

200-wing HEALTH

VIRTUAL LESSON PLAN

Teacher: Carla Larson
2020-2021

TOPIC NUTRITION	NAME OF LESSON: SMART START: Eat a Healthy Breakfast DATE: First week of school
OBJECTIVE	Students will identify healthy breakfast foods.
ACTIVITIES	<p>Why is Breakfast so important? 1 minute 50 second videoclip https://app.discoveryeducation.com/learn/videos/570bdbf6-38de-4975-aa5d-b44fe6c7699f/</p> <p>Breakfast Time Song for Kids: 1 minute 21 seconds https://www.youtube.com/watch?v=zT9Qg4pHO8s</p> <p>Sesame Street: The Breakfast Song: 3 minutes 25 seconds https://www.youtube.com/watch?v=YCAseZeORPI</p> <p>Breakfast Song: 3 minutes 16 seconds https://www.youtube.com/watch?v=oc-O3AD4xKE</p> <p><u>Yummy Breakfast</u> by Alyssa Liang https://www.youtube.com/watch?v=RQlOmqd6SMs</p> <p>Eating a Healthy Breakfast 1 minute 46 second videoclip https://app.discoveryeducation.com/learn/videos/159d4772-14fb-41e4-b622-4b3abb598243/</p>

Cut out some healthy breakfast foods and glue them to a paper plate.

