

Wast Area Adult School Lesson Plan		Teacher: Lori Cabrera	
Course/Subject Area: ESOL	Lesson Title: Reading Nutrition Labels	Competency or Benchmark(s): 6.05.06 Discuss the importance of healthful eating and maintaining a balanced diet.	Date: Period(s): 1 hour
Lesson Essential Question (LEQ): How do you read nutrition labels and why is it important to pay attention to them?		Key Concepts: Students will be able to recognize the different items listed on the nutrition label and understand how reading nutrition labels can contribute to better health for them and their families.	
Activating Strategy (cognitive strategies that activate learning): <i>Purpose: Hook to motivate, link to prior knowledge, preview key vocabulary, provide advance organizer.</i> Is there anyone who would like to lose weight or just be healthier? Have you ever noticed the food labels on all processed foods? Do you ever read them? Does anyone have any food products with them that have nutrition labels (put under doc cam)? Why do we need to worry about what's in our food?		Key Words/Vocabulary: serving size, calories, fat, cholesterol, sodium, carbohydrates, fiber, protein, vitamins, minerals, ingredients, % daily value	
Research Based Teaching Strategies: Ask questions to activate schema and review what was previously taught. Find out how much students already know about the topic before beginning. Use visuals to present new information so it is more comprehensible. Use varied strategies to help students with different learning styles (visual, auditory, and kinesthetic). Model new vocabulary for better pronunciation.		Summarizing Strategies: Writing in response to reading/new learning detailed in the evaluation section below	

Teaching to Different Types of Learners

Materials/Resources/Internet Sites/Handouts/Worksheets:

Stand Out Level 4 textbook pp. 90-92, samples of nutrition labels taken from actual food and beverages students are likely to consume, student response system, document camera & Smartboard

Evaluation:

-Are students able to respond to T/F questions correctly using the SRS?

-Are students able to write a short paragraph answering the following questions: Which item on the food label is most important to you considering your family health history? What changes could you make in regards to reading food labels? What would happen if you always read the nutrition labels before buying any particular food?

Differentiation for ESOL/ESE/Learning Styles:

Visual

nutrition labels (samples taken from actual food and beverage items), textbook, and nutrition label poster

Auditory

-teacher modeling of new vocabulary

-work in pairs discussing questions to answers regarding food labels

Kinesthetic/Tactile

-Use student response system to answer questions true/false in response to reading

-When teacher models pronunciation of each item, students will give a thumbs up or down if that item is generally good for them or not so much.

Additional Planning Notes (Optional):

Higher Order questions: Why are nutrition labels important? What changes should you make in regards to the foods you buy? What would happen if you always read the nutrition label before buying a particular food?

Pre-Conference Notes: