

Nutrition Lesson Plan with Twitter

Objective	To teach students how to work with one another to better understand nutrition.
Objective	Each student will be able to better understand nutrition after using Twitter to compile data
Standards	“Some important themes pervade science, mathematics, and technology and appear over and over again, whether we are looking at ancient civilization, the human body, or a comet. These ideas transcend disciplinary boundaries and prove fruitful in explanation, in theory, in observation, and in design. A focus on Constancy and Change within this standard provides students opportunities to engage in long-term and on-going laboratory and fieldwork, and thus understand the role of change over time in studying The Physical Setting and The Living Environment.”
Materials	Computer Lab
Procedure	<ol style="list-style-type: none"> 1. Students will first create Twitter accounts so they can connect with their classmates. 2. After the lesson on nutrition is taught, students will Tweet their classmates. 3. They will each Tweet a complete and healthy lunch and dinner. 4. If the meal is not complete then their classmates can assist them and give feedback by responding. 5. Through 30 students they will create a meal plan for a whole month. 6. The instructor will then compile the meal plan and it will be reviewed in the classroom.
Evaluation	The students will be evaluated and graded on their ability to create healthy meals that include all of the food groups.