

General Health

Lesson: Nutrients & the 5 food groups
Author: Mr. Hilvers
Endorsed: St. Lawrence School
Level: Grade 5

****Correct Homework, if any****

Lesson Objective

Identify elements of a balanced diet; know how to handle/prepare foods safely.

Teaching Procedure

Read/discuss p. R8-R11

View/discuss: <http://www.nutritionexplorations.org/educators/pyramid-main.asp>

Lesson: Nutrition Project
Author: Mr. Hilvers
Endorsed: St. Lawrence School
Level: Grade 5

This is a short description of this lesson

****Correct Homework, if any****

Objective

Students will learn whether they are eating a balanced diet and compare the number of calories they are consuming with the number their bodies are burning.

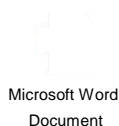
Teaching Procedure

Students will record their caloric intake for 1 day using food package nutrition labels and the calculator at <http://www.thecaloriecounter.com> --or--

<http://www.calorieking.com/foods/search.php>

After completing the form, will use the computer lab to interpret their total caloric intake using the calculator at <http://health.howstuffworks.com/framed.htm?parent=question457.htm&url=http://www.wvda.org/calcs/mcals.htm>

Project form:



Lesson: Other dietary guidelines
Author: Mr. Hilvers
Endorsed: St. Lawrence School
Level: Grade 5

****Correct Homework, if any****

Lesson Objective

Identify foods to limit or avoid, and those one should eat more of to promote good nutrition. Discuss eating disorders: Ms. Heinlen example.

Teaching Procedure

Discuss Health p. 94-97

Homework Assignment

Do p. 98, Words for Health, 1-10

Lesson: Food Safety
Author: Mr. Hilvers
Endorsed: St. Lawrence School
Level: Grade 5

Objective

Students will learn ways to handle food so as to prevent contamination.

Teaching Procedure

Read/discuss p. R10-R11.

Lesson: First Aid: Basic principles
Author: Mr. Hilvers
Endorsed: St. Lawrence School
Level: Grade 5

****Correct Homework, if any******Lesson Objective**

List basic first aid principles, and understand correct first aid procedures for treating bleeding, burns, choking, headinjuries, snake and insect bites, shock.

Teaching Procedure

Read/discuss Health p. 268-273

View/discuss: <http://www.keepkidshealthy.com/welcome/firstaid.html>

Lesson: First Aid: Treating common injuries
Author: Mr. Hilvers
Endorsed: St. Lawrence School
Level: Grade 5

****Correct Homework, if any******Lesson Objective**

List basic first aid principles, and understand correct first aid procedures for treating bleeding, burns, choking, headinjuries, snake and insect bites, shock.

Teaching Procedure

Read/discuss Health p. 274-277

View/discuss: <http://www.keepkidshealthy.com/welcome/firstaid.html>

Lesson: Test

Author: Mr. Hilvers
Endorsed: St. Lawrence School
Level: ...

Test

<file:///G:/Teachers/Hilvers/St%20Lawrence/2009-10/Tests/Science5%20Test%20-%20nutrition%20first%20aid.doc>