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| **Health and Safety, PREK-2:**  Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.1.2.1 Identify that healthy behaviors affect personal health (e.g., healthy eating, adequate sleep, physical activity, positive peer interactions).**ELA** Listening and Speaking; Reading and Writing. | At Oakwood Elementary, lots of apples and oranges get thrown away every day in the school cafeteria. The principal and teachers are concerned that most students are not eating a healthy lunch and that good food is thrown away. |
| Project Lunch:*How do healthy foods help us grow stronger?* | **Students will participate in a unit on healthy eating which will include: identifying healthy foods from junk food; reading books about trying healthy foods like *Green Eggs and Ham, I will No Never Eat A Tomato;* participate in art by designing healthy plates.****Students will tour the cafeteria and create questions as a class for the cafeteria workers. They will also interview another grade /class about how often they eat their fruits and vegetables in the cafeteria.** |
| Teacher Ideas: *Create a book about healthy foods and why you should eat them; Healthy Eating posters in the cafeteria. design health cafeteria meals that students might like.*Student Ideas: *Give the extra food away; tell the other students about healthy foods.*The class chooses two ideas--one from the teacher and one from the students.. | The Project will take 1 week. During that week, students will: 1. plan and design the pages of a book about healthy eating as a class.
2. create their own page in the book.
3. the book is shared with parents.
4. the class creates a presentation to the third and fourth graders about why they should be eating fruits and vegetables in the cafeteria.
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| An assembly is held for the third and fourth graders in the cafeteria. Students present their reasons for eating more fruits and vegetables in the cafeteria and at home. Students read aloud their created book.   | Students present the design of the book to the librarian and find out what makes a good book great. They practice their presentation for the assembly. They check that they are looking at the audience, speaking loudly, and using the microphone correctly. They check these things with each other.  |