

Health Education Lesson Plans: Week of 11/14-11/18

	Monday	Tuesday	Wednesday	Thursday	Friday
Content Objective	Students will share their Health Goal board ideas with their small group and explain how their goals are aligned with Health Education	Professional Development Students will start the video “rumors”	Students will be able to answer the question “What is fact vs rumor?.”	Students will be able to complete a 2 day food diary.	Students will start the Fed UP video.
Standard	1.1 Summarize the benefits of healthy eating, being physically active, and keeping the body hydrated, and the potential consequences of not doing so.	1.1 Summarize the benefits of healthy eating, being physically active, and keeping the body hydrated, and the potential consequences of not doing so.	1.2 Describe the federal dietary guidelines for teenagers, and the recommended amount of physical activity needed to achieve health benefits.	1.2 Describe the federal dietary guidelines for teenagers, and the recommended amount of physical activity needed to achieve health benefits.	1.1 Summarize the benefits of healthy eating, being physically active, and keeping the body hydrated, and the potential consequences of not doing so.
Language Objective	Students will be able to verbally define how their health effects their life.	Students will be able to explain 1 fact they remembered from the video.	Students will be able to tell their partner what they had or going to have for lunch.	Students will be able to list 5 food groups of nutrition.	Students will be able to explain 1 fact they remembered from the video.
ELL Strategy	Modeling, A/B partners	A/B partners	Modeling the activity Language buddies	Modeling the activity Language buddies	Modeling the activity Language buddies
vocabulary	Wellness, health, fitness		Nutrition, food groups,	My plate	

Instruction/ activity/ stations/	Students will start their Health Starter Questions today. Students will share 1 part of their visual Health Goal Boards.	Students will complete their Nutrition Pre Test Start Rumors video. Students complete worksheet.	Michigan Model: Nutrition and physical activity Lesson 1: Figuring out the Nutrition and Physical Activity Rumor Mill. Video clip Handout/ Rumor Worksheet	Michigan Model: Nutrition and physical activity Lesson 2: Learning More from My Plate 2 day food log: due Monday	Start Movie and worksheet
Teaching Strategy	Direct instruction,	video	Direct instruction, group discussion, brainstorming	Direct instruction, modeling	video
Wrap-up/ closure	Have students answer the L.O. to a small group	Have students answer the L.O. to a person sitting next to them	Have students answer the L.O. to a person sitting next to them	Have students answer the L.O. to a person sitting next to them	Have students answer the L.O. to a person sitting next to them.
Equipment	Syllabus, worksheet	Video, projector	Worksheet, computer, projector	Worksheet, computer, projector	Video, projector