

Nutrition



Lesson Plan Title: **Healthy Eating Breakfast and Future Success**
Career Studies, Grade 10, Open (GLC2O)

Learning Targets: By the end of the lesson, students will know/be able to:

- Understand the health benefits of a balanced breakfast
- Understand the consequences of skipping breakfast
- Understand the link between eating breakfast, academic and future success
- Apply the knowledge learned to role playing activity
- Communicate why breakfast is important and lends to future success via planned classroom activities

Learning Skills

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|------------------|--------------------|-------------------|
| △ Responsibility | △ Collaboration | △ Organization |
| △ Initiative | △ Independent work | △ Self-regulation |

Coded Expectations:

GLC 20:

- identify internal and external influences (e.g., previous successes, peer pressure, parental expectations, family responsibilities) that may limit or expand the range of educational and career opportunities they would consider
- describe and explain the importance of personal-management skills (e.g., organizational skills, problem solving), habits (e.g., maintaining a personal planner), and characteristics (e.g., adaptability) for success in career development
- demonstrate effective use of communication skills in a variety of situations in school, at home, and in the community (e.g., information interviews, presentations, role play, group work)

Learning/ Lesson Activities

Lesson:

-Use the PowerPoint presentation to educate and inform students about the importance of eating breakfast in terms of learning and future success.

Slide 3 – have students reflect and give their thoughts regarding the statement **breakfast is the most important meal of the day.**”

Ask them if they value eating breakfast, why it they think it is important/not important.

Ask the students to reflect on their own habits and do they eat breakfast regularly.

Slide 4, 5 – Explains how education and learning is linked to future success.

Slide 6 – explains the link between healthy eating promoting optimal growth and health and also the link between eating breakfast and the ability to think and focus.

Slides 7, 8,9 and 10– Provides information about a study that was done in Toronto where breakfast was provided in select secondary schools. Study demonstrated students who ate regularly were on track for graduation, had better attendance, behaviour and perceived their health to be better compared to those who did not eat breakfast.

Slide 11 – Activity –Think, Pair, Share – Refer to Think, Pair, Share worksheet

Think: Reflect on the following statements and write down your thoughts.

If I eat a healthy breakfast regularly how might this affect my academic performance?

If I eat a healthy breakfast how might this impact my future performance working on a job?

What or who influences the food choices that you make?

Pair: Discuss your ideas with a partner. What common things did your partner also write down? Write down on the worksheet the ideas that you and your partner have.

Share: Review all of your ideas and circle one or two you think are most important to share with the entire class. As you listen to the ideas of the whole group, write down three you liked.

Slide 12 – Discusses the fact that parental/caregiver role modeling can influence eating habits of children and youth. Students asked to reflect on this and as a class discuss and explore this information in more detail by reflecting on the following statements:

What are some benefits and drawbacks of this?

If our caregivers are not modeling positive eating behaviours, what can we do?

How may better eating habits benefit our families as a whole?

Slide 13 – Illustrates the trends in breakfast eating among youth.

Slide 14 - Stick it Stack it Activity – (sticky note pads needed for this activity)

Have the class individually write down one reason per sticky note why they many not eat breakfast. Then in groups of 3 or 4, arrange the ideas into themes/categories. As a class share your ideas. Why are we skipping breakfast?

Slide 15 – Discusses common reasons why breakfast is missed.

Have the class discuss solutions to the common reasons breakfast is missed.

e.g. too tired in the morning - prepare breakfast the night before put the cereal in a bowl , put a banana out and a spoon just add milk in the morning. Alternatively pack a grab and go breakfast.

Slide 16 - Provides information on what a healthy breakfast consists of.

Slide 17 – Role Playing Activity – Refer to Role Playing worksheet

Work with your stick it stack it/stack it groups

Create a skit about the importance of eating breakfast

Make sure to follow the instructions provided

Refer to the rubric to assess the play.

Instructional Strategies:

- △ Brainstorming
- △ Co-operative Learning
- △ Direct Teaching
- △ Hands-on activity
- △ Graphic Organizers
- △ Group Work/ Instructional Strategies
- △ Demonstration
- △ Other: (*describe*)

Differentiated Instruction and/or Accommodations:

(Describe what you could adapt/make more inclusive and engaging learning in these areas)

Content:

- differentiate by interest, role playing story

Process:

- could be altered if classroom has computers etc.
- differentiate based on individual learning style rather than random groupings
- props, costumes, creativity for role playing

Product:

- students select final product to show learning (RAFTS)
- each group creates a final summary (role playing activity) based on learning modalities (individual or group)

Environment:

- computer lab
- additional technological supports (i.e. SmartBoard, Kurzweil etc.)

Student readiness:

- previous topics covered regarding positive decision making, time management
- nutrition information and food preparation skills gathered from other classes

Interests AND Learning profile:

- interests discussed and individual learning preferences cultivated through the selection of topics/final products
- information on multiple intelligences gathered at the beginning of the semester

Extension:

- Students can identify community services in their area that will help others eat a balanced breakfast e.g. volunteering in a breakfast program at a local school.

Success criteria: What will success look like... (*link directly to learning targets of lesson*)

Knowledge

- Benefits of eating a balanced breakfast
- Consequences of skipping breakfast
- Link between eating breakfast and academic success and achieving career goals

Application

- Applying knowledge learned to role playing activity

Thinking

Completing the activities:

- Think/pair/share
- Stick-it/Stack-it

Communication

- Participating in classroom activities (think/pair/**share**, stick-it/stack-it, role-playing activity)
- Group communication

Learning Skills

- △ Responsibility – students take responsibility for their own learning by completing classroom activities when asked
 - △ Collaboration – students collaborate with others through partner and group work
 - △ Organization – time management and being on task
 - △ Initiative – team member, completion of all activities
 - △ Independent work – completion of think/pair/share worksheet, stick-it/stack-it topics
 - △ Self-regulation – remaining on task, movement around the classroom, group work, being appropriate during role-playing activity
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- Successful completion of diagnostic and formative assessment pieces in all 4 KICA categories as mentioned above
 - Student is able to explain, understand, communicate and apply information learned about the importance of breakfast in regards to future academic success and the development of time management skills