

LESSON PLAN - Youth

Educator Name: _____ Date: _____

Name of Lesson: **Go the Distance with Grains**

Review Last Lesson/ Ask Open-Ended Questions:

Go to the Distance with Grains

What kind of physical activities have you participated in since our last meeting?

What healthy food choices have you made since our last meeting?

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

1-Identify foods in the grain group such as bread, cereal, rice, and pasta

2-Describe the connections among grain group foods, physical activity and energy.

3-Will be encouraged to be physically active using a food theme

4-Will identify three food safety tips

ANCHOR: *Anchor the topic in your youth' lives first. Tap into their experiences and what they already know. Relate it to the topic you are about to teach. Participants should work with a partner*

Ask the children to name favorite foods in the grain group that they have tried,

APPLY:

Youth will take a question from the jeopardy envelope and guess the answer to the question.

Points will be given ranging from 10 to 40pts.

For example: They are served with syrup, or fruit. Ans. Pancakes-10pts

What pasta has the same name as something a man might wear when he is dressed

Food Activity: Mix Bag without the peanuts (to avoid complications with allergies)

Physical Activity: **Great Grain Obstacles**

Decide how many and which of the obstacle course stations in the following list you want to set up. Make and display newsprint posters to identify each obstacle course station.

- **Spaghetti Stretch-** players stretch up, down, to the left and to the right
- **Rice Run-** Players run in place to a count to 15
- **Popcorn Hop-** Players hop on one foot 10 times
- **Bread Basket-** Players march in and out of a row of chairs
- **Cracker Crunch-** Players jump in place to a count of 15
- **Cereal Circles-** Players walk in a circle around two chairs twice.

AWAY:

How many foods shown in the grain group have you tried?

Which news ones will you try?

What was fun about the lesson?

Successes experienced by this group or a participant so far...**Name of next lesson and Reminders:****High Five for Health (Fruits & Vegetables)**

Posters

Cornell Logo

Measuring spoons/cups

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.