

EL/Civics Lesson Plan

Program Name _____ SWCS ABLE _____

Staff Responsible for Lesson _____ Tara Fast _____

Date(s) Used	March 15, 2010
Civics Category	II. Civic Participation
Civics Objective	28. Nutrition: Access resources for nutrition education
Time Frame to Complete Lesson	1 hr 50 min
EFL(s)	Level 3 (Intermediate)
Standard(s)/Components of Performance	Speak so Others can Understand, Read with Understanding
Benchmark(s)	S 3.3, S 3.4, S 3.5, R 3.1, R 3.5, R 3.6
Materials	<p>A handout of the Ohio School Lunch Program guide http://www.governor.ohio.gov/Portals/1/SFSP%20of%20sheet.pdf</p> <p>And a copy of a recent school lunch menu (Find your district at www.schoolmenu.com)</p>
Activities	<ol style="list-style-type: none"> 1) The class will divide itself into two groups: those whose children normally eat the school cafeteria food and those who pack their children's lunches (childless can just choose what they would do if they had children) 2) Each group will generate a list of at least three reasons for their decision. One person from each group will share out with the class. 3) Instructor will distribute a copy of the Ohio School Lunch Program Guide and a copy of a recent school lunch menu (calendar format) to each student. 4) In their groups, students will analyze each school lunch menu and decide if each item qualifies as a meat, dairy, grain, or fruit/vegetable according to the Guide.
Assessment/	Students will choose one day from the school lunch

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Evidence	menu and revise the food items to reflect healthier choices. (For example, instead of pizza for a dairy, vegetable, and grain, serve a slice of whole grain bread with a slice of cheese and a fresh tomato slice)
Reflection	Students will discuss school cafeteria food choices with their children at home. They will set goals for packing fresh foods for lunch or how to make better choices in the cafeteria (e.g. take the white instead of flavored milks)