

## Instructional Planning Grid

Teacher: Costello	Date: 00/00/000				
Subject: Health	Grade: 3rd				
<p>1. TEKS (b) 1 B,C,D</p> <p>Objective: Students will learn how to improve their eating habits and improve personal fitness.</p>	<p>2. Big Understanding:</p> <p>Students will learn the different food groups and what type of foods they need to eat in order to be healthy and maintain a proper diet.</p>				
<p>3. Assessment Evidence: Students will be able to Identify elements of a balanced diet when given choices.</p>					
<p>4. Opening Hook What is your favorite food? What types of foods do you like to eat? What do you think monster's like to eat?</p>					
<p>5. Input:</p> <p>Students will be read the Monster Health Book. The student's need to place the different foods in the correct food group.</p> <p>Modeling: I will be bringing different foods that the students need to sort into the correct food groups</p> <p>Guided Practice/Monitoring: Students will create their own food pyramid. I will have an example of the food pyramid on the elmo.</p> <p>Check for Understanding: Questions will be asked about the different food groups, nutrients, and fitness. Students will have to turn in a worksheet about nutrients.</p>					
<p>6. Materials/Resources:</p> <table> <tr> <td>The Monster Health Book</td> <td>Construction paper, ruler, markers</td> </tr> <tr> <td>Items to model food groups</td> <td>Nutrients worksheet</td> </tr> </table>		The Monster Health Book	Construction paper, ruler, markers	Items to model food groups	Nutrients worksheet
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<p>7. Grouping Patterns: Students will work in groups to create their model of the food pyramid.</p>					
<p>8 Ending, Summary/Reflection: After the lesson has been taught I will have the students write in their journals about what they have learned. I will have them write about ways they can change their eating habits to be healthier.</p>					