



## **Health Smart Virginia - Sample Lesson Plan**

### **Grade 1 – Body Systems**

#### **Unit 5**

#### **SOLs:**

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- 1.1 .a – Identify body structures (abdomen, chest, head) and organs (heart, brain, lungs, stomach).
- 1.2. a – Describe the importance of having a healthy heart, brain, and lungs.
- 1.2 .b - Select behaviors that help keep the heart, brain, and lungs health.

#### **Title: The Stomach and Digestive System**

#### **Objectives/ Goals:**

- The student will be able to identify the stomach from a picture.
- The student will be able to cite what the functions of the stomach are.
- The students will be able to identify the stomach as one of the body's major organs.
- The student will be able to list several ways to keep your stomach healthy.

#### **Materials:**

- You Tube Video – Magic Box English – Stomach , time 1:31 <https://youtu.be/ql75s0jVlvU>
- Worksheet – “Eating”
- Coloring Sheet – “Stomach and esophagus”
- Red balloon

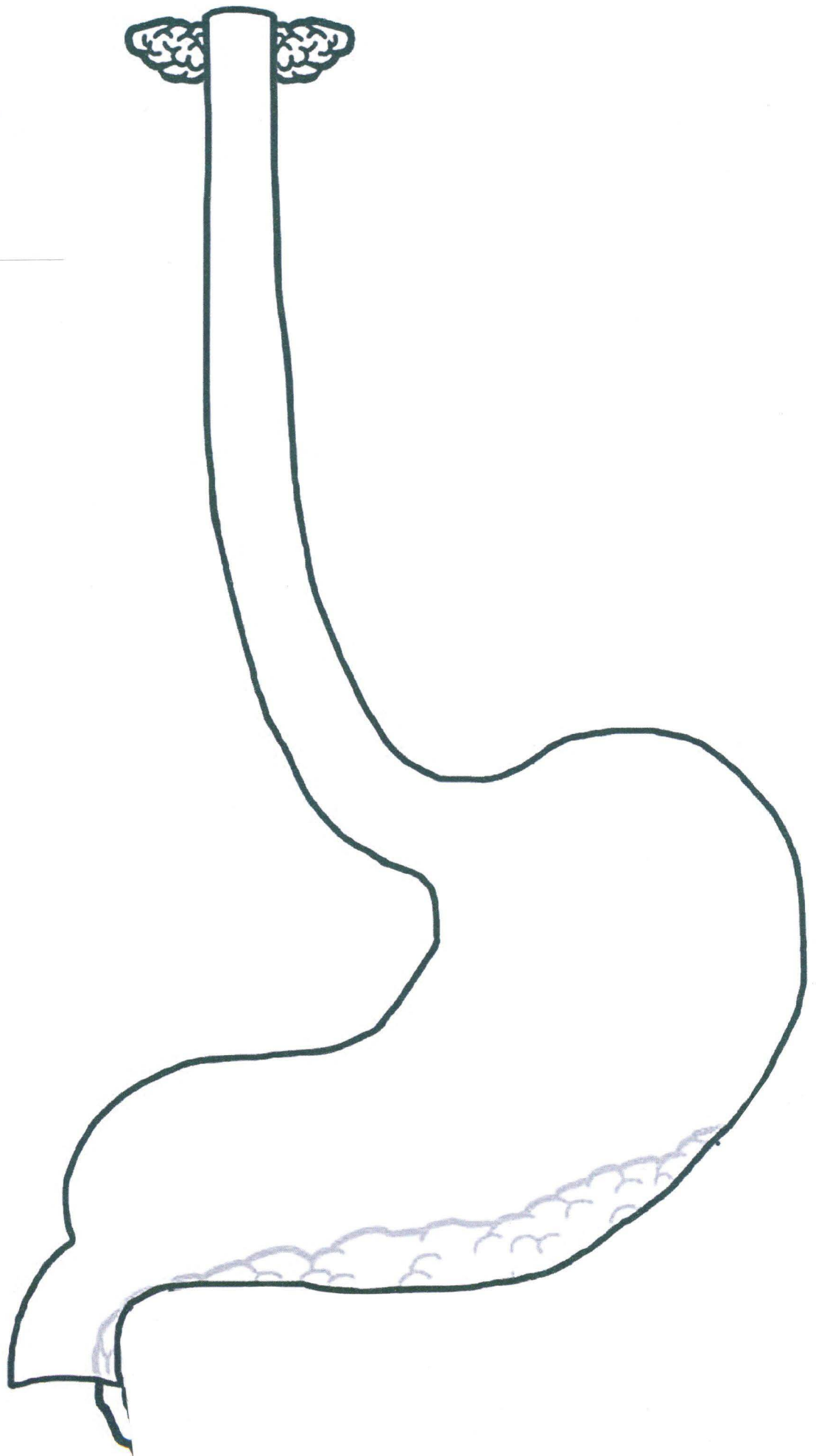
**Procedure:**

Step 1	Review information learned about other body parts. Explain that today we are going to learn about the stomach and the digestive system.
Step 2	Show You Tube video Magic Box English – Stomach. Make sure that the students understand facts: The stomach can expand, it stores food, it breaks down food into a liquid like a smoothie, and it helps get rid of bacteria in foods so you don't get sick.
Step 3	Show the students a red balloon with a little water in it. Let the students feel how stretchy it is. Fill the balloon with more water and watch it expand. Ask the students how they feel when they eat too much? Explain how the body gets rid of the waste.
Step 4	Have students complete the coloring sheet "Eating". Go over the different parts of the digestive system. Discuss how you can keep your digestive system healthy by eating lots of fruits, vegetables, and healthy grains. Show pictures of different foods.
Step 5	Students will color and cut out the remaining stomach sheet and keep the picture in their folder or have teacher collect them for future use on their "My Body" project.

**Assessments, References, & Sources:**

- You Tube video – Magic Box English - Stomach
- Coloring sheet "Eating", [education.com/worksheets](http://education.com/worksheets)
- Coloring sheet "Stomach and Esophagus" Sheri Amsel [www.exploringnature.org](http://www.exploringnature.org)

**Stomach,  
Esophagus,**



# Eating

When you eat, you taste food with your **tongue (1)** and chew it into pieces.

When you swallow, pieces of food move down the **esophagus (2)**.

As food moves through the **stomach (3)** and **small intestine (4)**, it breaks down into pieces tiny enough to feed the cells in your body.

Parts of the food that cells don't use keep moving through your **large intestine (5)** and **rectum (6)** until they finally pass out of your body.

