

Knowledge "Standard":
Health, PE, Home Ec. #1 - Have essential knowledge and skills to establish and maintain physical fitness, participate in physical activities....

Elementary - Students will understand the elements of good nutrition to plan appropriate diets for themselves and others.

ACADEMIC CHALLENGE

Primary Healthy Diet

Skill/Disposition "Standard":

Decision-making - Considers the advantages and disadvantages of more than one option

Essential Question/Issue:

What foods should a person eat to stay healthy?

Challenge:

Working in pairs, look at the nutrition chart and discuss what you think the pictures and numbers mean. When you think you understand, explain your ideas to an adult in our room.

Make a poster which shows the foods one (1) person could eat in one (1) day to stay healthy. Your poster should be neat, accurate, and easy to read. You may use pictures from a magazine or drawings of your own. Each pair may take only one magazine at a time. Give your poster a title.

When you are finished we will ask you to explain your poster to the class. Each team member should be ready to select one (1) food group and show how it is represented in the poster. Each team member needs to be ready to answer questions.

Product criteria:

Poster

Rule criteria

- Pictures should be taken from a magazine or drawn by hand.

Form criteria

- Neat - Pictures are glued on chart paper without being torn or ripped. Coloring of pictures is within lines.
- Accurate - The information on the poster is true.
- Easy to read - Lettering and pictures are clear & large enough for others to see.

Content criteria

- Poster must show one days worth of food.
- The amount of food chosen must match the amounts given on the nutrition chart.

Evidence of:

- β **Knowledge**
- β **Skill**
- β **Disposition**

Targeted Standard/Indicator(s):

Knowledge - understands elements of good nutrition and food planning

Decision-making - considers the advantages and disadvantages of more than one option

Specific Observable Behaviors to Look /Listen for:

- appropriate food groups are represented on the poster
- child can explain why different foods were chosen
- children discuss a range of possible foods and pictures for inclusion on poster

This challenge was developed by Sue Davis and used in her first grade classroom at Riverside Elementary School, Oneonta, NY.