

Lesson Plan

Title of lesson	
Food and You	
Purpose	
<p>. The purpose of this unit is to promote healthy food choices, to develop an appreciation and understanding of their own and other cultures, to develop interest in a wide variety of food from their own and other cultures.</p> <p>Using Canada's Food Guide to Healthy Eating, determine the food group or Other Foods category to which each food belongs. Then determine the amount of one serving for each of the foods.</p>	
Learning outcome(s)	
<ul style="list-style-type: none"> • students will demonstrate an understanding the importance of making healthy food choices. • students will develop an appreciation and understanding of their own and other cultures • students will develop interest in a wide variety of food from their own and other cultures. 	
Bridge-in	
Discuss food issues and cultural awareness.	
Pre-test	
Use handout in power point	
Input from you	Guided practice
See included power point	See included power point
Closure	
Completed assignments.	
Check for understanding	
Awareness of healthy food from their own and other cultures.	
Assessment	
Completed projects.	