

Date

Subtheme

Start Time: Choose a start time.
End Time: Choose an end time.

Curriculum Area:
Functional Science

Materials:

- *From Ground to Grocery* adapted book
- body outline
- food visuals
- healthy snack
- paper w/ body outline
- visuals

Objective(s):

Students will identify the functions of different food groups.

Introduction:

- Teacher will ask students what the current theme and review the previously read story *From Ground to Grocery*.
- "We've been talking about making healthy choices and this book really explained how fruits and vegetables **help** our bodies."
- "Today we are going to match the different fruits and vegetables we read about to the parts of our body that they help."

Body:

- Teacher will take out a life sized body outline and tape it to a wall (get paper from art and trace a student prior to lesson).
 - label different parts of the body → IEP goals?
- Students will take turns choosing a food visual (or prop) from a bag.
- They will reference back to the story to find out what part of the body that food helps to support.
- Then they will take the picture and match it to the area of the body (e.g. carrots correspond to vision so the carrots picture would go near the eyes).

Closing:

- After all students have had a turn to match food to the part of the body it helps, teacher will review the body with students.
- Teacher will take out healthy snack (e.g. bananas) and pass them out for students to each. Check for understanding by asking what part of the body that food helps.
- "Why are healthy foods so important for our bodies?" they **help**
- "Remember, fruits and vegetables help our body to remain strong and healthy!"

Accommodations:

Objects
Picture supports
Adapted text
Leveled prompting
Communication system
Differentiated material

Multiple Intelligences:

☒ Linguistic

☒ Bodily Kinesthetic

☒ Logical-Mathematical

☒ Visual-Spatial

☐ Musical

☒ Interpersonal

☒ Intrapersonal

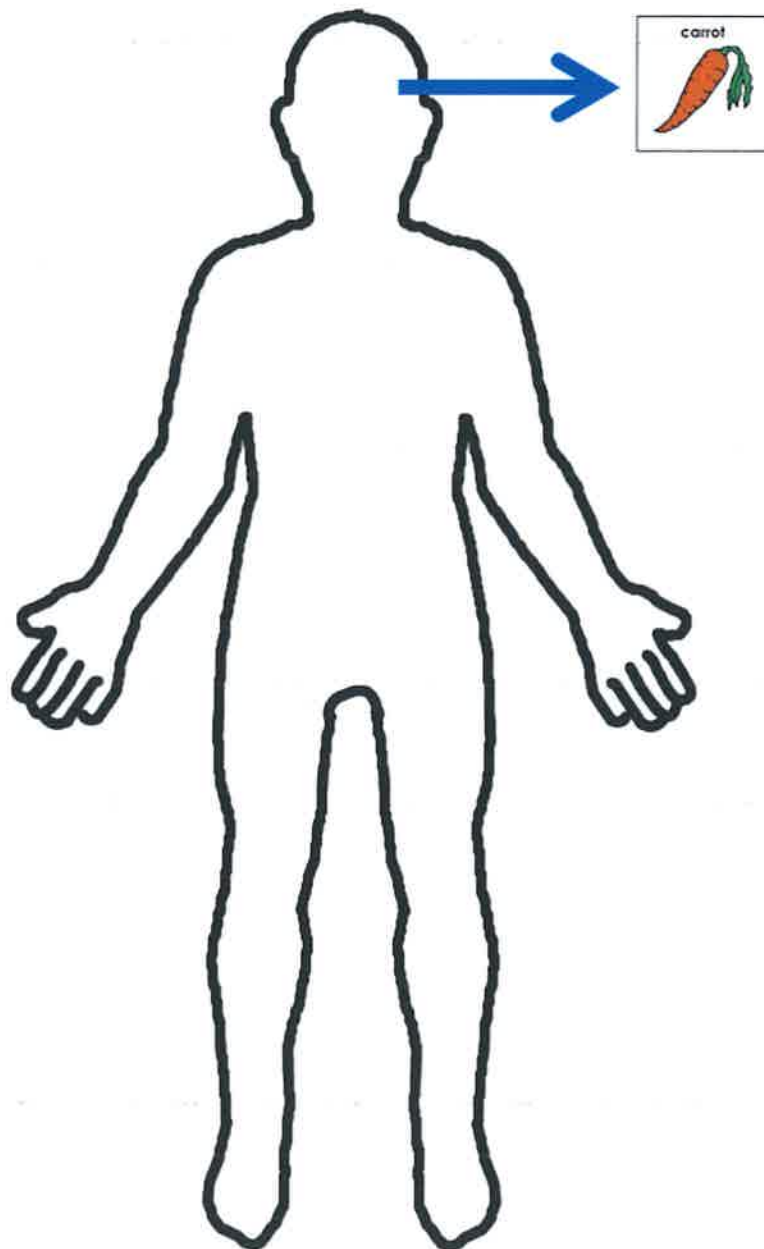
☐ Naturalist

Common Core Standards (<http://www.corestandards.org/read-the-standards/>) :

LCCE Competencies ([Link to LCCE Competencies](#)):

Link lesson appropriately to LCCE competencies. Click on the link above to view competencies.

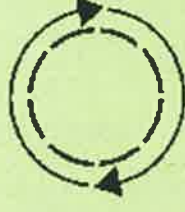
example



From the Ground to the Grocery Store!



Turn



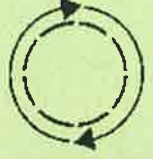


**Eating healthy food is good for
your body. It gives you
energy.**

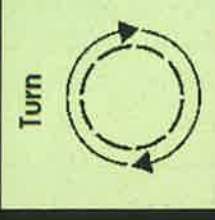
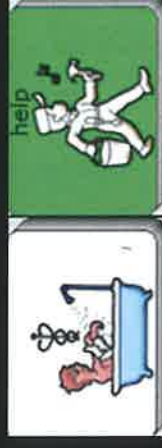
Go Back



Turn

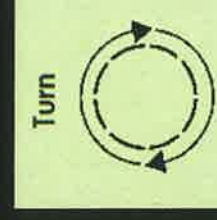
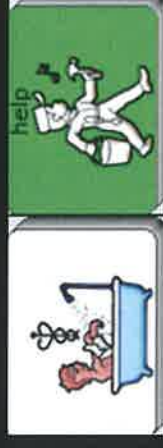


lemons



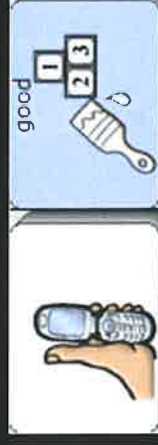
Lemons help treat throat infections. It also helps your body fight off colds.

broccoli

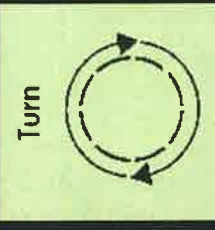


Broccoli helps make your bones strong.

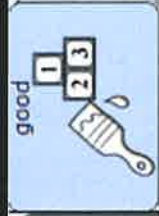
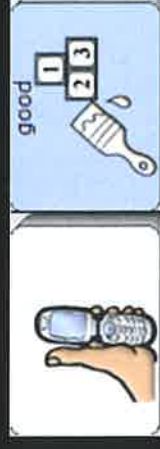
avocado



Avocado contains healthy fats that
are good for your heart.



banana



good

1
2
3



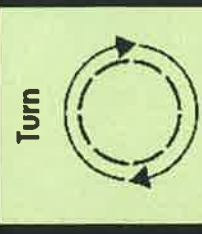
INTERNAL



heart



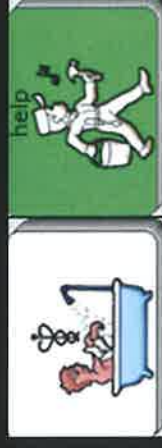
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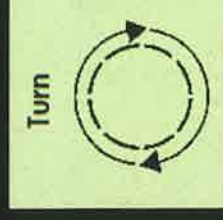
Turn

Bananas are one of the most consumed fruits. Bananas are also good for your heart.

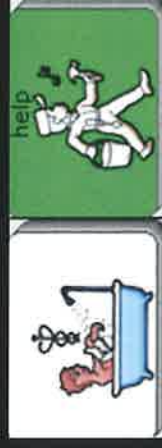
blueberry



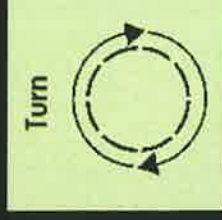
Blueberries have iron and calcium
that help your bones to stay
strong.



strawberry



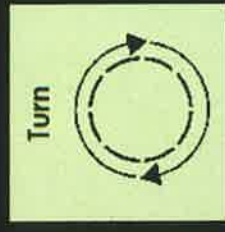
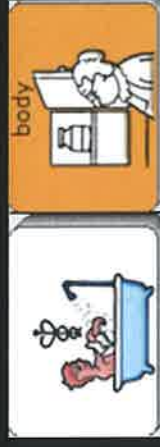
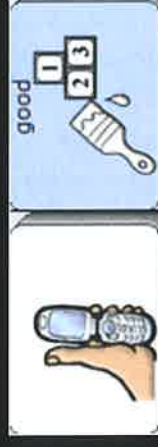
Strawberries help to improve the way your body regulates blood sugar.



asparagus



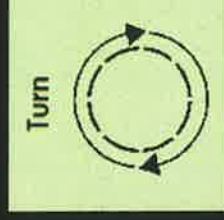
Asparagus has a lot of antioxidants. Antioxidants are good for your body. Asparagus helps keep your brain healthy.



carrot



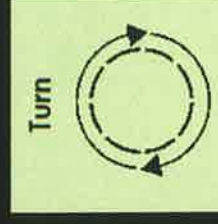
Carrots help your eyes and the way you see.



onion



Onions help to strengthen your immune system.



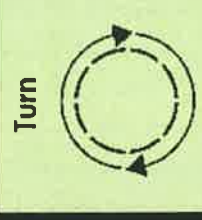
corn



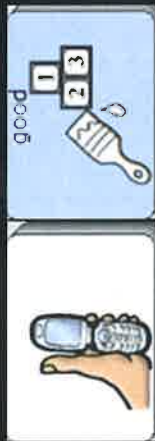
Corn is one of
the most
popular grains.
Corns helps to
nourish your
body.



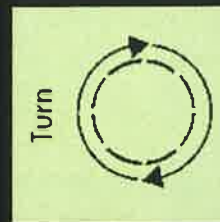
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Turn

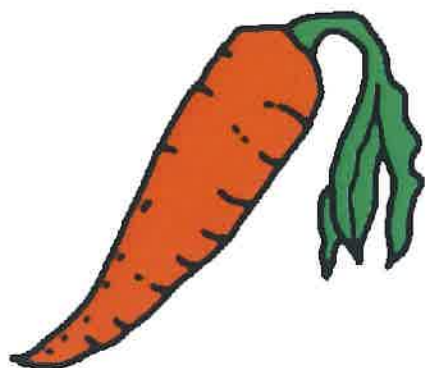


Eating healthy food is good for
your body.

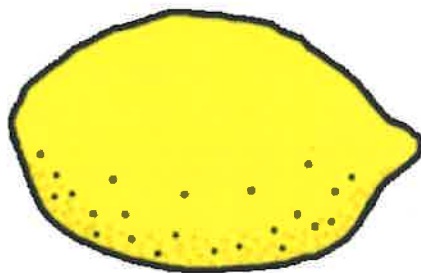




carrot



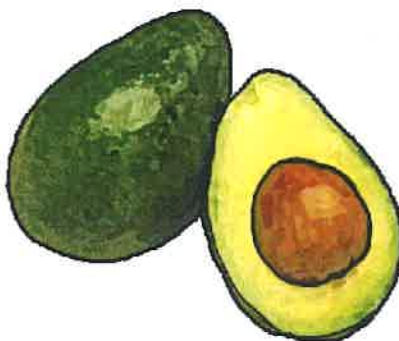
lemon



broccoli



avocado



banana



blueberries



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strawberries



asparagus



onion



corn

