



## Grade 3 Sample Lesson Plan: Unit 1 – The Digestive System

### SOLs

- 3.1.A Identify the major structures and functions of the digestive system.
- 3.1.B Describe why digestion is important and how the body uses digested food molecules.
- 3.1.G Define and describe noncommunicable diseases.
- 3.3.A Evaluate the role of the digestive system in providing energy for the body.
- 3.3.C Identify ways in which health care has improved as a result of technology.

### Objectives/Goals

- Students will understand the structure and functions of the digestive system.

### Materials

- Internet access

### Procedure

- Have students visit the KidsHealth.org site - *How the Body Works*: to:
  - read the article *Your Digestive System* (<http://kidshealth.org/en/kids/digestive-system.html>) ;
  - watch the movie *How The Digestive System Works* (<http://kidshealth.org/en/kids/dsmovie.html>) ;
  - take the *Digestive System Quiz* at <http://kidshealth.org/en/kids/dsquiz.html> and
  - complete the *Digestive System* worksheet at <http://kidshealth.org/en/kids/bfs-dsactivity.html> to label parts of the skin.
- Scholastic Study Jams! is an interactive site on the digestive system: <http://studyjams.scholastic.com/studyjams/jams/science/human-body/digestive-system.htm> .

- Create a fun, active digestive system relay race: students start with an apple and run the “course” it would take through the digestive system. Be creative and funny!
- The KidsHealth.org *Teacher’s Guide on the Digestive System* (<https://classroom.kidshealth.org/classroom/3to5/body/systems/digestive.pdf>) provides additional information for discussion and instructions for two student activities, (i.e., students create and perform The *Digestive Dance* to show how food moves through the digestive system, and students create an play a *Let’s Digest Board Game*).
- To additionally engage students in demonstrations of the digestive system, adapt ideas provided in the lesson plans:
- Amazing Body Systems ([http://www.coreknowledge.org/mimik/mimik\\_uploads/lesson\\_plans/271/Amazing](http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf)  
▪ [%20Body%20Systems.pdf](http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf) ).
- Body Systems Lesson Plan (<http://inside.mines.edu/~nstambac/Body%20Systems%20Lesson%20Plan.pdf>), and
- What Happens When You Eat? (<http://mypages.iit.edu/~smile/bi9706.html>),
- Include a discussion of how technological advances (e.g., various internal scoping and imaging techniques which allow doctors to see inside the body) have improved the diagnosis of digestive disorders and diseases.

### Assessment Idea

- Evaluate student participation in class discussion and activities.

### References

- KidsHealth.org <http://kidshealth.org>
- Kids Health How the Body Works YouTube Video Series <https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- Scholastic Study Jams! <http://studyjams.scholastic.com>
- Amazing Body Systems ([http://www.coreknowledge.org/mimik/mimik\\_uploads/lesson\\_plans/271/Amazing%20Body%20Systems.pdf](http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf) ).
- Body Systems Lesson Plan (<http://inside.mines.edu/~nstambac/Body%20Systems%20Lesson%20Plan.pdf>)
- What Happens When You Eat? (<http://mypages.iit.edu/~smile/bi9706.html>)