

Mini-lesson: Nutrition

1.) Grade level/Audience: Kindergarten

2.) Curriculum topic: PEL.3.K.6 Understand that the body needs proper nutrition and water to function

3.) Tools: ChooseMyPlate.gov <https://www.choosemyplate.gov> and Osmo Pizza

4.) Synopsis of what I'm doing and how I am using the tools. How are the students doing it? Individually, whole class, group of 3 etc.: In this lesson

I will be using choosemyplate.gov to teach the students what proper nutrition looks like. Once they understand what foods are healthy and unhealthy they will then have some time to play Osmo Pizza. The students will be playing the game in groups of 2. They will get to decide what goes on their pizza and one of the two group members will write down that they put on their pizza and if that topping was healthy or unhealthy. At the end of their playing time I will ask each group what they had on their pizza and if their pizza was overall healthy or not.