

Program Name

Miami Valley Literacy Council

Staff Responsible for Lesson

Mary McDonald

Date(s) Used	February 1, 2010
Civics Category	II. Civic Participation
Civics Objective	28. Nutrition
Time Frame to Complete Lesson	1 hour
EFL(s)	NRS 2-4
Standard(s)/Components of Performance	Listening Speaking
Benchmark(s)	L2.1, L2.2, L2.4, L3.1, L3.3, L3.5, S2.1, S2.5, S3.3, S3.4, S4.1, S4.4,
Materials	Website: www.cal.org/caela/esl_resources/Health/Healthindex.html Picture story - What happened to my body? Samples of healthy and unhealthy snacks, ex. Apple, carrots, chips, cookies, candy, celery, etc.
Activities	Go over title of the story and have students tell what they think the story is about. Put the following words on the board: nutrition, fresh, healthy, fast food, junk food, microwave, fat, gain weight, get fat, breathe. Have students give examples or describe the words. Frame 1 - Have students describe picture. Where is he? What is he doing? Frame 2 - Where is the man now? What is his job? Where does he eat breakfast? Is that good for him? What do you eat for breakfast? Frame 3 - Where is he now? What time do you

	<p>think it is? What is he eating for lunch? Is it healthy? Can pizza be healthy?</p> <p>Frame 4 - What time is it now? What will he have for dinner? Do you think it is healthy? Are microwave meals always unhealthy? Do you use a microwave? What do you use it for?</p> <p>Frame 5 - What time do you think it is? What is he eating? Do you snack before you go to bed? Is he getting any exercise?</p> <p>Frame 6 - What has happened to the man? How does he look now compared to the first picture? Why does he have a hard time breathing? Do you think he will change his habits? What can he do?</p>
<p>Assessment/ Evidence</p>	<p>Have students work in groups and answer the following questions: What do you eat that is healthy? What do you eat that is not healthy? Do you exercise often? Has your diet changed since you came to the U.S.?</p>
<p>Reflection</p>	<p>Students could relate to the story. They commented that since coming to the U.S. they have gained weight and it is hard to eat healthy.</p>