



Unit: Nutrition/Language Arts, First Grade

Title of Lesson: Green Eggs and Ham

Standard: Health Education Kindergarten through grade three
Expectation 1: The student will demonstrate ways in which they can enhance and maintain their health and well-being.
Food Choices:
-Grouping foods in many different ways-for example, by taste, smell, feel, color, sound, origin (plant or animal), or category.
-Preparing and trying a variety of healthy foods, using safe and sanitary food preparation and storage techniques.

Language Arts Reading

1.1.2 Identify the title and author of a reading selection.

1.1.6 Create and state a series of rhyming words, including consonant blends

Objective: Students will be able to use nutrition information to make healthful food choices.

Materials:

Eggs	Tablecloth
Bowls	Green produce
Low-fat milk	Forks
Hand beater	2 oz. containers
Green food coloring	Napkins
Measuring cups	Wet wipes
Food Guide Pyramid poster	Overhead projector
Food Guide Pyramid overheads	Electric skillet
Green produce worksheet and overhead	Spatula
Green Eggs and Ham worksheet	Measuring spoons
Small plates	

Procedures:

1. Introduction: (5 minutes)
 - a) Introduce MyPyramid with emphasis on the Fruit and Vegetable Groups and the Meat and Beans, Poultry, Milk and Grains Groups.
 - b) Give overview of lesson.



2. Activity: (1 hour)

- a) Discuss importance of eating healthy breakfast.
- b) MyPyramid: display poster and discuss importance of including fruit, vegetables, grains, milk, eggs, meat and beans in diet.
- c) Introduce nutrition worksheets.
- d) Assist students in preparation of regular scrambled eggs and green scrambled eggs.
- e) Taste test eggs and green produce and list preferences.
- f) Have students complete nutrition worksheets.

3. Concluding Activity: (15 minutes)

- a) Review/correct nutrition worksheets.
- b) Entertain questions from students.

Assessment:

Assess the students understanding of the importance of including fruit, vegetables, eggs and meat in their diet by evaluating class discussion, and reviewing their worksheets. Evaluate the lesson by using the student participation survey.