

Best Practices of Technology Integration

Title: *Food Pyramid*

Subject: Health

Intended Grade Level: 6

Description:

This lesson will be used in a 6th grade life skill class. The objective of the class is for students to learn or review the Food Pyramid and relate it to their own food intake. The student will use the Web site (www.kidsfood.org/index.html) to meet this objective. They will then put this information into a HyperStudio presentation.

Curriculum Benchmarks:

MI.TEC.2.MS.3

Retrieve, communicate and input information using a technological system.

MI.TEC.3.MS.4

Using technologies to organize thoughts in logical process.

MI.LME.6.EL.4

Exploring the food pyramid.

MI.LME.6.MS.4

Determine daily dietary needs of individuals at various stage of the Life cycle

Detailed Timeline:

Since this is a new lesson the time it will take is an approximation of 3 to 4 - 40 minute periods.

Materials/Hardware/Software:

Access to the Internet and the World Wide Web.

Word processing software such as Microsoft™ Word®.

Teacher Preparation:

You need to explore the site. Prepare a lesson on how to make a HyperStudio® presentation.

Prerequisite Student Skills:

The 6th grade students will have been introduced to the Food Pyramid by looking on a cereal box and a video. Each student will have been taught how to reach an address on the Internet.

Students Activities/Procedures:

The student will type in the correct address and reach the site. They will then proceed to the section on Food Pyramid; Food Keeps Us Well, and Rate Your Plate, and work through each section. After completing the site, the students will develop a HyperStudio presentation on “How I Can Use the Food Pyramid to improve my Diet.” This will be done in a group of two students.

Assessment/Evaluation:

The presentation will be evaluated according to the following rubric.

- A. Students will explain the name the groups and how many servings you should eat from each group.
- B. Students will show that a variety of foods need to be eaten to stay healthy.
- C. Students will provide a list of healthy foods that they would eat.
- D. Students will share (two) ways to improve their diet and why the improvement will help them to be healthier.

Follow Up Activities:

The students would do a Food Journal. After journaling their food intake for several days, they could compare their intake to the Food Pyramid. The pair of students that worked on the presentations together could then review each other's diet, thus making recommendations on how each student could improve his/her diet.

Submitted By:

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