

Nutrition

Summary

This is an interdisciplinary unit for Grade 3 on Nutrition. This lesson will help students better understand the benefits of eating nutritiously and ways they can eat healthier. Students will record their daily food intake and create a bar graph. We will discuss the consequences of poor nutrition in various cultures of the world. Students will learn various nutritional terms.

Main Core Tie

Health Education - 3rd Grade

[Strand 5 : NUTRITION \(N\) Standard 3.N.1:](#)

Time Frame

4 class periods of 30 minutes each

Group Size

Small Groups

Life Skills

Thinking & Reasoning

Materials

TECHNOLOGY: use the worksheets attached. Menus we will analyze the nutritional value

LANGUAGE ARTS: vocabulary posters, memory game cards, pre-made books, Venn diagram sheets, good/bad food worksheets

HEALTH EDUCATION: read the book "Eat Healthy, Feel Great." by William Sears, M.D., Martha Sears, R.N., and Christie Watts Kelly

Intended Learning Outcomes

To understand tables and bar graphs and the guidelines for making bar graphs. Students will learn and use nutritional terms. Students will learn the benefits of eating nutritiously and ways they can eat healthy.

Instructional Procedures

This is a multidisciplinary unit on nutrition for small groups. The first session in each subject area will be whole group instruction in which the students are instructed on the content, expectations, and explaining the vocabulary and skills to be learned. The students are divided into groups of mixed abilities to assist students who may need help from others. The groups will rotate through the different stations learning about nutrition in Health Education, Language Arts, Mathematics, and Social Studies.

Strategies for Diverse Learners

Assign a peer tutor or classmate to assist student through the activity stations. Extra time for completing writing activities, help with reading skills where needed, and varying student abilities in each group.

Extensions

Calorie burning lesson
Calorie needs calculator

Assessment Plan

The teacher will score the students on the accuracy of their graph.

Rubrics

[Math Bar Graph Rubric](#)

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