

LESSON PLAN - Youth

Educator Name: _____ Date: _____

Name of Lesson: **Pyramids For Health**

Objectives: *What do you want your participants to know by the end of this lesson?*

- ▶ **Youth will become familiar with MyPyramid for kids**
- ▶ **Youth Identify that being healthy involves eating a variety of healthy foods and being physically active and perform a variety of fitness activities**
- ▶ **Youth will perform a variety of fitness activities and indicate where they fit in the Kid's activity Pyramid**
- ▶ **Youth will demonstrate the proper way to wash hands.**

ANCHOR:

☺ Because this is the first session, briefly introduce yourself. Provide nametags and encourage youth to write their name on it and place it in front of them.

- 1- Look at My Pyramid for kid mini-posters. What activities do you enjoy doing?
- 2- Come up to the front and pick a picture of a food you like to eat. Why do you like this food?
- 3- When do you think we should wash our hands?

ADD:

◆ Use the My Pyramid for kids poster to discuss why being active is healthy. Point to aerobic activities and discuss why they are important.

Use the My Pyramid for kids poster to describe the different food groups and which ones we need to eat more from and less from.

- Whole grains give us energy to run, jump and play.
- Fruits and Vegetables give us vitamins and minerals to keep us healthy.
- Meats and beans give us protein to keep us strong.
- Milk and dairy keeps our teeth and bones healthy and strong.

Discuss the importance of washing their hands properly before eating or handling food.

- Washing hands helps us to keep us from spreading germs and getting sick.
- Wash hands (after playing, touching pets, blowing noses, using the bathroom.

AWAY: Allow youth to think about what they will do with the information they learned today. Ask open-ended questions and allow them to reflect on what they will DO with the information.

Look back at the My Pyramid for kid poster and think about what we did today.

What physical activities might you try this week?

Successes experienced by this group or a participant so far...

Name of next lesson and Reminders:

Go the Distance with Grains

My Pyramid for kids poster and mini-posters

Food models

Tape

Music

Trail mix ingredients

Always Remember...

Voice By Choice – Learners will not be called on to speak in front of the whole group.

One, Two, Three, Four Five – Wait five seconds for responses before moving on.

Inclusion – Make sure everyone feels welcome and accepted in the group, knows what is happening, and has the opportunity to be heard.

Consideration – Start on time, end on time and come back from breaks in a timely fashion.

Encouragement – Be supportive and always recognize learners for their contributions by thanking them.