

Wednesday, July 12

Day 3

[SDG Goal #3](#) - Ensure healthy lives and promote well being for all at all ages

Lesson Goals:

- Students will understand that eating healthy is essential to all people
- Students will be able to share facts about nutrition
- Students will demonstrate their understanding of eating properly through the creation of an infographic
- Students will develop problem-solving and engineering skills by constructing a functional kiosk using K'nex.

Essential Question: We need to raise health, nutrition, and fitness awareness within our community. What can we do to accomplish this?	Materials / Printables: □ Introduce Students to Health/Science PBL	Computer Tabs / Sites: <i>You may find it helpful to have these tabs open on your computer and/or Interactive Panel.</i> <ul style="list-style-type: none"> • Morning Meeting Slides
Morning Meeting 8:30 - 9:30		
Project Time 9:30 - 11:30		
Introduce Students to Health/Science PBL Hook: Video Topic: Poor Diet Is The #1 Health Problems in the	Students will watch Video: Why Nutrition Matters? (5 min.) Break students in two groups: Group 1: The benefits of	Students will watch: My Plate Video Balance Diet Plate (Table) Healthy Eating Plate (Portions) In groups, students will create a healthy breakfast, lunch or

<p>United States (5 min.)</p> <p>Students will do a 3-2-1 (7 min).</p> <p>Share 3 things you learned, two things I want to learn more about and 1 question I still have. (5 min.)</p> <p>Students will take a Health Assessment Quiz(Paper Copy) (10 min).</p>	<p>eating properly</p> <p>Group 2: Disadvantage of not getting the nutrition that you need (5 min.)</p> <p>Students will read article: Why Good Nutrition Matter Article</p> <p>5 min.</p>	<p>dinner plate, keeping the healthy eating plate in mind. (35 mins.)</p> <p>Students will create an infographic about healthy eating using Canva.</p> <ul style="list-style-type: none"> • What is an infographic? Here is an example of an infographic made with facts about ice cream. • A good infographic will include the following: <ul style="list-style-type: none"> ○ A title ○ Pictures that connect to the topic ○ Interesting Facts ○ Data • With Canva, students can search for “educational infographics” to locate a template they can use.
<p>Lunch 11:30-12:00</p>		
<p>Enjoy your lunch!</p>		
<p>Project Time 12:00-2:00</p>		
<p>Fun Games :</p> <p>Nutrition Education Games</p> <p>Let's Eat Healthyn Games</p> <p>EverFi Middle School Interactive (3 Lesson)</p>		

Students will do a virtual trip: [Mall of America](#) (5-10 minutes)

[What Are Malls Kiosks?](#)

[Kiosk Example](#)

Have your students [brainstorm](#) ideas for their healthy food kiosk.

Introduce: [Building Kiosk for Event Center](#)

Students will draw blueprint and then begin building a replica of their blueprint using K'Nex.

Reflection
2:00-2:30

Give students the option to do a voice or written reflection.
Students who decide to do the voice recording, they can still post on the padlet by adding the link to their recording.

*[Vocaroo Recording](#)

*[Post to Padlet](#)

Reflection Question:

Students will reflect on their learning experience for each day. Students can share what they learned including any new information or skills that they gain to enhance their learning from the following: