: The killer American diet that’s sweeping the planet. Forget the latest disease in the news: Cardiovascular disease kills more people than everything else combined and it’s mostly preventable. Dr. Dean Ornish explains how changing our eating habits can save lives. <http://www.ted.com/talks/dean_ornish_on_the_world_s_killer_diet> |
| **Family/Community Connection** | * Have students create an activity for local elementary school children. Example – a presentation on health and wellness, ending with a group dance to the YMCA song as way of promoting healthy exercise habits. * Invite the school nurse, counselor, or social worker as a guest speaker to discuss ways to promote health and wellness of children. |
| **CTSO connection(s)** | Family, Career, and Community Leaders of America (FCCLA)<http://texasfccla.org>  **STAR Events:**   * Illustrated Talk – An individual or team event – recognizes participants who make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. Participants use visuals to illustrate content of the presentation. * Focus on Children – An individual or team event – recognizes participants who use Family and Consumer Sciences skills to plan and conduct a child development project that has a positive impact on children and the community.   Students could discuss the rise in childhood obesity and the health problems associated with obesity. They might create a poster or brochure to use during Health Awareness Week.  Themes:   * Follow MyPlate for Healthy Eating and Living * Wise Food Choices + Exercise = Healthy Children * Sample Menus |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to the lesson. For additional information on service learning see<http://www.ysa.org/>  Example – Healthy Foods for School Aged Children  Have students organize a school wide food drive for healthy, non-perishable foods appropriate for children (determine age group). Donate collected items to a food bank. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)