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EDCI 270 Lab  
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02.23.11

## Health Class Lesson Plan

<b>Objective</b>	✓ Students will be able to use Posterous to list the better food choices for a healthy body. Students will then be able to make a menu for a fictitious restaurant that contains good food choices from each of the areas of the Food Pyramid and put it on Posterous
<b>Standards</b>	<p>G912.1</p> <p>The acquisition of basic health concepts and functional health knowledge provides a foundation for promotion of health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories and models. Concepts that focus on both health promotion and risk reduction are included in the performance indicators. Students apply knowledge of personal responsibility for health promotion and/or risk reduction. They develop patterns of healthy behaviors to prevent or reduce their risk of injury and/or illness throughout their lifespan. Students describe the interrelationships of emotional, physical, social, and intellectual health and how they can be impacted by their surroundings</p> <p>G912.2.5</p> <p>Analyze the effect of media on personal health. Example: Compare and contrast how media can send messages about behaviors that can have a positive or negative effect on personal health and wellness.</p>

<p style="text-align: center;"><b>Materials</b></p>	<ul style="list-style-type: none"><li>○ Folders</li><li>○ Writing Papers</li><li>○ Pencils</li><li>○ Markers</li><li>○ Food Pyramid</li><li>○ Menus from local restaurants</li><li>○ Internet access</li></ul>
<p style="text-align: center;"><b>Procedure</b></p>	<ol style="list-style-type: none"><li>1. Students will be motivated by the teacher reading several menus from local restaurants. The teacher will begin asking the students whether those meals sounded healthy, why and why not?</li><li>2. Students will be divided into groups of three.</li><li>3. Teacher will discuss with the students the food pyramid and each of its areas as well as how Posterous works.</li><li>4. The teacher will discuss with class a few beginning suggestions of healthy foods they might want to see on a menu when they go out to eat.</li><li>5. Teacher will instruct students to come up with a creative name for their restaurant, design the cover of the menu, and to come up with at least two meals and/or desserts that include items from each of the groups on the Food Pyramid and then put their ideas up on Posterous</li></ol>
<p style="text-align: center;"><b>Evaluation</b></p>	<ul style="list-style-type: none"><li>✓ Students will examine their classmates' work and ask questions about why they chose the foods they picked on Posterous, causing an online discussion.</li></ul>