

Lesson Plan

Teacher: Litton, Cannella		Date: 4/29/2021	Unit: Myplate
Enduring Understandings: <ul style="list-style-type: none">● Students will understand the benefits of knowing a lifetime sport.● Students will understand the basic rules of nutrition and how to eat a healthy meal.● Students will understand the importance		Essential Questions: <ul style="list-style-type: none">● What are the benefits of portion control?● Do you have to cut certain foods out of your diet completely?● Can I make a Myplate by memory?	
VA SOLs <u>Physical Health</u> 9.2 d) Explain the physical, mental, and academic benefits of proper nutrition, sleep and rest, physical activity, maintaining a healthy body weight, and other personal wellness behaviors. 9.3 d) Design a wellness plan for physical activity, sleep, rest, and nutrition to meet current health goals.			
Daily Learning Target(s) Displayed Student Learning Goal: Students will understand the importance of Myplate and how it is used in everyday life.			Materials: Laptop Projector
Before Encounter With New Idea:			Laptop Projector
1. Take attendance, administer quiz			
During Encounter With New Idea:			
1. Watch ppt presentation 2. Ask any questions regarding the ppt and see if they grasped the material 3. Do the Myplate worksheet and see if they have questions			
After Encounter With New Idea: Application of learning. Do something with the new idea - rethink, practice, revise; analyze, process or refine the information.			
Allow students to work on the worksheet to grasp the material			
Lesson Reflection: During the Myplate worksheet they should recognize how they can use this information in a real life situation			
Reflection Question: What surprised you most about the Myplate rules?			
Formative Assessment(s) Discussion in class using application of knowledge from the unit.			