

# 200-wing HEALTH VIRTUAL LESSON PLAN

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2020-2021

<b>UNIT</b>  <b>NUTRITION</b>	NAME OF LESSON: <b>October is Lunchbox Makeover Month</b> DATE: October 19-23, 2020
<b>OBJECTIVE</b>	Students will identify healthy foods for lunch.
<b>ACTIVITIES</b>	<p>Sid the Science Kid- Healthy Lunchbox video clip: <a href="https://www.youtube.com/watch?v=ARD1MAh434w">https://www.youtube.com/watch?v=ARD1MAh434w</a></p> <p>Make a healthy lunch at: <a href="http://www.foodafactoflife.com/activity.aspx?siteId=5&amp;sectionId=34&amp;contentId=56">http://www.foodafactoflife.com/activity.aspx?siteId=5&amp;sectionId=34&amp;contentId=56</a></p> <p>Packed Lunch videoclip: <a href="https://app.discoveryeducation.com/learn/videos/1e8fe38d-d392-44c6-9086-2499524f80ec/">https://app.discoveryeducation.com/learn/videos/1e8fe38d-d392-44c6-9086-2499524f80ec/</a></p> <p>Lunch Go Noodle Song: <a href="https://www.youtube.com/watch?v=SY1VL-Jhn90">https://www.youtube.com/watch?v=SY1VL-Jhn90</a></p> <p>Color the healthy lunch coloring sheets found on the following pages.</p>

Color the Healthy Lunch Foods.





