

Healthy Choices A to Z

TEKS: First Grade

Math

- 9 (A) Collect and sort data.
 - (B) Use organized data to construct real-object graphs, picture graphs, and bar-type graphs.
- 10 (A) Draw conclusions and answer questions using information organized in real-object graphs, picture graphs, and bar-type graphs.
- 13 (A) Identify mathematics in everyday situations.

Reading

- 4 (A) Confirm prediction about what will happen next in text by "reading the part that tells".
 - (B) Ask relevant questions, seek clarification, and locate facts and details about stories and other texts.

Meets Additional TEKS:

Reading: 1(F); 13(A); 14(A,B,C)
Math: 1(A); 10(A); 11(A)

Objective:

Students will be able to identify and name between five and twenty-five different fruits and vegetables.

Students will be able to state two or more healthy alternatives for responding to boredom or hunger.

Students will identify one or more important health benefits of eating a variety of fruits and vegetables.



Activities:

1. Introduction (5 minutes) – The *Healthy Choices A to Z* video and discussion.
2. Shared Reading (15 minutes) – Explore a short book which introduces an alphabet of vegetables.
3. Points to Ponder (5 minutes) – Options for further discussion.
4. Veggie Vote! (30 minutes) – Take a survey to find students' favorite vegetables.
5. Make My Plate (20 minutes) – Students create a plate of healthy food choices.

Materials:

Introduction: Video: Healthy Choices A to Z

Shared Reading: Book: Eating the Alphabet, Fruits and Vegetables from A to Z by Lois Ehlert

Veggie Vote: "Post-It" Notes

Make My Plate: white paper plates, construction paper, scissors, glue

Did You Know...

What is green, purple or white and the stem of it is edible?
Asparagus¹

Strawberries are the only fruit which grows seeds on the outside.²

Pedagogy:

Remember to use Bloom's Taxonomy and Gardner's M.I.! For example, in this lesson, you might ask the students to COMPARE and CONTRAST the physical properties of a carrot versus an apple (Bloom). Alternatively, for a visual style of learner (Gardner), you might have the students use colored pencils to create illustrations of two or more new fruits and vegetables they saw in the video.

Brain Builder Vocabulary:

energía
vitaminas
nutrientes
fibra
minerales
investigación
gráficas
votos

Other Resources:

<http://urbanext.illinois.edu/food/siteindex.cfm> - interactive games

<http://www.dairycouncilofca.org/Tools/MyPlate/> - matching game to build a healthy plate

¹ <http://www.kidsandfruit.org.au/cms/index.php>

² <http://www.kidsandfruit.org.au/cms/index.php>