



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 5 – Body Systems

Unit 3

SOLs:

- 5.1.A Identify the major structures and functions of the integumentary (skin, hair, and nails) system.

Title: Jolly Rancher and the Senses

Objectives/ Goals:

- The student will be able to...
 - identify the functions of their five senses
 - describe how they use their five senses when eating a jolly rancher
 - explain the different parts of their 5 senses they are using to complete the writing

Materials:

- 1 Jolly Rancher per student
- [Jolly Rancher Writing](#)

Procedure:

Step 1	<ul style="list-style-type: none">● Utilize this performance assessment upon completion of lesson taught on the five senses and personal health. This cross-curricular literature activity has students work on grammar and literature components
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	relating to writing about sensory details.
Step 2	<ul style="list-style-type: none"> ● Ask students if they've ever had a Jolly Rancher or a hard candy that is similar. Ask them why they liked it or didn't like it. ● Give each student a Jolly Rancher but tell them not to eat it just yet.
Step 3	<ul style="list-style-type: none"> ● Explain they have an assignment based on that Jolly Rancher. ● Before they eat it review the body parts, systems, and five senses that will help the students eat the Jolly Rancher. <ul style="list-style-type: none"> ○ Skin-touch ○ Mouth/teeth/tongue-taste ○ Eyes-looks like ○ Nose-smell ○ Ears-sounds like
Step 4	<ul style="list-style-type: none"> ● Pass out the Jolly Rancher Writing worksheet and explain the directions. ● Before actually putting the Jolly Rancher in their mouth they need to address the senses of touch, sight, smell, and sound. ● As they are doing this they can write down a few key words about each sense to help them complete the assignment. ● Once they've completed the first four senses they can eat it and explain the last sense of taste.
Variations	<ul style="list-style-type: none"> ● You can use any candy or food item. It may help to have 2 choices in case a student does not like Jolly Ranchers or is not able to eat them due to dietary restrictions. ● Complete a similar activity with a food item that a student may not like. They wouldn't have to eat it to be able to complete the assignment.

Assessments, References, & Sources:

- Stacy Adams, Shaler Area Elementary School

