

Nutrition: Meal Planning

Learning Objectives

- I can create a one day plan for meals, snacks and beverages (6.3b)

Teacher Notes

- This lesson will include pauses for student thinking and discussion. Pause the video as instructed for student input.
- Students will give “speed presentations” to each other in a quick pitch format. Please include time for students to create their meal plan as well as share with peers.

Lesson Steps: Video Outline: [6.3b Nutrition: Meal Planning Video](#)

Step 1 Introduction

- Pre-Assessment
 - When it’s time to eat how can we choose foods to give our body the nutrients it needs?
- The video will review basic meal planning recommendations

Step 2 Activity

- Meal Plan Creation: Students will be given time to create a meal plan including breakfast, lunch, dinner, snacks and drinks
- Speed Presentations: Students will line up and be given two minutes to pitch their meal plan to the person in front of them. Both students will share before ONE student rotates to the next student in line. Allow the student to present to as many students as possible prior to voting on the classes favorite plan by a show of hands

Step 3 Closure

- Exit Ticket: How likely are you to plan your meals ahead for proper nutrition?

Assessments

- Pre: Lesson will introduce topic, engage learners, and access prior knowledge
- Post: Meal plan creation will allow students to apply content knowledge to real world situations. Teacher will observe student plans to determine level of understanding.



Sample Lesson Plan
Virginia 2021 SOL Edition
Created by: Loren Dragon
Nutrition: Meal Planning
GR6-NUTR-3
Grade 6 - 6.3b

Extensions/Connections/Applications

- Modify the amount of time students can pitch their plan depending on teacher preference
- Extend the learning opportunity by having students include macronutrients for the meal plan.

Resources/References

- [Health Smart VA](#)
- [McGrawHill Education: Glencoe Teen Health](#)
- [Classroom Timer](#)
- [MyPlate](#)
- [6.3b Nutrition: Meal Planning Slides](#)