

Roads to Learning and Earning

Lesson Plan

Lesson Topic: Eat Your Vegetables!

Lesson Developed By: Rhonda Davis

School: Robbinsville High School

Objective Being Taught	Provide students and families with skills needed for navigating and safely living as independently as possible in the community
Student Audience/Length	OCS/High School Students/1-2 days
Materials/Resources Needed	My Plate template (5-7 for each student), poster board, markers, recommended daily allowances handout
Teaching Procedure	<p>Students will be instructed about the different food groups required for healthy daily nutrition (info can be found online for “My Plate”).</p> <p>Students will be divided into five “food” groups (fruits, grains, vegetables, protein, dairy) to brainstorm different types of food that fits in each category given. Students will then use the handout to determine how much of each is recommended to eat healthy and add that to the poster to be displayed. Students will highlight the correct/healthy types on each poster which will then be on display so that students can use their “My Plate” templates and the information on the posters to create a week of balanced meals for breakfast, lunch, and dinner. They can choose some of their own preferences not on the posters as long as they are healthy choices. They can substitute one breakfast, one lunch, and one dinner for fast food or other meal that does not include all five food groups.</p>
Check for Understanding and Assessment of Lesson	Group discussion on the importance of eating healthy and avoiding junk food and fast food which should only be eaten in moderation.
Wrap Up/Review	Watch the movie “Osmosis Jones” about a man who has poor eating habits and his body fights back.