

# Introduction to the Curriculum: Lesson Format

*Create My Plate Teens for Grades 6-8*

## MATERIALS NEEDED

1. This is where you'll find a list of the required materials to complete the lesson, including snacks, crafts, handouts, and activities.

## OVERVIEW & PURPOSE

This section will give you a brief summary of the main idea of the lesson.

## Utah Health Education Standards 2; Objectives 1-3

*Utah Health Education Standard 2; Objectives 1-3 are covered in each lesson.*

1. Objective 1: Describe the components and benefits of proper nutrition.
2. Objective 2: Analyze how physical activity benefits overall health.
3. Objective 3: Recognize the importance of a healthy body image and develop appropriate weight management behaviors.

## SNAP-Ed Message

*The SNAP-Ed message varies slightly for each lesson depending on the food group being covered.*

1. Serving sizes, recommended intake, tasting each food group.
2. Identifying foods in each group, importance of the food group.
3. Recommended amount of physical activity.
4. Preventing chronic disease and diet's impact on overall health.

## BACKGROUND INFORMATION (not to be taught as part of the lesson)

*The background section will provide the teacher with relevant information for teaching the lesson and is not to be taught as part of the lesson.*

1. Food examples
2. Dietary Guidelines for Americans recommendations
3. What to watch for
4. How much kids should be eating (serving sizes, etc.)

## TEACHING THE LESSON

*This section contains the content of the lesson that will be taught. It is laid out following the 4 A's lesson technique: Anchor, Add, Apply, Away. The lesson should be taught in the order it is presented.*

*Anchor:* The purpose of the anchor section of the lesson is to connect the lesson material to the students' existing understanding and experiences. The anchor section will typically consist of questions, prompts and activities to get them thinking critically about the material.

*Add:* The add section of the lesson builds upon their current understanding and usually includes the bulk of the learning material. In the add portion of the lesson, the teacher will explain the main concepts of the lesson which may include demonstrations or experiments, videos, or a brief lecture punctuated with discussion.

*Apply:* Now that the students have more knowledge about the material, they will practice putting that information to use in this portion of the lesson. The apply portion will typically involve an activity that requires critical thinking in the form of worksheets or small group activities, or a creative expression of the lesson material.

*Away:* With their new knowledge and practice applying that knowledge, in the away section of the lesson, students will gain some form of practical "takeaway" that they can use in everyday life.

## PHYSICAL ACTIVITY

The physical activity portion of the lesson is formatted in the same fashion as the nutrition component and follows the 4 A's.

## HEALTHY SNACK

This is where the recipe or instructions for the appropriate snack will be. You may also find questions and prompts to ask the students during the snack to encourage dialogue and connect the snack back to the lesson material.

## SOURCES

You will find the sources that were consulted for the lesson material here.