

LESSON: Intro to Digestion

DATE: 1/2/17

GRADE: 3/4

STANDARDS:

NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

PERFORMANCE INDICATORS:

Lesson is content rather than skills-based and does not clearly fulfill indicators. Information is foundational for nutrition (i.e., understanding how we digest foods and what we do with nutrients) to help students with decision making and self-management.

OBJECTIVES: At the end of class, students will . . .

- Identify the organs of the digestive system and what they do.
- Begin explaining the overall process of digestion.
- Understand how nutrients leave the food we eat and get to cells around our bodies.

ACTIVITY: Measuring a small intestine (formative assessment)

- Students create a large circle around room. We measure a length of rope in one foot increments and ask students to stand at each one foot segment. As I hand each section of rope to a student, they will share one thing they know about digestion (note: remember to jot these down during movie!)

ACTIVITY: Video & Quiz

- Watch Kids Health Digestive Video --
<http://kidshealth.org/en/kids/dsmovie.html?WT.ac=en-k-htbw-main-page-h>
- Quiz: <http://kidshealth.org/en/kids/dsquiz.html> (students complete on their own plus we do as group)
- Time permitting, answer additional questions students have

MATERIALS:

- Long rope
- 1 foot ruler
- Laptop queued to video and quiz