



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade Level 4 – Healthy Environment

Unit 3

SOLs:

- 4.1 r – Describe the efforts of air pollution on health.
- 4.2.s – Explain the health consequences associated with air pollution.
- 4.2.o – Develop strategies to reduce air pollution.

Title: **Air Pollution and Trees**

Objectives/ Goals:

- The student will be able to identify ways trees work to protect our natural resources.
- The students will be able to describe several ways trees enhance human environments and natural ecosystems.
- The students will learn basic facts about trees as a natural resource and why they are so important to our well-being.

Materials:

- Book: *We Planted A Tree* by Diane Muldrow
- You Tube Video: Trees <http://www.youtube.com/watch?v=Si7u5FMQxHA>
- Venn Diagram
- Unit Assessment

Procedure:

Step 1	Fill out a KWL chart to see how much students already know about trees.
Step 2	Show the video Trees. Trees http://www.youtube.com/watch?v=Si7u5FMQxHA Follow up with a discussion about what they learned in the video. Make sure they understand basic facts, such as: Trees provide us with oxygen, provide food for both humans and animals, clean the pollution in the air by turning carbon dioxide into oxygen, provide us with shade, cool the Earth from the heat by cooling the ground and air around them.
Step 3	Discuss climate change and how greenhouse gasses keep the heat in the Earth. This results in higher temperatures and the melting of our ice caps. Trees reduce the amount of harmful greenhouse gases.
Step 4	Discuss how rising temperatures affects our health. Eg. Asthma, Bronchitis, etc.
Step 5	Read book: <i>We Planted A Tree</i> by Diane Muldrow Discuss differences in the families. Fill out a Venn Diagram comparing and contrasting how the families benefitted from planting a tree.
Step 6	Tell the students that tomorrow we will be planting our own trees at school in order to make our school and the air we breathe healthier. See Lesson "Planting a Tree"
Step 7	Give assessment

Assessments, References, & Sources:

- Book: *We Planted A Tree* by Diane Muldrow
- National Arbor Foundation
- You Tube Video: Trees <http://www.youtube.com/watch?v=Si7u5FMQxHA>
- Assessment by Nancy Lewis

Name _____

Air Pollution Quiz

1. Give 2 examples of air pollution:

1. _____

2. _____

2. Name 2 things we can do to help reduce air pollution

1. _____

2. _____

3. Circle the items below that are ways trees help us:

Cools the air

Gives us food

Helps us walk

Breathes for us

Makes oxygen

Cleans the air

Gives us rain

Helps control erosion

Absorbs carbon dioxide

4. How can air pollution harm your health?

5. Greenhouse gases can cause temperatures to: _____

6. How many trees are there on earth? _____

7. Name 3 foods we get from trees:

_____, _____, _____

8. We breathe in _____ and trees take in _____

Family 1

We Planted A Tree

Family 2

