



Sensory Village Market Lesson Plan

Morgan's Wonderland Lesson Plans

Sensory Village Market

TEKS: Personal safety and health skills. The student demonstrates an understanding of health and safety issues as it relates to their daily routines and activities (Pre-K.VI.D).

<http://www.tea.state.tx.us/student.assessment/special-ed/staaralt/vertalign/>

Objective: The student will identify good habits of nutrition and exercise (Pre-K) .

* Note: For this lesson plan please see additional power point slides for secondary students.

5E's	Suggested Activity	Teacher will do:	Student will do:
Engage:	<p>Make three mystery bags or boxes. Make mystery bags by choosing colorful gift bags. Fill the bags with tissue paper or shredded paper.</p> <p>The Grocery Store Book: See power point book.</p>	<p>Teacher will then, place a different fruit or vegetable in each box or bag. Try to select two easily identifiable vegetables (such as a carrot, a banana or green beans) and one fruit or vegetable that is less easily identified (such as a root vegetable or cooking green).</p> <p>Teacher will pass around box/bag and have students feel items and try to guess what item is in each bag by using their sense of touch.</p> <p>Teacher will provide students with bowl(s)/shopping baskets and ask students to choose fruit/vegetables to eat for the following meal times:</p> <p>Breakfast Lunch Dinner Snack(s)</p> <p>Teacher may read Grocery Store Book to students or have students read with a partner.</p>	<p>Students will share their guesses with one another and then will uncover what is in each bag/box.</p> <p>Students will then choose from fruit & vegetable items provided their selections for breakfast, lunch, dinner and snack(s) and share with the classmates.</p> <p>Video of Sensory Village Supermarket at Morgan's Wonderland: https://www.youtube.com/watch?v=TCSjq0daPvU</p> <p>Students will Grocery Store Book</p>
Explore:	<p>Once at the Village Market, allow the students to explore the grocery items. Monitor their activity while they locate the items to complete their "healthy meal shopping" plan.</p>	<p>Teacher will remind students of healthy meal plans and what was discussed in class about various fruits and vegetables.</p> <p>Teacher will provide students with shopping baskets that have been individually labeled with the following:</p> <p>Breakfast Lunch Dinner Snack(s)</p> <p>Teacher will instruct students to choose their preference of fruits/vegetables from the Sensory Village Supermarket.</p>	<p>Students will work individually or in pairs to complete their shopping basket healthy meal plans by manipulating the provided fruits and vegetables in the Sensory Village Supermarket.</p>

<p>Explain:</p>	<p>Ask Students what they usually eat for breakfast, lunch, dinner and as snacks and how this compares to fruits and vegetables.</p> <p>Begin discussion on daily eating habits. Record these items on chart paper/ or create graph.</p>	<p>Teacher will encourage students to think about their eating habits and ask if they could try eating new fruits and vegetables.</p>	<p>Students will discuss how many fruits and vegetables they eat daily and how they can eat more of them.</p>
<p>Extend:</p>	<p>Review the book “How Are Your Peeling?” Written & Illustrated by Saxton Freymann</p> <p>(Be thinking about how this book can be used to help families explore fruits and vegetables in a new way, as well as to encourage parents and children to identify and name feelings.)</p> <p>This could be provided as a homework family activity.</p> <p>http://www.youtube.com/watch?v=4P-EjMZ0I8I</p>	<p>Students will then recall the book “How are you Peeling?” and answer the following questions through group discussion.</p> <p>Questions you might ask:</p> <p><i>“How do you think the apple feels?”</i></p> <p><i>“This kiwi is making quite a face. What do you think Mr. or Ms. Kiwi is feeling?”</i></p> <p><i>“Can you make a face like our friend the orange?”</i></p> <p><i>“How is the orange feeling?”</i></p>	<p>Students will answer the questions appropriately.</p>
<p>Evaluate:</p>	<p>Create a “Today I ate” handout for students to use for a designated period (1-2 days)</p>	<p>Students will record or draw their daily eating habits.</p>	<p>Students will share their handout with their classmates and discuss what fruits and vegetables were eaten.</p>

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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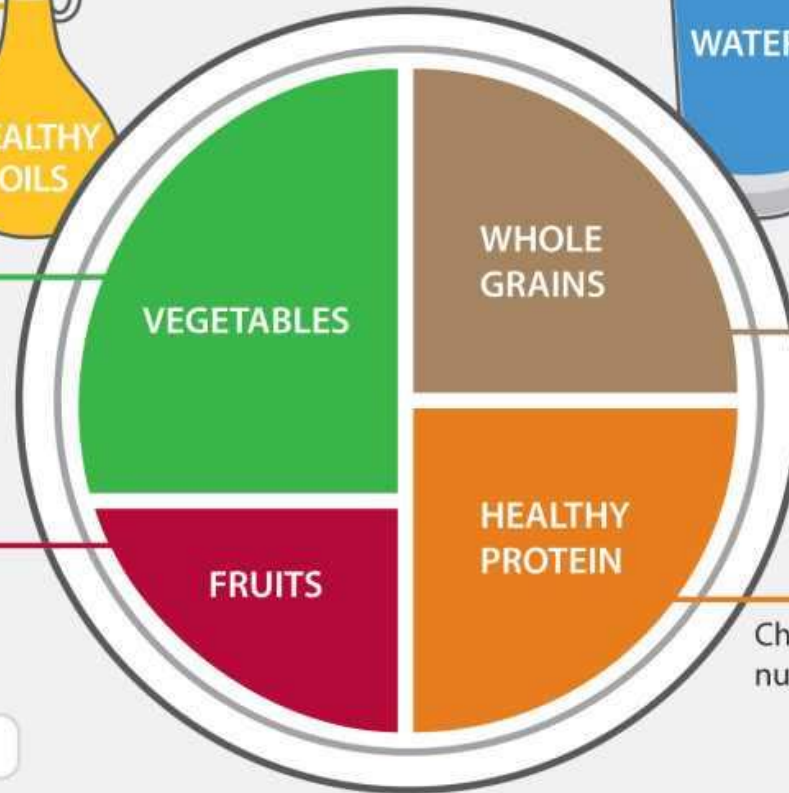
Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Shopping for Healthy Foods Video



<https://www.youtube.com/watch?v=XTVnATGu5d0>

Half (1/2) of your Plate Should Be Fruits and Vegetables



- Aim for color and variety, and remember that potatoes don't count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.
- A diet rich in vegetables and fruits can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar which can help keep appetite in check.
- Eat a variety of types and colors of produce in order to give your body the mix of nutrients it needs. Try dark leafy greens; brightly colored red, yellow and orange vegetables and fruits; and cooked tomatoes.

One Fourth (1/4) of Your Plate Should Be Whole Grains



- Whole and intact grains—whole wheat, barley, wheat berries, quinoa, oats, brown rice, and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.

One Fourth (1/4) of your Plate Should Be Protein



- Fish, chicken, beans, and nuts are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Limit red meat, and avoid processed meats such as bacon and sausage.
- Protein is found throughout the body—in muscle, bone, skin, hair, and virtually every other body part or tissue. It makes up the enzymes that power many chemical reactions and the hemoglobin that carries oxygen in your blood. At least 10,000 different proteins make you what you are and keep you that way.

Healthy Oils in Moderation



- Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that low-fat does not mean “healthy.”

Drink Water, Coffee, or Tea



- Skip sugary drinks, limit milk and dairy products to one to two servings per day, and limit juice to a small glass per day.