



Lesson Plan



Title - School Stars Nutrition Education Program

By - Sodexo School Services

Primary Subject - Health and nutrition, although this lesson plan does include activities that will help build language, math, science, social studies, and art skills.

Grade Level - Elementary

Each activity will take approximately 30-45 minutes. The activities can be done in the classroom or assigned as homework. You may choose to do the lessons in class, by grouping students into pairs, or allow students to complete the activities individually.

Rationale and Background

It is an important goal of Sodexo School Services to aid you in instructing students on nutrition and healthy eating habits. We believe that it is necessary to start at an early age with this education, to instill in students the importance of eating right and exercising.

School Stars uses fun, rhyming text and cool character illustrations in a series of lessons and activities to introduce elementary school children to the fun and simple ways they can eat nutritious foods and lead healthy lifestyles.

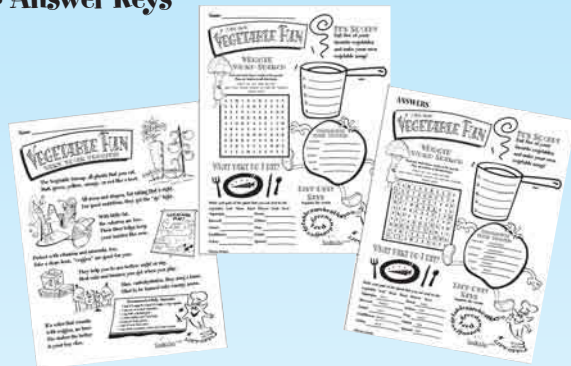
Lesson Objective

To reinforce the value of a healthy lifestyle through nutrition education that promotes what students can eat, instead of what they can't eat. Each lesson and activity sheet is designed to provide an immediate, teachable nutrition example. Students will find the lessons exciting, thanks in large part to the cool illustrations and fun rhymes found on the activity sheets.

List of Resources

The CD contains all necessary information needed to teach students how to be a School Star. Each activity comes complete with:

- Introductory Information on Each Lesson
- Camera-Ready Activity Sheets
- Answer Keys



The CD also includes a comprehensive quiz to evaluate the students' increase in nutrition knowledge, and a program completion certificate for reward/recognition.



Concepts

Students will gain valuable knowledge on eating right and leading healthy lifestyles. Individual lesson plans also include activities that will help build language, math, science, social studies, and art skills.

Procedures

The enclosed CD contains all of the necessary information you will need to implement School Stars in your classroom. The lessons contained on this CD can be taught on consecutive days, or over several weeks, depending on the class level and the amount of time you want to invest in the program. The lessons can be done together as a class, in pairs, or assigned individually.

The focus of these lessons is the USDA Food Guide Pyramid. The CD contains a two-page lesson plan on the Food Guide Pyramid itself, as well as individual lessons for each food group, water, counting calories, and fun ways to exercise.

To implement School Stars in your classroom, follow these simple steps:

- Carefully read through each lesson and be sure you understand the objective and activities involved.
- Take the camera-ready activity sheet for each lesson plan to your school's print shop or a local copy center and have the appropriate number of copies made.
- To begin each lesson, pose a few questions to the class. Examples are:
 - * Describe a nourishing breakfast, lunch, and/or dinner.
 - * What are some of the reasons that healthy foods are good to eat?
 - * Name foods that belong in the food group being taught that day.
 - * Create a collage from magazines, newspapers, or students' own drawings of the foods that make up the various food groups.
 - * Have each student pick their favorite foods from each group and discuss what they like about the foods they pick.
 - * How many servings should you eat from each food group?



- After discussing the students' answers, read aloud, or assign students to read aloud, the introductory page for the selected lesson. This will give students a better understanding of the lesson's materials and will help them in completing the activity sheet. (Note: You may choose to make a copy of the introductory page for each student in the class. If you do, be sure to still read the page aloud so that students have additional time to absorb the information.)
- Pass out the activity sheet. Again, you may go through this activity sheet with the entire class, pair students into groups of two, allow students to complete the activities individually, or assign it as homework.
- Once all students have completed the activity sheet, use the answer key provided on the CD to go over the correct answers with the class.

Evaluation

You may choose to conduct an assessment evaluation after each lesson with a Spelling Test, Question of the Day, or Comprehension Questions. The School Stars program does contain an end-of-unit quiz to evaluate students' overall retention of the program's information. It also includes a program certificate to award the students once they have successfully completed all of the lessons.

