

Cause and Effect Health Concepts

Learning Objectives

- I can identify cause and effect relationships (ELA Writing 5.5k)
- I can analyze the impact of positive health behaviors on personal health. (VA 5.1.a)

Teacher Notes

- Cause and effect is a relationship between events or things that where one is the result of the other. The cause is what happens that leads to an effect or a reaction.
- Materials – copy of the attached worksheet for each student.

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- Review cause and effect.
- Have students provide examples of cause and effects.
- Explain to students that actions we participate in on a daily basis have an effect on our bodies and our health.
- Tell them that in today's activity, there will be examples of some of these.

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

- Hand each student the attached worksheet.
- Explain that there are 10 sentences dealing with personal health.
- Show them that each sentence has an underlined section.
- Tell them they are to decide if the underlined sentence is the cause or the effect.
- After they write which of the choices it is in the blank provided, they are to stand up and participate in 10 jumping jacks if they chose CAUSE and 10 cross crawls if they chose EFFECT.
- They are to continue until they have completed all 10 sentences.

Step 3 (Application – how student will apply/practice new learning)

- Students can work in pairs if needed.
- After all 10 sentences, have students write their own sentence on the back of the paper with a cause and an effect associated with personal health choices.
- Choose different students to read their sentences and the class to discuss the cause and effect.

Assessments

- Collect the papers to check for understanding.



Sample Lesson Plan
Virginia 2020 SOL Edition
GR5-HP-16
Essential Health Concepts
ELA - Writing
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Extensions/Connections

<http://www.viewpure.com/T7uq3g0TVpU?start=0&end=0> – Cause and Effect – Mind Blooming

Resources/References

Handout

attached



CAUSE AND EFFECT

NAME _____

Read the sentences below. Identify the underlined part of the sentence as CAUSE or EFFECT. Participate in the exercise that goes with your choice. Continue until you complete all 10 statements.

CAUSE = 10 Jumping Jacks

Effect = 10 cross crawls

#	SENTENCE	CAUSE or EFFECT
1.	John drank too much caffeinated soda, therefore, it <u>gave him a headache.</u>	
2.	<u>Exercising each morning</u> provided Susan with the energy she needed to get through the day.	
3.	The dentist told Sally that not flossing could <u>lead to gingivitis.</u>	
4.	<u>Making healthy food choices,</u> can help people maintain a healthy weight.	
5.	Kelly forgot to put sunblock so she <u>ended up with sunburn on her face.</u>	
6.	Being physically active, getting enough sleep and having good personal health habits, consequently leads to <u>having a healthy heart.</u>	
7.	Xavier <u>did not drink enough water</u> and it caused dehydration.	
8.	Hiram got enough fiber for the day by <u>eating a variety of fruits and vegetables.</u>	
9.	Gina <u>fell and scraped her knee,</u> because she did not tie her shoes properly.	
10.	Fortunately, Armani was <u>wearing a helmet</u> when she fell, thus protecting her head from damage.	

CAUSE AND EFFECT

Answer Key

#	SENTENCE	CAUSE or EFFECT
1.	John drank too much caffeinated soda, therefore, it <u>gave him a headache.</u>	EFFECT
2.	<u>Exercising each morning</u> provided Susan with the energy she needed to get through the day.	CAUSE
3.	The dentist told Sally that not flossing could <u>lead to gingivitis.</u>	EFFECT
4.	<u>Making healthy food choices,</u> can help people maintain a healthy weight.	CAUSE
5.	Kelly forgot to put sunblock on, so she <u>ended up with sunburn on her face.</u>	EFFECT
6.	Being physically active, getting enough sleep and having good personal health habits, consequently leads to <u>having a healthy heart.</u>	EFFECT
7.	Xavier <u>did not drink enough water</u> and it caused dehydration.	CAUSE
8.	Hynam got enough fiber for the day by <u>eating a variety of fruits and vegetables.</u>	CAUSE
9.	Gina <u>fell and scraped her knee,</u> because she did not tie her shoes properly.	EFFECT
10.	Fortunately, Armani was <u>wearing a helmet</u> when she fell, thus protecting her head from damage.	CAUSE



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