

# Instructional Lesson Plan

## Overview

### Lesson Plan Overview

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**Date:** 11/15/2019

**Grade Level:** 8

**Lesson Title:** Want Ad

**Subject Area:** Health/PE

In this lesson, the students will review positive healthy food choices by creating an advertisement or a want ad for a healthy eater, while connecting to their English class lesson about the different parts of the newspaper. Students will use their MyPlate knowledge and information learned previously.

### Standards

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### Lesson Plan Standards

### Instructional Objectives

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**Objective:** 8.3 e- Create a plan to make healthy food choices, including choosing fruits and vegetables, in a variety of settings. (VA SOL)

### Focus

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### Enduring Understandings

Students will work together to list characteristics of a healthy eater while learning about a part of the newspaper.

### Essential Questions

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What are common features of each groups ad? How did each group offer different options? Which group understood the assignment the clearest?

### Procedures

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### Lesson Set

Brief review of what good eating habits consist of and a discussion of what the objective of a want ad is in a newspaper.

### Rationale

This lesson will be a review of previous lessons regarding nutrition and healthy food choices. Review of MyPlate

### Techniques and Activities

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1. **Organization/transition:** Begin the lesson with a discussion about eating habits. Have the students give examples of healthy and unhealthy eating habits. Next, introduce the concept of a newspaper Want Ad. Split the class into small groups.

**Equipment:** Each group will need a piece of paper and a pen.

**Activity ( 10 min):** Students will then write their own 'want ads for a healthy eater'. The want ads should list specific characteristics of a healthy eater. After the students have made their want ads, ask the students to share their want ads for healthy eaters with the rest of the class. Have the class discuss which characteristics might be the most important in becoming a healthy eater. Review any topics that were not addressed by any groups ad.

**Cues:** Encourage students to think of five specific ways they could help themselves become healthy eaters, and then plug those five things into the want ad.

**Modifications:** Give the students a chart in which they will fill in the characteristics they included on their want ads. The students will take the chart home and fill in a smiley face for the days in which they followed through on the healthy eating habits listed.

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## Lesson Closure

Brief review of the healthy choices and unhealthy choices that each group put in their ad. Ask students what was common among all the groups ads.

## Assessment/Evaluation

Each student will be assessed by their group's ad and the discussion of how their ad compared to the ads of the other groups.

## Student Products

Students will design an ad and participate in a discussion regarding their ad as well as the ads of the other groups.

## Differentiated Learning Activities: Extension and Remediation for Diverse Special Learners

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The lesson can be adjusted by allowing more time to complete the assignment or allow the assistance of teachers aide to help a student that would need help participating.

## Resources

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### Materials and Additional Resources

Myplate review, paper, pen, white board

### Web and Attachment Resources

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## Reflection and Reaction

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### Personal Impact on Student Learning

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The class was very creative and came up with many different points to their healthy food choices. I think that the review and group discussion of each group's ad sparked a lot of good points. The review of each groups want ad allowed groups to hear different options both good and bad for healthy meal choices. In the future I would adjust the time allowed to produce the ad and offer a question/answer opportunity for each groups ad.