

Observation Lesson Monday April 8, 2019 Class 509 - 7th period 3:20 pm to 4:00 pm

Teachers: Teacher Susie and Mrs. Lin

Lesson Topic: Healthy Choices

Lesson Objective: Eat junk food in moderation. Identify sweet or salty preference. Focus on fruits as a healthy choice if you have a “sweet tooth”. Learn 6 new fruits in English. Fill in Fruits on the My Plate page.

Target Language: Healthy, Sweet, Salty, Tasty, Healthy, Junk Food, Choice, Moderation,

New Words: Wax Apple, Jujube, Canistel, Guava, Longan, Custard Apple

Materials Needed: PowerPoint, 2 whiteboards per table, whiteboard markers (colored ones if available), My Plate paper, color pencils, markers, pencils, YouTube video, possible use of mini white boards for voting or pieces of paper for voting

Hook: Who likes to eat? Raise your hand. Who is hungry now? What do you want to eat?

Presentation: PowerPoint starts off talking about junk food. Then we will vote who likes sweet or salty. We will suggest that if you like sweet things fruit is a good choice instead of surgery snacks.

Practice: Today we will focus on fruits when making healthy choices. Students will write and/or draw fruits they know in English and share with the class. We will learn 6 new fruits eaten in Taiwan that are probably not in most English textbooks making this more relative to their lives in Taiwan.

Production: Students are introduced to the My Plate healthy eating guide which has replaced the more difficult food pyramid. Today we will focus on fruits. They will fill in 1/4 of their plate with fruit using words and pictures. They may use the information written on the whiteboards.

Wrap Up: If students are not finished they will be given another time to finish up their fruit section. Remind students that the entire 5th grade will be voting on the salty/sweet and we will let everyone know the results by classes as soon as we can. Let students know we will be focusing on vegetables next time which is also supposed to be 1/4 of your plate. Vegetables are good choices for people who like salty snacks.

Healthy Choices

What food choices do you make?

HEALTHY FOOD VS

JUNK FOOD





**Eat this and
feel good for
a second**



**Eat this and
feel good all
day**

What are your favorite junk foods?



- Discuss with your table and then share with class.



What healthy food choices do you see here?



What foods would be better choices?



Sweet Potato Chips



Sweet Potatoes

Eat junk foods in **MODERATION** 節制



Sweet or Salty
甜的 鹹的

•Let's Vote

(We will give results of entire 5th grade by class after every class votes.)



If you like sweet foods, **FRUITS** are a good healthy snack.

FRUITS can be sweet and tasty. Which # is a fruit?



What fruits do you know in English?

White boards in small groups - 2 to a table - then share. *(Don't erase)*

If you don't know name in English you can draw .

If you like sweet foods, you can eat more FRUIT.

- What fruits do you see in Taiwan?
- What are your favorite fruits?
- What fruits do you eat that come from another country?
- Which fruits would you like to try?

<https://www.youtube.com/watch?v=BEjrtW0QxG4> ABC Lost in Taiwan - #42 - Fruit Stand (4:27)

Taiwan has some extra special fruits!
Do you know the names in English?



Wax Apples

蓮霧



Jujube

棗子



<https://www.youtube.com/watch?v=X7FclgyKpxo>

Canistel

仙桃



<https://www.youtube.com/watch?v=KldCXGccmgc>

Guava

芭樂



Longan

龍眼



Custard Apple

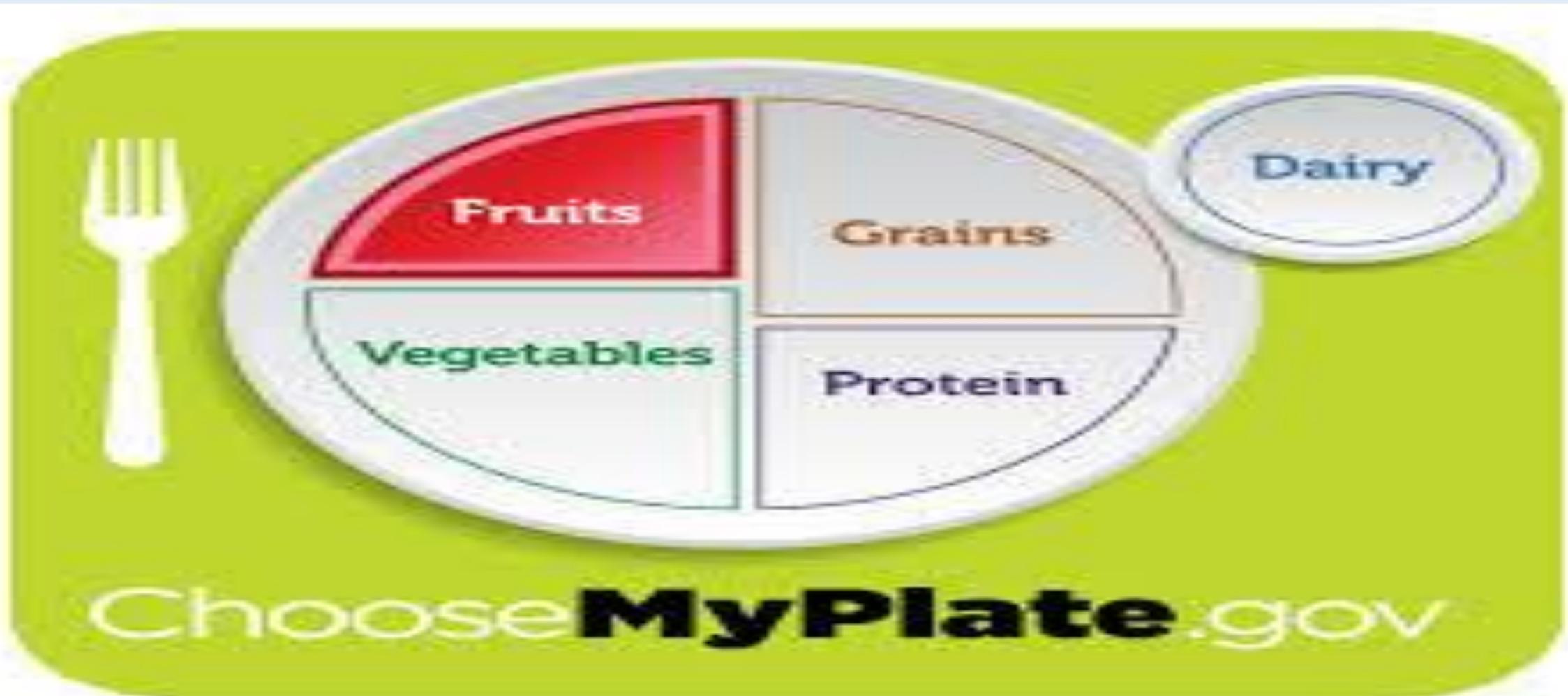
釋迦



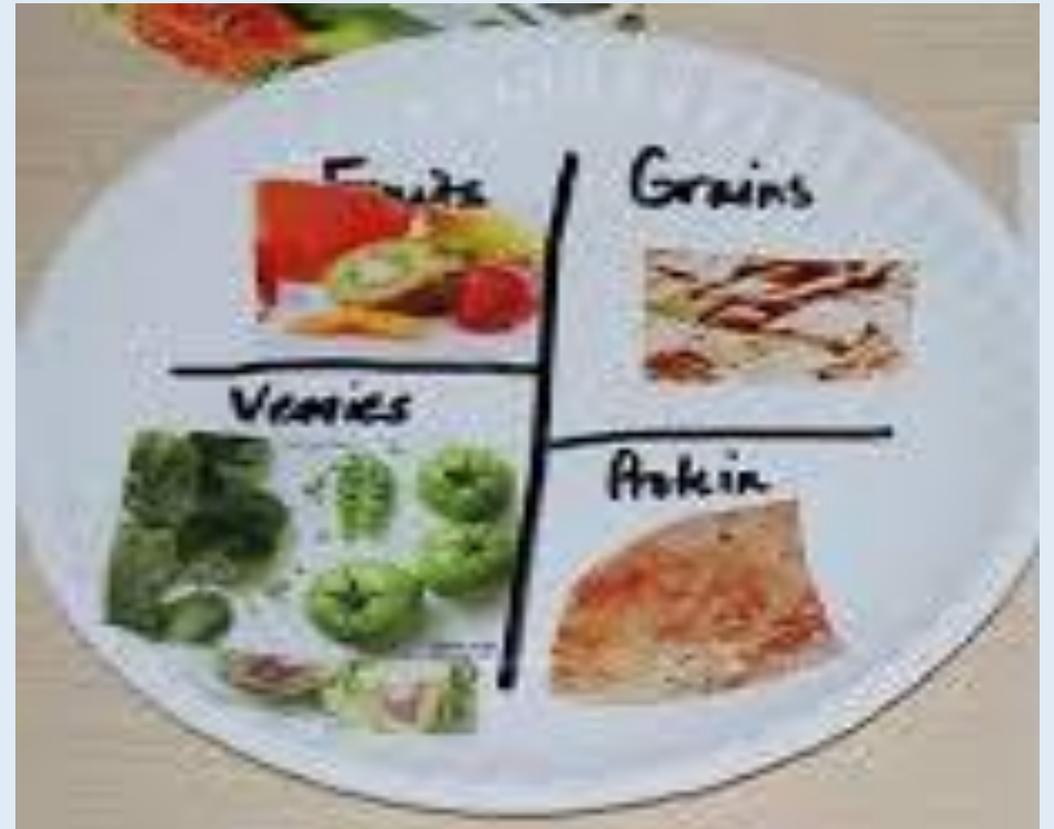
Now you know 6 more fruits in English!



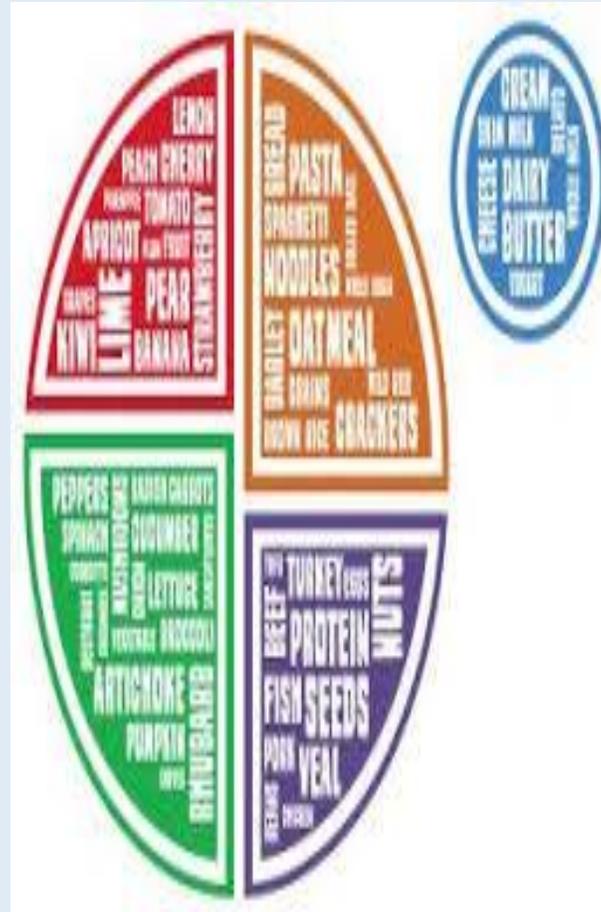
We want to eat healthy. Today we will concentrate on **FRUITS**.



One fourth ($\frac{1}{4}$) of your plate should be FRUIT.



You may write or draw any **FRUITS** to fill the **FRUIT** section of the plate. (Use your whiteboards for ideas!)

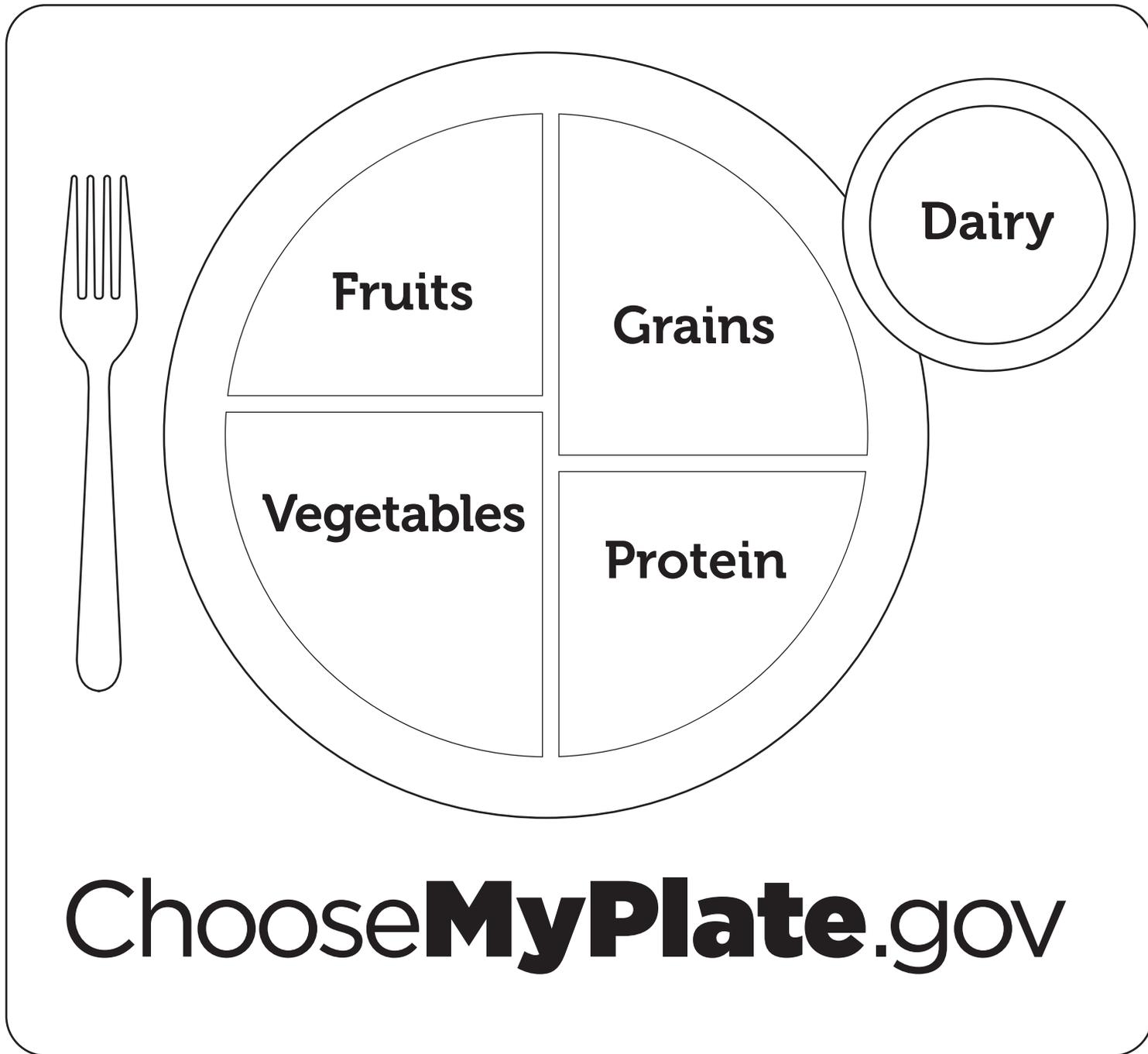


Stay tuned for **VEGETABLES** next time!

- Those of you who like **salty** snacks may like to eat **vegetables**.



What **vegetable** do you see on this plate?



Choose **MyPlate**.gov