

## Fact and Opinion Relay

### Learning Objectives

- I can explain the importance of water, healthy food choices and name different types of grains. (VA H3.1b, H3.2c)
- I can describe the benefits of getting enough sleep and the consequences of the use of electronic devices (VA H3.2.e)
- I can explain what my school can do for students with food allergens.(VA H3.2 4)
- I can distinguish between fact and opinion(Reading 3.8)

### Teacher Notes

- Students will focus on facts and opinions about select health topics.
- March is National Nutrition Month
- Vocabulary
  - Whole grains vs. refined grains – A whole grain is a grain that contains the endosperm, germ and bran, in contra to refined grains which only retain the endosperm. Whole grains contain more fiber and are associated with a lower risk of man diseases
  - Food allergens - an unpleasant or dangerous immune system reaction after a certain food is eaten.
  - Screen time - time spent using a device such as a computer, tablet, smartphone, television or game console.
  - Fact – something that is known or proved to be true
  - Opinion –a view or judgement about something not based on fact of knowledge.
- Materials
  - Cones (one per group of students) - optional
  - Cardstock- 20 pieces (5 colors – 4 pieces of each color)
  - Attached fact and opinion cards
  - scissors

### Lesson Steps

- Copy the attached fact and opinion cards onto colored cardstock and cut. There should be 5 sets – one of each color.
- Place matching FACT and OPINION title cards at each cone.
- Spread the fact and opinion sorting cards across the room or playing area away from the starting cones.

#### *Step 2 (New information – direct instruction/teacher-facilitated learning)*

- Review the difference between fact and opinion and have student share some examples.



- Explain to students that they will be doing a relay activity today to practice fact and opinion, but also to discuss healthy habits.
- Split the students into 5 groups and assign each group a starting cone where the FACT and OPINION title cards have been placed.
- Tell the students what type of loco-motor skill they will be using today (run, skip, crabwalk, etc.)
- Tell students that the color of their FACT and OPINION title cards are the same color cards they will be retrieving.
- On the “go” signal the first student in each line will travel to collect a card that matches their assigned group color and return.
- Have students read their card to their group and collectively agree whether the statement is a fact or an opinion and then place the card below that title card.
- Once the card has been placed the next student will go. This will continue until all of their cards have been retrieved and classified.

### **Assessments**

- When all statements have been classified, the teacher will call on teams to share what they have.
- As statements are shared, the students and teachers discuss why the statements are facts or opinions. This will lead to discussion of proper nutrition, and physical health.

### **Resources/References**

KidsHealth.org – peanut and nut allergy information <https://kidshealth.org/en/kids/nut-allergy.html?WT.ac=ctg#catfood>

Myplate.gov – information on the Grain group <https://www.myplate.gov/eat-healthy/grains>

KidsHealth.org – dehydration

<https://kidshealth.org/en/kids/dehydration.html?WT.ac=ctg#catbody>

### **Handout**

**FACT**

**OPINION**

Too much screen time has been shown to affect sleep habits.

Screen time should only be for adults

Whole grains contain more fiber than refined grains.

Whole grain products taste better than any other grain.

<p>If someone is allergic to peanuts they might not be allergic to tree nuts.</p>	<p>People who have peanut allergies shouldn't even look at a peanut.</p>
<p>You should drink more water when it's hot outside or you have been exercising.</p>	<p>Water should only be available to people working out.</p>
<p>Water is a nutrient your body needs to stay hydrated.</p>	<p>My favorite drink is water.</p>

<p>There are many things schools do in the cafeteria and classrooms to help students who have food allergies.</p>	<p>Students with food allergies are more fun to be around.</p>
<p>Grains can be wheat, oat, barley or rice.</p>	<p>Grains are my favorite food group.</p>
<p>March is National Nutrition Month.</p>	<p>Nutrition month should be celebrated every month.</p>



<p>Many sodas contain sugar or sugar alternatives in their ingredients</p>	<p>You should never drink soda.</p>
<p>Children between the ages of 4 and 8 should get at least 5 cups (8oz) of water a day.</p>	<p>Fruit flavored water tastes great.</p>
<p>Dehydration is when your body does not get enough water.</p>	<p>Gatorade is better than water.</p>