

## LESSON PLAN - Youth

Educator Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Lesson: **Celebration**

Who remember what we talked about last week?

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

- 1- Review five food groups
- 2- Review different types of physical activities in the Pyramid
- 3- Review the importance of washing their hands correctly before eating or handling food.
- 4- Celebrate their success

**ANCHOR:**

- Hang the youth Pyramid poster in the room
- Welcome Children! Today we are going to have fun and celebrate. I would like for you to think about what you remember from this poster. When I say start, I would like you to share everything you remember, please raise your hands.

**ADD:**

-Split the youth into teams of three or four. Provide each team with one large blank Pyramid sheet & one sheet of food stickers.

- We are going to place food stickers in the correct food group. When I say go, work with your team to match food stickers to food group. Ready, set, go!
- Let's see how we did!

Who would like to demonstrate the proper way to wash hands?

When should we wash our hands?

What is the proper way to sneeze or cough?

Ask youth which activities have they tried at home?

Food Activity: Cheese Quesadillas on whole wheat tortillas

Physical Activity: Explain to the children that now they'll be doing something a little different. They'll be visualizing themselves playing a sport at their very best. Start off by having them perform various sport movements slowly for 30 seconds.

(For example: jumping jacks, pretending to swim, Imaginary jumping rope, fast walking while pumping the arms back and forth, slithering like a snake

Then have them close their eyes and visualize playing the sport whose movements they just practiced at their very best. Let the youth choose any thing they like.

Which sports did you enjoy trying to visualize?

**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.*

What will you tell your parents about My Pyramid?

Which activities do you plan on continue doing?

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

### ***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.