



# Gold Seal Lesson

<b>Author(s):</b> Marsha Kucker			<b>Lesson Title:</b> Choosing a Healthy Lifestyle			
<b>Grade Span</b>			<b>ICLE Application Model</b>			
K-4	5-8 XX	9-12	A	B	C	D XX

### Instructional Focus:

<b>Speaking –</b> Students speak for a variety of purposes and audiences with sophistication and complexity appropriate to the grade level.
<b>Listening –</b> Students listen for a variety of purposes appropriate to the grade level.
<b>Writing –</b> Students write for a variety of purposes and audiences with sophistication and complexity appropriate to the grade level.
<b>Reading –</b> Students read a variety of grade level materials, applying strategies appropriate to various situations.
<b>Science in Personal and Social Perspectives –</b> Students apply scientific principles to personal and social issues.

### Performance Task

<ol style="list-style-type: none"> <li>Discuss with the students the importance of a healthy diet. Divide students into groups of 3 or 4. Using the Internet and library sources, have them research a healthy diet. Each group should graphically display their findings using the categories on the handout (see Choosing a Healthy Lifestyle Chart).</li> <li>Ask students to keep a food diary for one week, writing down everything they eat according to the categories listed.</li> <li>At the end of the week have students compare their results with the recommended daily diet and graph the results.</li> <li>In closing, ask students to list and explain five things they can do to improve their diet.</li> </ol>
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### ICLE Essential Skills

Apply in writing the rules and conventions of grammar, usage, punctuation, paragraphing and spelling. (ela 1)
Follow oral or written directions. (ela 4)
Identify, collect and/or select pertinent information while reading. (ela 5)
Participate, sometimes leading, in group meetings by contributing, taking turns speaking, and working toward a common goal. (ela 20)
Summarize, synthesize and organize information while reading. (ela 24)
Apply reading skills while reading textbooks in courses other than English. (ela 26)
Understand and use graphs, charts, and visuals to enhance informational writing and oral presentations. (ela 29)
Understand the nature and purpose of and be able to word process a variety of formats including essays, business letters, memos, instructions, policy statements, technical proposals, user manuals, lab reports, etc. (ela 30)
Use writing as a tool for learning in formats such as learning logs, laboratory reports, note taking, journals and portfolios. (ela 40)
Gather information such as data, facts, ideas, concepts, and generalizations from oral sources. (ela 51)
Understand and use graphics such as graphs, charts, visual aids, white space, bold print, headers and other graphics to enhance meaning. (ela 56)
Understand nutrition- the need for food and a good diet, ingestion, digestion, egestion and related disorders such as ulcers, appendicitis, etc. (s3)
Exhibit good data management skills by collecting, organizing, and graphing data. (s19)
Know and apply the principles of scientific inquiry. (Implicit in this statement are the processes of prediction, estimation, developing hypotheses, drawing conclusions, evaluation, and following ethical principles and professional procedures.) (s114)
Plan and apply real or hypothetical models and constructions to facilitate investigation and learning and the solution to practical problems. (s115)

**Scoring Guide:**

Ratings: 4 – Excellent, 3 – Good, 2 – Average, 1 – Poor, 0 – Unacceptable

Works well independently. \_\_\_\_\_

Stayed focused on task. \_\_\_\_\_

Seeks help appropriately/assumes responsibility for completing task. \_\_\_\_\_

Structure and content appropriate for grade level. \_\_\_\_\_

Spelling and punctuation appropriate for grade level. \_\_\_\_\_

**Keywords**

<b>English Language Arts</b>	<b>Mathematics</b>	<b>Science</b>
<b>Reading Research Internet Comprehension</b>	<b>Algebra</b>	<b>Earth Science</b>
<b>Writing Word processing Vocabulary Organization</b>	<b>Geometry</b>	<b>Life Science Health Mutation Scientific inquiry</b>
<b>Communications Discussion Listening Illustration</b>	<b>Statistics</b>	<b>Chemistry</b>
<b>Literature</b>	<b>Calculus</b>	<b>Physics</b>
<b>Other</b>	<b>Trigonometry</b>	<b>Other</b>
	<b>Other</b>	

# Chart

## FOOD DIARY

KEEP A RECORD OF EVERYTHING YOU EAT FOR A WEEK INCLUDING ALL SNACKS. LIST EACH FOOD UNDER THE APPROPRIATE FOOD GROUP.

	GRAINS	FRUITS	VEGETABLES	MEATS	DAIRY	FATS
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						