

Happy, Healthy Me Unit Plan Overview

The Instructional Plan Overview assists teachers in understanding which pieces of the Unit Plan will be used daily. It lists the Assessment pieces, Lesson Plans, and Student Web Lessons that the teacher will need for a particular day.

Day 1

Diagnostic Assessment

KWL Chart, What I Know About Personal Wellness

Lesson Plan

A Message From Your Heart

Students learn about the importance of the heart and show what they know about positive health behaviors that enhance wellness by completing a KWL chart.

Day 2

Lesson Plan

Investigating the Food Pyramid

Students learn that the food pyramid is an important nutritional tool. They classify foods and compare the number of servings per group that are necessary for maintaining good health by placing empty food containers in grocery bags.

Day 3

Lesson Plan

Catching a Balanced Meal

Students learn the importance of balanced meals and select foods that make up a balanced meal by playing a fishing game.

Day 4

Lesson Plan

Snacks R Us

Students identify foods that make nutritious snacks. They will analyze snack foods to determine their fatty content by completing an experiment.

Days 5-6

Lesson Plan

The ABCs of Healthy Food

Students make an alphabet book of nutritional foods using the information they learned about nutrition and the value of different foods. Students also taste the foods representing the letters they wrote about in their alphabet books

Day 7

Summative Assessment

Happy, Healthy Me Summative Assessment #1

Day 8

Lesson Plan

Exercise, the Right Stuff

Students learn regular exercise keeps the body strong and healthy. They make an exercise chain and practice the activities written on the links.

Day 9

Lesson Plan

The Inside Story of Muscles, Bones and Exercise

Students learn the role of physical activity in helping muscles and bones grow strong and healthy.

Day 10

Lesson Plan

Sleep Central

Students learn about rest and sleep, and how their habits may be healthy or unhealthy. Students make conclusions about how much sleep their bodies require by organizing information on a graph.

Day 11

Lesson Plan

Invisible Neighbors

Students demonstrate how keeping the body clean is important for maintaining good health. They demonstrate the importance of washing hands and identify everyday good health and hygiene habits.

Day 12

Lesson Plan

Living Tobacco Free

Students identify physical effects of smoking, and recognize that tobacco is made of harmful substances. Students find a way to share this information with others.

Day 13

Summative Assessment

Happy, Healthy Me Summative Assessment #2

Day 14

Post Diagnostic Assessment