NUTRITION AND LIFE SKILLS

LEVEL 7

Level 7: Good for Me Lesson Plan

- Activity Worksheet: Foods That Make Me Happy

ICON LEGEND

TEACHER SCRIPT

CLASS DISCUSSION

IMPORTANT INFORMATION

INDIVIDUAL ACTIVITY

PAIRS/SMALL GROUP ACTIVITY

PHYSICAL ACTIVITY

LARGE OPEN SPACE REQUIRED

EXTENSION ACTIVITY

LEVEL 7

BOOK TITLE

Good for Me

TOPIC

Nutrition and Life Skills

Essential Question

What are the four food groups, and what foods are good for different parts of my body?

Teaching Strategy

In this lesson, the teacher will focus on having the students relate the material to their own experiences.

REQUIRED MATERIALS

- Chart paper
- Activity Worksheet: **Foods That Make Me Happy**

LEARNING ACTIVITIES

Class discussion about the book.

Foods That Make Me Happy activity worksheet.

LEARNING CONNECTION

This activity asks students to think about specific ways different foods help keep their bodies healthy. It builds on the students' understanding of the book *Good for Me*, which teaches the students the benefits of eating a range of different healthy foods. The book focuses specifically on the four food groups and includes a discussion on a variety of country foods and store-bought foods that will be familiar to students.

READING VOCABULARY

Food groups, country foods, carrots, vegetables, dairy, meat, healthy, strong, body, eyes.

PRE-LESSON PREPARATION

1. Photocopy the **Foods That Make Me Happy** activity worksheet. Make sure there are enough copies for each student.

1. Talk to the students about the book. Say:

   “ᐅᕐᖏᓕᒻᒪᕐᒥ ᐊᑎᕐᖏᕐᕋᓂ ᐅᕙᓐᓄᑦ ᐱᐅᓪᓚᑦ, ᐃᓕᓴᕐᑎᔪᑦ ᐅᓄᕐᕋᑎᖅ ᐊᓕᐸᓴᕐᓂᑐᑦ ᓂᕐᑭᑦ ᒥᖅᓴᓄᑦ ᐊᒪᒪ ᖃᖅᓄᐃᒪᒪᑦ ᐱᐅᖏᓪᓗᓯᓗᑦ. ᐱᓪᒪᓗᐅᔪᕐᖏ ᓂᓗᕐᖏᑕᕐᓂᕐᖏ ᖃᖅᓄᐃᓐᓂᕐᑎᐊᕐᓇᕐᖏᑐᓂᖅ ᓂᕐᑭᓂᖅ ᑎᓴᒪᓄ ᓂᕐᑭᑦ ᐊᕕᖏᑐᕐᖏᓪᓗᓂᑦ ᑕᐅᑐᓄᓕᒃᑐᑦ ᑎᑎᕋᖅᑕᕐᖏᑦ ᐊᑲᐅᑎᓐᖏᑕᒥᑦ ᓴᓐᖑᑦᑎᓂᓗᐊᕐᓇᒪᑦ.”

2. Ask:

   “ᑕᒪᑦᑕ ᖃᐅᔨᒪᔪᓐᓇᑦ ᐅᓄᖏᑐᓂᖅ ᐊᑲᐅᓐᓂᕐᑎᑐᓂᖅ ᓂᕐᑭᑕᖃᐅᕐᓂᓐᓇᓂᖅ. ᐃᓕᓐᓂᑦ ᓂᕐᑭᑦ ᐊᑲᐅᑎᒃᓴᖏᑐᑦ, ᑕᕐᔨᐊᓗ ᓂᕐᑭᑦ ᐊᑲᐅᑎᒃᓴᖏᑐᑦ ᐃᓕᐅᑦᓗᑎᖅ ᓂᕐᑭᑦ ᐊᕕᖏᑐᕐᖏᓪᓗᓂᓐᓂᓄᓄᓂ. ᓂᕐᑭᑦ ᐊᕕᖏᑐᕐᖏᓪᓗᓂᑦ ᐊᕕᖏᑐᕐᖏᓪᓗᓯᓗᑦ ᐊᑲᐅᑎᒃᓴᓇᓂᕐᖏᒃᑐᖅᑕᑦ.”

   Answers: dairy products, meat and alternatives, fruits and vegetables, and grain products.

   - Ask for volunteers to answer and write the names of the food groups on the board or chart paper.

3. Go through each food group and ask the students to give examples of country and store-bought foods that fall under each category.

   Answers might include: caribou is a meat, rice is a grain product, yogurt is a dairy product, etc.

   - Allow the students to give as many answers as they can.

4. Next, hand out a copy of the **Foods That Make Me Happy** activity worksheet to each of the students. Explain:

   “ᐅᓇ ᐱᓕᕆᓂᐊᕐᑕᕐᑐᓂ ᒪᑲᓴᓂᓄᑦ ᐊᕕᒃᓯᒪᔪᖅ. ᓴᐅᒥᐊᓂᕐᑕᒥᒃ, ᑕᑯᓂᐊᕐᖏᑕᑎᓂ ᓂᕐᑭᖓᐊᓂᒃ ᐊᑲᐅᑎᓐᖏᑕᕐᑐᒃ ᐅᕐᖏᓕᒻᒪᕐᒥ ᑕᑯᔪᖅᑕᕐᓂᕐᑎᓂ. ᑕᓕᖅᐸᐊᓂ ᑎᑎᐅ ᐃᓕᓐᓂᑕ ᓂᕐᑭᑦ ᐃᓕᓐᓂᑕ ᐱᐅᓂᐊᕐᖏᓗᒃᑐᖅ.”

   - Point to both sides of the chart to show the students.

5. Point to the carrots on the left side of the handout and say:

   “ᑎᒥᑦᑕ ᑭᓱᑯᓂᐊᓄᓂ ᑭᐅᕋᓂ ᐱᐅᓂᖅᑕᖅᓯᑦ?” Answer: eyes.

   “ᑎᑎᕋᓂᐊᕐᑕᐃᓂ ᑐᑭᓕᐊᔪᓗᒍ ᑭᐅᕋᖓᓂᐊ ᐃᓕᖓᐊᓄᓂ ᑎᑭᓪᓗᒍ.”

   - Draw a line between the carrots and the eyes to show the students how to complete the worksheet.

6. Ask the students to continue matching the foods with the corresponding body part that it is good for. They may use the book *Good for Me* as a guide.

7. When the students are finished the handout, go through it together as a class and ask for volunteers to share their answers.

ᐃᓕᓐᓂᐊᖅᑎᑦ ᐊᑎᖓ: _____

ᓂᕆᑭᐅᔨᓕ ᐅᖅᓂᓂᒃ ᕿᑯᕕᐊᓱᒃᑎᓕᕆᑎᓱᓕᓕᒃ

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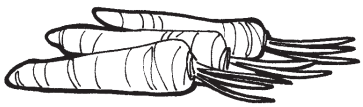

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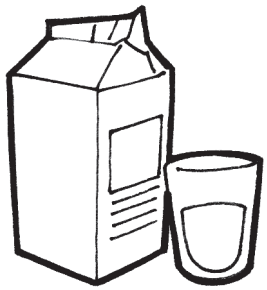

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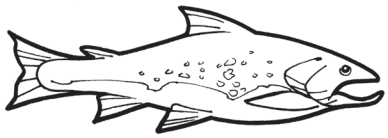

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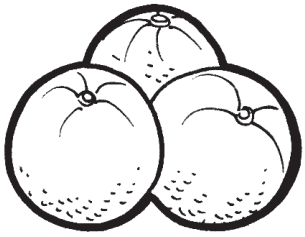

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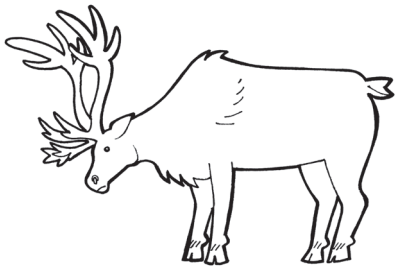

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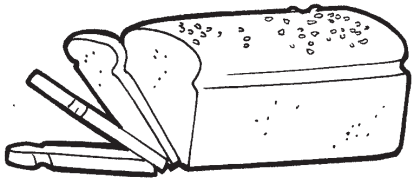

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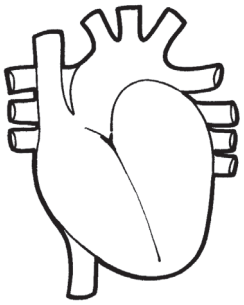

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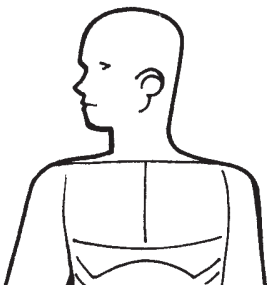

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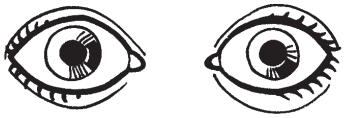

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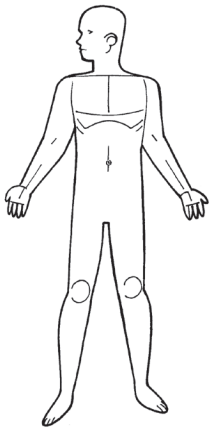

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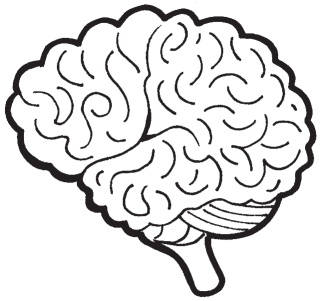

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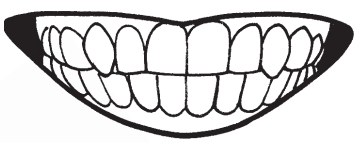
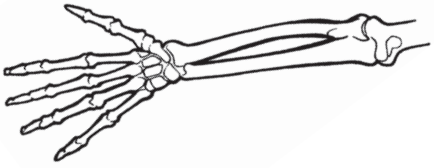
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