

## Lesson 1: Making Healthier Food Choices

### Student Resource 1: Healthy Food Choices KWL Chart

Name: \_\_\_\_\_

Food Group: \_\_\_\_\_

<b>K</b> What do I KNOW? Complete the column with all the details that you <u>know</u> about the topic.	<b>W</b> What do I WANT to know? Record in this column what your questions are about the topic, what you want to know or what you want to know more about.	<b>L</b> What have I LEARNED? Record any new information that you <u>learned</u> about in the column.

#### Key information from the other food groups:

Food Group:	Food Group:	Food Group:

## Student Resource 2: Big Ideas

What healthier food choices can you make every day?

1<sup>st</sup> BIG Idea:

2<sup>nd</sup> BIG Idea:

## Student Resource 3: Healthy Food Choices Self-Assessment Ladder

Lesson Learning Goal

- Apply health knowledge and living skills to make healthier food choices.

4	<b>Level 4:</b> I know lots of information about making healthier eating choices and was able to help my group make healthier food choices as well.
3	<b>Level 3:</b> I know how to make healthier eating choices and needed little help by my group and/or teacher.
2	<b>Level 2:</b> I know some ways to make healthier food choices but still needed help by my group and/or teacher.
1	<b>Level 1:</b> I don't know how to make healthier food choices and needed lots of help by my group and/or teacher.