

FOSTERING CHANGE IN SCHOOL CULTURE THROUGH CHARACTER EDUCATION

Lesson Plan Template

Lesson Plan Topic/Instructional Focus: Creating an ABC book on Making Healthy Choices

Grade or Grade Cluster: 2nd and 4th grade

School: Horace Mann Elementary School

Teacher Names: Kim McAllister and Kim Stout

Core Content Area: Health, Science, Language Arts

NJCCC Standards: 2.1 Wellness, 2.6 Fitness, 3.1 Reading, 3.2 Writing, 9.2 Life Skills

Character Education Connection: Respecting Your Body

Scope: Long (Project/unit – many class periods or lessons)

Stage 1 – Desired Results

Established Goals

- Students will be able to create a menu of healthy choices for their celebration.
- Students will be able to work cooperatively with their cross grade level buddy to read and identify literary components of ABC books.
- Students will be able to work cooperatively with their cross grade level buddy to locate/identify healthy choices in books and magazines.
- Students will be able to work cooperatively with their cross grade level buddy to create a page for the class ABC book that includes an illustration, description, and an example of the healthy choice.
- Students will be able to present their assigned page to the Kindergarten classes.

Stage 2: Learning Plan

Essential Questions:

- ❖ What are alternative healthy snacks that replace unhealthy snacks at the class party?
- ❖ How does learning about healthy choices impact students' ability to create a menu for a class party?

Enduring Understandings:

- Healthy choices make healthy bodies.

Learning Activities: (Examples)

1. The teachers discussed Service Learning and give an overview of the project.
2. Create a menu for a class party to celebrate our project (pre-assessment).
3. Read and study ABC books to identify literary components and styles of ABC books.
4. Complete an ABC graphic organizer identifying healthy choices for each letter. (Books and magazines on healthy food and activities were provided for students to use.)
5. Randomly select letters to develop a page for.
6. Design rough draft of page.
7. Complete final copy of page.
8. Look back at the menu and revise it to make it healthier.
9. Present the ABC book to the Kindergarten classes.
10. Complete Buddy Pair Reflection.

Overview of the Lesson:

Students will learn how to respect their body by researching healthy choices and creating an ABC book of healthy choices he/she can make. Students will present the ABC book created to the Kindergarten classes and teach them about making healthy choices and respecting their body. Students will celebrate their accomplishments with a healthy class party.

Stage 3 – Instructional/Assessment Strategies
(Interdisciplinary Connections, Technology Integration, Global Perspectives)

Performance Tasks:

1. Create an ABC book.
2. Present the ABC book to Kindergarten students.
3. Celebrate accomplishments with a healthy choice.

Other Evidence [*Attach sample assessment item(s)*]:

Write a reflection on making healthy choices and helping others.

Resources:

Books:

- ❖ The New Food Guide Pyramid Series by Emily K. Green (includes 8 books)
- ❖ A variety of ABC books:
 - D is for Democracy
 - A is for America
 - Let's Get Physical Alphabet Book
 - The Olympic Games Alphabet Book
 - The Fruits and Vegetable Alphabet Book
 - C is for Curious
 - C is for Citizenship
 - D is for Dolphin
 - A is for Animals

Magazines:

- ❖ *Current Health* (4 issues)
- ❖ *Nutrition* (4 issues)