Unit: Cooking With The Family
Lesson #6 of 7
HEALTHY VS. NON-HEALTHY FOOD
SCIENCE
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Introduction
Students will differentiate between health and non-healthy food using newspaper advertisements and magazines.

Objective
Students will be able to differentiate between healthy and non-healthy foods with 75% accuracy

Standard
• Standard 3: Personal and social perspective in science and technology

Resources And Materials
• Newspaper
• Magazines
• Paper plates
• Scissors
• Glue
• Markers

Process
1. Ask students what are their favorite foods and why. Ask them to give examples of good food and "junk" food.
2. Form student groups of three
3. The challenge of the lesson is for each group to create a nutritious menu that they would actually eat
4. Give three paper plates to each group. Each plate should be marked to represent each meal of the day.
5. Using the food section, or the magazines, the groups are required to search for nutritious items with which to represent breakfast, lunch and dinner.
6. In order for ESL students to expand their vocabulary, have them label each food type in the appropriate "menu."
7. Post the grouped plates in a catchy bulletin board. Go over each menu, discussing the healthy and not-so-healthy foods.

Assessment
This lesson provides immediate feedback of their understanding of healthy and "junk" food.

Extensions / Modifications
• The class may start a scrapbook about healthy and not healthy foods and keep adding periodically to it.
Multiple Intelligences:

- Spatial
- Visual
- Kinesthetic
- Intrapersonal