

Kindergarten Health Lesson Plan: Healthy Foods

Date	November 8th, 2023
Outcome	<p><u>DMK.1</u></p> <p>Establish that being curious about health and well-being is important for developing healthy habits, establishing healthy relationships, supporting safety, and exploring "self".</p> <p>30 Minutes</p>
Goal (indicator)	<p>b) Examine basic choices related to:</p> <ul style="list-style-type: none">○ healthy habits○ safety behaviours○ responding to more than the physical self of others.
Beginning	<ul style="list-style-type: none">- I will begin by having the students listing foods that they know and like. If they are hesitant I can even ask them for their favorite foods.- While they are telling me the foods, I will be at the computer adding them to a spinning wheel website for an activity later in the lesson
During	<ul style="list-style-type: none">- We will go through this slideshow- Once we get to slide 5, spin the wheel and have students answer if it is a healthy food or a sometimes food (write their answers on a T chart on the board)- Give students this worksheet. We will do this as a class.- If there is time left, they can colour the worksheet as well.
Reflection	<p>Come back to the carpet 5 min before the end. Ask:</p> <ul style="list-style-type: none">- Can you guys give me some examples of healthy foods?- Can you guys give me some examples of sometimes foods?

	<ul style="list-style-type: none">- Does anyone have a food that they aren't sure if it's healthy or sometimes?
Extra Notes	<p>Materials:</p> <ul style="list-style-type: none">- Worksheet- Pencils