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Lesson Plans

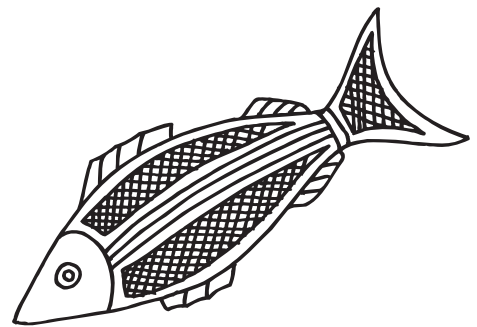
# How to use lesson plans



The following lessons are sequential in design, however they can be used separately as individual lessons and activities. The lessons can be used with classes from Prep to Year 3 and the lesson plans provide educators with guidelines only. Method of delivery will depend on the level, age, ability and prior knowledge of the students. It is important to tailor lessons to meet class needs as their learning progresses through becoming aware, exploring, making connections and applying knowledge. Selections from the suggested activities should be made and adapted if necessary to suit your class needs. Activities labelled as 'Extension Activities' may be more effective with children in years 2 or 3.

Each lesson consists of:

- learning objectives
- materials and equipment
- things to do before the lesson
- background reading
- suggested lesson plan
- activity section, and
- student handouts.



Please read the background reading accompanying each lesson as this has valuable information about the content of the program.

## My Food Book

'My Food Book' is a component of the program designed to involve parent/family members. Throughout the program there are activity worksheets to be taken home and completed with the assistance of an older family member. The worksheets can then be compiled into a booklet called 'My Food Book'. The booklet can be made by collecting the handouts, hole-punching them and tying them together with string or wool so future additions can be made. A pouch of photocopy masters for all handouts is included in the manual.

## Evaluating Your Students

To help evaluate whether your students have learnt from this program, a 'lunch box' and 'foods for the lunch box' templates have been included in Section 4. These may be copied and given to each student before and after the program commences. The students make the lunch box and choose five foods they would like to take for lunch. Record these choices and see if change has occurred after the program has finished.

