

Name: Tatum Mounts

School: Worthington Kilbourne High School

Lesson Plan

I. **Name and school:** Tatum Mounts, Worthington Kilbourne High School

II. **Title of lesson:** "Are You a Very Hungry Caterpillar?"

III. **Objective of lesson:** Through discussion, students will compare and contrast how healthy eating affects our bodies.

IV. **Description of Practice Activities**

Introduction:

- Today we are going to read *The Very Hungry Caterpillar* by Eric Carle. In this story, the caterpillar eats all kinds of food. By the end of this lesson, you're going to be able to tell me what would be a healthy thing to eat and an unhealthy thing to eat because our caterpillar friend eats everything in sight.

Practice Activity #1:

- Read story.
- Discuss with students the difference between the healthy and unhealthy foods that the caterpillar ate. On easel, divide into two sides: one for the healthy food and one for unhealthy. By looking through the pictures in the book, have students determine whether the foods are a healthy food or unhealthy food.

Practice Activity #2:

- Students will now pretend that they are the caterpillar from the story. Calming music will play as the class crawls through the healthy fruit, symbolizing how it's easy for our bodies to digest healthy food. As I re-read the part about the caterpillar eating one red apple, students will crawl through one red hula-hoop. Students will then crawl through 2 green hula-hoops representing the caterpillar eating through 2 green pears. Next the caterpillar ate through 3 purple plum; students now crawl through 3 purple hula-hoops. The class will then crawl through four red hula-hoops representing 4 red strawberries. Finally, the caterpillar ate through 5 oranges, yet he was still hungry! The class crawls through 5 orange hula-hoops. Each time the class crawls through the hula-hoops I remind them how easy it is to move through the hula-hoops no matter how many there are. This is how your body feels when we eat healthy foods; it makes our body feel good.
- The class will then crawl under a chair-rope maze (very low to the ground) symbolizing how hard it is on your body when you eat junk food. Crazy music will play as the class crawls through the maze to symbolize how it is hard for our bodies to digest unhealthy food.
- The class will then all come together and go under a parachute, symbolizing the cocoon from the story. While we are all under the parachute together, we will discuss how important it is to eat healthy foods and how when we eat healthy foods when we are young, we can grow up to be beautiful adults just like the butterfly
- Finally, the class will come out from under the parachute and flap and move the parachute, symbolizing the caterpillar turning into a beautiful butterfly.

Practice Activity #3:

- The class will finally gather back by the easel, and I will ask students to give examples of healthy and unhealthy foods from the story. Then I will ask them, "What are some healthy foods you could choose at home?" (Students will take home an article to share with their parents from www.HealthGuide.com on nutrition and healthy eating.)

V. **Desired outcomes of lesson**

- Student will be able to decide what foods are healthy and unhealthy.
- Student will be able to explain what eating junk food will do to their body.

Written Reflection

- I. **Name and school:** Tatum Mounts, Worthington Kilbourne High School
- II. **Date the lesson was performed:** November 18, 2009
- III. **Name of school where lesson was performed:** Parkmoor Elementary Pre-K class, ages 4 and 5
- IV. **Name of classroom teacher where lesson was performed:** Betsy Smith
- V. **Reflection**

Before I even started teaching this lesson, I learned so much! My lesson was all staged and set up to take place in the school's gym. However, a half hour before I was to teach a parent volunteer came into the gym and told me that there was an assembly planned in the gym at the same time I was supposed to teach my lesson. At that moment, I was so panicked. I didn't know what to do, but I had to do something quickly. The only other place the lesson could take place was the Pre-K classroom. As quickly I could, I moved all my materials and props down to the classroom. I got all set up, and the teaching part went great! I read the story to the class and got such positive feedback when asking the students what a few healthy and unhealthy foods from the story were. I had to prompt a few students when they showed confusion between healthy or unhealthy foods. The students loved crawling through the hula-hoops and under the chair-rope maze. The students were so eager to be involved; only one child was a little hesitant about crawling under the chair-rope maze, so I offered to do it with her. The class really enjoyed when I brought the parachute out and they had the chance to go under it, acting as if they were going under a cocoon. One minor thing: the students were holding onto the edges of the parachute, and I said, "Okay, now everyone go under the parachute." And everyone let go of the edge. Then I asked all the students to come back out and hold onto the edge as they went under, and this worked much better. The follow-up went well when I asked students about healthy and unhealthy choices at home. The students mentioned food they may eat at home and discussed whether it was a healthy or unhealthy choice. Overall, the lesson went great, and it was awesome to have the class so involved after reading the story. One of the major things I learned was the best-planned activities don't always run smoothly. Flexibility in the classroom is critical.