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| **LESSON PLAN** |
| **Date:** | May 5th, 2019 | **Students:** | **1.**  Maryam Sedaghatian**2.**  Fariba Rajabi |
| **School(s):** | West Bay Elementary School | **Teacher(s):** | - Morag Kelpin- John Zoleski |
| **Descriptive Lesson Plan Title:** |
|  Fruit For a Day |
| **Target Audience Description (class(es), grade level(s), other relevant details):** |
|  Elementary School Students – Grade 5  |
| **Education Session Learning Outcomes:** |
| - Creating a healthy food environment by educating students how to prepare and enjoy nutritious snacks thus shifting their focus to healthier foods - Improving student’s food skills- Educate students the importance of preparing meals, sharing and eating together |
| **Describe how these Learning Outcomes link to age-specific Instructional Resource Package guidelines (provincially-mandated curriculum):** |
| - Discussing healthy snacks as they relate to Canada Food Guide- Describe healthy food choices and how to prepare and pack nutritious snacks |
| **Detailed schedule of learning activities (insert rows as needed):** |
| **TIME** | **ACTIVITY** | **WHO?** |
| 9:00 am | Introduction - Ice Breaker Activity (fruit Chart Activity)- What snacks did you bring?- Name favorite fruits and vegetables |  Fariba |
| 9:05 am | Discuss the three food groups on Canada Food Guide- Focus on Fruits & Vegetables and Protein- Why fruits & vegetables and proteins are good for your body? |  Fariba |
| 9:10 am | Activity – Food Group Worksheet- Hand out the activity sheet and ask students to complete the activity- Go over the activity with students  |  Maryam |
| 9:20 am | Dip Demo: Make Fruit Dip for the classActivity – prepare/cut fruits and portion your own fruit yogurt dipFruits to include (apple, banana, strawberry)- Wash hands- 5 volunteers to cut apples- Students to make a line and portion their fruit yogurt dip- Enjoy the snack together  |  Maryam  |
| 9:35 am | Wrap up- Discuss what students learned- Remind the fruit yogurt dip recipe at the back of the activity sheet- Discuss other healthy snacks they can make at home (Canada Food Guide) Recipes |  Fariba |
| **Teaching resources used (use Canadian resources and tools):** |
| Canada’s Food Guide  |
| **Describe how your session is innovative/original:** |
| - Involving students to make their own fruit yogurt dip- Food group activity sheet  |
| **What strategies will you use to encourage students to take action as a result of this session?** |
| - Take home recipe sheet to share with family  |
| **Describe how student achievement of learning outcomes will be assessed:**  |
| - Through completion of food group activity worksheet- Class discussions throughout the session and Q&A at the end of the session  |
| **Describe your strategies for obtaining student/teacher feedback about the session (in addition to the required Teacher Feedback Form, to be obtained from teachers following the session and provided to the FNH 381 course instructor when the class next meets):** |
| - Q&A at the end of the session  |
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