













LESSON SUMMARY GRID

LEVEL: BEGINNING LOW

#	Nutrition Standard	Instructional Approach	Lesson Objectives	Lesson Description
1.	Prepare quick, easy, healthy meals  Quick and Easy Meals	TPR	Language: perform, read and write commands. Content: prepare quick and easy snacks & meals. Behavior: prepare quick, easy, healthy snacks & meals at home.	<ul style="list-style-type: none"> Students learn to make quick, easy, healthy snacks and practice using commands. Picture prompts include wash, cut, put, add, eat, etc.
2.	Add fruits & vegetables  Fruits and Vegetables	Dialog and Drill	Language: politely accept or refuse an offer of food. Content: maintain or add fruits & vegetables to diet as recommended by USDA. Behavior: share and taste new fruits and vegetables and try at home.	<ul style="list-style-type: none"> Students learn basic food vocabulary for fruit & vegetable snacks. Two dialogues are presented - accepting and declining a food offer. Students bring fruit & vegetables from native countries to share in class.
3.	Influence children's eating  Children's Nutrition	Literacy Picture Story	Language: use critical thinking skills to sequence a story. Content: plan strategies to modify children's diets. Behavior: reintroduce a food to their child over time.	<ul style="list-style-type: none"> Students learn strategies for re-introducing a vegetable to their children over time. Picture story used for language practice. Matching & sequencing skills practice.
4.	Eat a balanced diet  Balanced Eating EL Civics #46	Early Production	Language: identify ingredients & foods common to various cultures. Content: categorize foods into food groups. Behavior: make changes if necessary to achieve or maintain a balanced diet.	<ul style="list-style-type: none"> Students learn food vocabulary for common ethnic foods using visuals. They categorize foods into food groups with listening activity. They match food pictures and words.
5.	Access low-cost, healthy food resources  Food Resources EL Civics #46	Language Experience	Language: read a short narrative. Content: identify and access food resources. Behavior: locate resources in their communities.	<ul style="list-style-type: none"> Students create a story about finding food assistance using picture prompts. They sequence pictures and sentences.
6.	Practice safe food handling  Food Safety	Vocabulary Development with Video	Language: identify imperative verbs. Content: demonstrate sanitary practices. Behavior: use safe food handling.	<ul style="list-style-type: none"> Students watch a video of safe food handling practices. They sequence the story visuals and write verb imperatives.







LESSON SUMMARY GRID

LEVEL: BEGINNING HIGH

#	Nutrition Standard	Instructional Approach	Lesson Objectives	Lesson Description
1.	Prepare quick, easy, healthy meals  Quick and Easy Meals	Information Gap	Language: listen for and share information. Content: Prepare quick, easy meals. Behavior: use strategies from class to prepare quick meals at home.	<ul style="list-style-type: none"> Students learn and talk about ideas for preparing quick, easy, healthy 'morning foods.' Pairs exchange tips in 'Information Gap' activity.
2.	Add fruits & vegetables  Fruits and Vegetables	Focused Listening	Language: listen for specific information. Content: make progress towards healthy eating. Behavior: evaluate the number of fruits and vegetables in their diets and add more if necessary.	<ul style="list-style-type: none"> Students listen to recorded monologues related to fruits & vegetables. They complete listening tasks and practice clarification skills.
3.	Influence children's eating  Children's Nutrition EL Civics #46	Life Skills Reading	Language: interpret labels on juice products. Content: plan strategies for modifying children's preferences for unhealthy foods. Behavior: replace one beverage the family drinks with a healthier one.	<ul style="list-style-type: none"> Students learn how to read nutrition labels for common drinks. Teacher demonstrates making less healthy 'juice drink.' Students read and compare labels for drinks and state which are healthier and why.
4.	Eat a balanced diet  Balanced Eating EL Civics #46	Critical Thinking	Language: categorize foods. Content: evaluate meals to decide if they are balanced. Behavior: modify eating to achieve balance.	<ul style="list-style-type: none"> Students categorize food into groups using visuals and select "balanced meals." They read short paragraphs to decide if meals are balanced. They practice <i>Did</i> questions and answers in past tense.
5.	Access low-cost healthy food resources  Food Resources	Life Skills Reading	Language: interpret a food ad to make a shopping list. Content: plan meals according to availability of healthy foods. Behavior: use food ads to plan meals.	<ul style="list-style-type: none"> Students interpret store ads to talk about prices and meal planning. They make a chart and practice speaking using the chart. They plan meals and make posters in cooperative learning groups.
6.	Practice safe food handling  Food Safety	Narrative Reading	Language: read information on how germs are spread. Content: reduce the spread of germs. Behavior: demonstrate safe food handling at home.	<ul style="list-style-type: none"> Students learn about the concept 'perishable/non-perishable' foods and read about how germs are spread. Teacher does a 'hands-on' demo showing how germs can be spread.







LESSON SUMMARY GRID

LEVEL: INTERMEDIATE LOW

#	Nutrition Standard	Instructional Approach	Lesson Objectives	Lesson Description
1.	Prepare quick, easy, healthy meals  Quick and Easy Meals	Project	Language: participate in a team (SCANS competency). Content: plan nutritious meals. Behavior: try one new quick meal and report back.	<ul style="list-style-type: none"> Students work in teams to brainstorm ideas for quick, easy, healthy meals. They create a class bulletin board to share ideas with school community.
2.	Add fruits & vegetables  Fruits and Vegetables	Interview/Survey	Language: use speaking skills to gather information Content: estimate the amount of fruits & vegetables eaten daily. Behavior: maintain or increase daily consumption of fruits & vegetables	<ul style="list-style-type: none"> Students learn to estimate the USDA's recommendations for fruit & vegetable consumption. They survey each other and their families about daily consumption of these foods.
3.	Influence children's eating  Children's Nutrition	Jigsaw Reading	Language: read and interpret a brochure. Content: help children select healthy food. Behavior: provide healthy snack alternatives for families.	<ul style="list-style-type: none"> Students read a nutrition brochure using the 'jigsaw' approach. They do a cloze and vocabulary activities.
4.	Eat a balanced diet  Balanced Eating EL Civics #46	Webquest	Language: use Internet to skim, scan for information. Content: modify recipes. Behavior: modify a traditional meal to be lower in fat.	<ul style="list-style-type: none"> Students learn about choosing healthier fats for cooking and eating. They work together reading a chart on the Internet and filling out information on a worksheet.
5.	Access low-cost healthy food resources  Food Resources EL Civics #46	Field Trip	Language: ask questions about services. Content: locate affordable food resources in their community. Behavior: select food resources in their community.	<ul style="list-style-type: none"> Students plan and take a field trip in their community to a resource for low-cost healthy foods. They do a follow up interview activity asking classmates questions about shopping habits and do a writing activity.
6.	Practice safe food handling  Food Safety	Problem Solving	Language: give advice about a problem. Content: use safe food handling practices. Behavior: indicate progress in safe food handling.	<ul style="list-style-type: none"> Students read a story that shows unsafe cooking habits. Using a problem solving approach, they list problems and solutions using <i>should</i>.

LESSON SUMMARY GRID

LEVEL: INTERMEDIATE HIGH

#	Nutrition Standard	Instructional Approach	Lesson Objectives	Lesson Description
1.	Prepare quick, easy healthy meals  Quick and Easy Meals	Narrative Reading	Language: Use preview, prediction and comprehension skills to read. Content: simplify meal preparation Behavior: try tips at home to simplify meal preparation	<ul style="list-style-type: none"> • Students read narratives about saving time in cooking. • They do comprehension exercises and answer questions.
2.	Add fruits & vegetables  Fruits and Vegetables	Writing	Language: write a descriptive paragraph Content: explain why fruit and vegetables are healthy Behavior: add unfamiliar fruit to their diet	<ul style="list-style-type: none"> • Teacher leads discussion of health benefits of eating fruits and has a 'tasting' demo. • Class discusses size, color, texture, taste, etc. • Students write descriptive paragraph.
3.	Influence children's eating  Children's Nutrition EL Civics #46	Problem Solving	Language: use critical thinking and problem solving skills while practicing listening and speaking Content: help children make healthy choices Behavior: plan and provide healthy snacks for children	<ul style="list-style-type: none"> • Teacher demonstrates how much sugar is in snack foods. • Teacher guides students through the steps of the problem solving process. • Students record and share problems, solutions and plans.
4.	Eat a balanced diet  Balanced Eating	Life Skills Reading	Language: interpret charts Content: make healthy choices in restaurants Behavior: report changes in choices at fast food restaurants	<ul style="list-style-type: none"> • Students learn to interpret nutrition charts from a fast food restaurant and find information on fat and salt content. • They brainstorm tips for making healthy choices at fast food restaurants.
5.	Access low-cost healthy food resources  Food Resources EL Civics #46	Webquest	Language: interpret, record and report information from web site Content: identify and access nutrition assistance programs Behavior: access eligibility and other information on the internet.	<ul style="list-style-type: none"> • Students learn about nutrition assistance resources. • They use a 'Webquest' to research eligibility for food assistance programs.
6.	Practice safe food handling  Food Safety	Guest Speaker	Language: listen and ask questions. Content: demonstrate safe food handling practices. Behavior: use safe food handling practices.	<ul style="list-style-type: none"> • Teacher models listening and note-taking skills. • Guest speaker is invited to class to talk about a food safety topic. • Students prepare questions, take notes and ask speaker questions. • Comprehension checks.