



Grade 1 Sample Lesson Plan: Unit 1 – Nutrition, Physical Activity, and Health Promotion

SOLs

- 1.1.C Describe correct posture for sitting, standing, and walking.
- 1.1.D Identify behaviors that promote health and wellness, to include personal hygiene, sleep, physical activity, and healthy food choices.
- 1.2.B Select behaviors that help keep the heart, brain, and lungs healthy.
- 1.2.C Practice correct posture for sitting, standing, and walking.
- 1.2.D Discuss the importance of personal hygiene, to include care of one's teeth.
- 1.2.E Recognize that physical activity is a form of healthy entertainment.
- 1.2.F Determine how sleep habits affect mood and academic performance.
- 1.2.G Compare and contrast healthy and less-healthy food choices.
- 1.2.H Explain the importance of making healthy decisions and how unhealthy decisions affect the body.

Objectives/Goals

- Students will understand and demonstrate physical activity, nutrition, hygiene

Materials

Following are a few activity ideas. The Health Smart Virginia website provides a bank of more detailed lesson plans to meet the Grade 1 Health Promotion SOLs in the *Related Resources* listing under this lesson on the website. To directly access these on their source sites, click the links on the references below.

Procedure

Nutrition

- Have students utilize the choosemyplate.gov curriculum and activities.
- Have students sort images into healthy and less healthy food choices and discuss their choices.

Physical Activity

- Engage students in classroom physical activity breaks.
- Have students draw pictures of their favorite physical activities.
- Have students draw pictures of people with good and bad posture.
- Have students practice sitting and standing with good posture.
- Ring a chime at periodic intervals through the day as a signal to students to assume good posture.

Other

- Show students images of people of all ages engaged in an array of activities and have them select behaviors that keep the heart, brain, and lungs healthy.
- Use online videos about proper oral hygiene and have students practice brushing and flossing their teeth.
- Demonstrate how to properly wash hands and have students practice hand-washing behaviors.
- Have students monitor their personal hygiene practices for a week using a checklist and report on what they have learned and why hygiene is important.

Assessment Idea

- Evaluate student completion of class activities or worksheets and student participation in discussion and activity.

References

Nutrition

Interactive site

- My Plate Kids Place <https://www.choosemyplate.gov/kids>

Other

- American Heart Association (AHA) - Elementary Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- BAM! Body and Mind Teacher's Corner Nutrition - <http://www.cdc.gov/bam/nutrition/index.html>
- Food Plate Game - <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Fuel Up to Play 60- 101 Tips for Teaching Nutrition in Physical Education <http://westerndairyassociation.org/download/101-tips-for-teaching-nutrition-in-pe/>
- Great Body Shop - <http://www.thegreatbodyshop.net/curriculum/k-six/topics>
- Kids Health Teacher's Guides:

Breakfast

- <https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/breakfast.pdf>

Food and Cooking Safety

- https://classroom.kidshealth.org/classroom/prekto2/personal/safety/food_safety.pdf

Healthy Snacking

- https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf

School Lunch

- https://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/school_lunch.pdf
- Learning to Give- What Is a Balanced Menu? <http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu>
- Learning to Give- What Is My Plate - <http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate>
- Learning to Give- World Hunger - <http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger>
- My Plate-based Grade K-2 Curriculum <http://www.maricopaschoolwellness.org/grades-k-2>
- NIH We Can! Eat Play Grow site <http://www.nhlbi.nih.gov/health/educational/wecan/>
- NIH Eat Play Grow Curriculum <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/eatplaygrow.pdf>
- PBS Arthur Nutrition – Eat Well <http://pbskids.org/arthur/health/nutrition/>
- PBS Fizzy's Lunch Lab site <http://pbskids.org/lunchlab/>

- PBS Fizzy's Lunch Lab videos <http://www.pbslearningmedia.org/collection/fizzys-lunch-lab/>
- PE Central Lessons <http://www.pecentral.org/lessonideas/pelessonplans.html>
- There's a Rainbow on My Plate http://www.pbhfoundation.org/pub_sec/edu/cur/rainbow/
- Together Counts K-2 Nutrition curriculum <http://www.togethercounts.com>
- -Food for Thought
[http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/ K-2_2.3_Food_For_Thought.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/K-2_2.3_Food_For_Thought.pdf)
- -Healthy Eating Patterns
[http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/ K-2_2.1_Healthy_Eating_Patterns.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/K-2_2.1_Healthy_Eating_Patterns.pdf)
- -Job of a Nutrient
[http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/ K-2_2.2_Job_of_a_Nutrient.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/K-2_2.2_Job_of_a_Nutrient.pdf)
- USDA - Serving Up My Plate – A Yummy Curriculum Grades 1-2
<https://www.choosemyplate.gov/kids-parents-educators>
http://www.fns.usda.gov/multimedia/tn/sump_level1.pdf
<http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>

Physical Activity

- Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers
<http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- Activity Breaks <http://www.healthworldeducation.org/industry-trends/item/183-activity-break-5-ways-add-burst-physical-activity-classroom>
- American Heart Association (AHA) - NFL Play 60 Challenge
http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WHVKCWVNGs0
- East Carolina University -Energizers for Grades K-2 https://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf
- Fuel Up to Play 60 https://www.fueluptoplay60.com/tools#tab_why-physical-activity
- Fast Breaks https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf
- Kids Health Teacher's Guides:

Fitness

- <https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/fitness.pdf>

Sportsmanship

- <https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/sportsmanship.pdf>
- National Institutes of Health (NIH)- We Can! Eat Play Grow site
<http://www.nhlbi.nih.gov/health/educational/wecan/>

- National Institutes of Health (NIH) Eat Play Grow Curriculum
<https://www.nhlbi.nih.gov/health/educational/wecan/downloads//eatplaygrow.pdf> PE
Central Lessons Site <http://www.pecentral.org/lessonideas/pelessonplans.html>
- Safe Routes to School <http://www.saferoutesinfo.org/program-tools/access-classroom-resources>
- SHAPE America - Space Jamming
<http://www.shapeamerica.org/events/pesportweek/upload/Space-Jamming-2.pdf>

Sleep and Hygiene

- Al's Pals: Kids Making Healthy Choices- <http://wingspanworks.com>
- CDC Cover Your Cough Poster http://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf
- CDC Hand Washing Experiment -
https://www.cdc.gov/bam/teachers/documents/epi_4_hand_wash.pdf
- Germs – video <https://www.youtube.com/watch?v=DYKADcR34Y8>
- Getting Ready for Bed - <https://www.teachervision.com/healthy-lifestyle/printable/33800.html>
- Hand Washing _ It's a Snap (Middle School Curriculum)
<http://www.itsasnap.org/snap/pdfs/SNAP%20Toolkit%20FINAL%204.pdf>
- Henry the Hand – 4 Principles of Hand Awareness <http://www.henrythehand.com>
- How to Brush Your Teeth Properly - For Kids- video <https://youtu.be/hDZXSMU2IAk>
- How to Wash Your Hands –video <https://www.youtube.com/watch?v=LQ24EfM7sEw>
- Kids Health Teachers Guides:
- Germs <https://classroom.kidshealth.org/classroom/prekto2/personal/hygiene/germs.pdf>
- Sleep <https://classroom.kidshealth.org/classroom/prekto2/body/functions/sleep.pdf>
- NIH Open Wide and Trek Inside – Oral Health Lesson
<https://science.education.nih.gov/customers/ESDental.html>
- Oral Health Education: Saving Smiles Series- “Healthy Mouth, Healthy Body”
http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving_Smiles_K-5_Oral_Health_Education_Curriculum.pdf
- PE Central – Rush to Brush -Grades K-2
http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=922#.V7_RU8dNFho
- Seuss Sleep Book Lesson Plan -
<http://www.brighthub.com/education/k12/articles/20926.aspx>
- Sleep Education K-2 <http://school.sleepeducation.com/K-2.aspx>
- Sleep – BrainPop <https://www.brainpop.com/science/ecologyandbehavior/sleep/>
- Virginia Department of Health Dental Program <http://www.vdh.virginia.gov/oral-health/>
- When and How to Wash Hands <http://www.cdc.gov/handwashing/when-how-handwashing.html>
- Why We Need Sleep - <http://www.instructorweb.com/lesson/sleep.asp>