



Fruitful Minds Lesson 6: Review

Objectives

- Review materials from the past five lessons
- Administer post-curriculum survey
- Wrap up the course

Materials

- Powerpoint
- Fruitful Notes for Lesson 6, Lesson 6 Worksheet
- Post-curriculum survey
- Smart board, smart board pen

Prior to Class

- Confirm that the program manager has asked the teacher to prepare the following:
 - Request the teacher to assign students different leadership tasks: distribute handouts, distribute snacks, select speaker (first student selects who will answer a question, and the chosen student can choose the next, and so on...)
 - Write roles and students' names on the board.
 - Ask the teacher to make name tags for students to put on their desks
- Prepare for physical fitness activity
- **Before you start, please turn off your cell phones.**

Lesson 6 Overview

1. Do physical activity for lesson 6
2. Fill out Fruitful Notes for Lesson 6
 - Pick one student to review all food groups
 - Pick one student to put check marks for all the nutrients under the different food groups
 - *Which food groups contain foods that are rich in fiber? Grains (if it's whole grain, not refined grain), fruits, and vegetables.*
3. Nutrition Jeopardy Activity: see the "Activity" section for details
4. Post-curriculum survey
 - Allow for about 15 minutes to complete the survey
 - Do not put their names on them. When finished, sit quietly.
 - Collect surveys

5. Final remarks

Activities

- Nutrition Jeopardy Activity
 - Split the class into groups of 4-6 students.
 - Regardless if a team answers a question correctly, after a team answers a question, the next team gets to choose a different question to answer. (If a team answers a question correctly, it does not get to choose another question to answer.)
 - If a team gets a question wrong, do not deduct their score.
 - Ambassadors should keep track of which questions have been chosen and answered, and the score of each team. Ambassadors can do so using a smart board or chalk board.