

Using an Interactive PowerPoint to Teach **GOOD FOR ME... AND YOU!**



A Nutrition Curriculum for Second Grade

University of California
Agriculture and Natural Resources

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GOOD FOR ME...AND YOU! INTERACTIVE CLASSROOM POWERPOINT

Presentation Instructions

The *Good for Me...and You!* Interactive Classroom PowerPoint Presentation is provided for teachers and other educators who prefer to use a technology-based delivery in lieu of the tri-fold board. Graphics used in the presentation are the same as those used in the tri-fold board and the curriculum. It is important to note that to achieve all of the learning objectives for each lesson, the other participatory and hands-on student activities need to be presented.

Please note: Activity 1 the book reading should be done using the featured book. The PowerPoint is used only for delivering Activity 2, the primary content of the lesson.

Tips for Using the *Good for Me...and You!* Interactive PowerPoint Presentation

- Read through the entire lesson as written in the curriculum, so you are familiar with the content. Be sure to read the Background Information on pages 2 and 3 in each lesson.
- Preview the PowerPoint prior to teaching the lesson, so you are familiar with how the slides populate the page.
- Prepare the visuals and other support pieces that are still used in the lesson.
- Print all of the student handouts and family take-home sheets.
- Use the brief outline below which describes how the PowerPoint Presentation can be substituted for the tri-fold board.



- ◆ It provides the amended supply list.
- ◆ Offers modified verbiage for delivering the lesson.
- ◆ Indicates when the slides should be used.
- ◆ Tells when to present the activity as written in the curriculum.

EATING HEALTHY IS GOOD FOR ME...AND YOU!

Lesson 1

Supplies:

- *Good for Me...and You!* Lesson 1 Interactive Classroom PowerPoint Presentation - available from your Nutrition Educator
- *Good for Me and You* by Mercier Mayer
- Food Models, pages 32-40
- Nutrient Information Cards, pages 41-44
- MyPlate Goal Sheets, page 45
- Tape
- Paper Plate



Instructions:

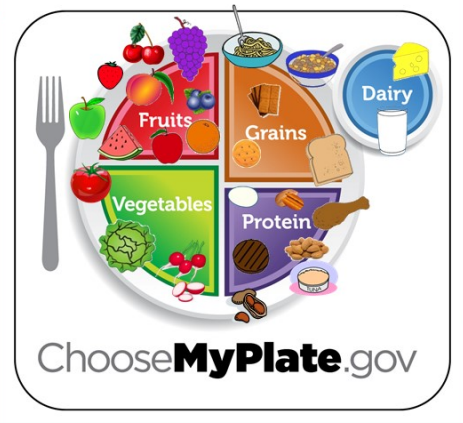
- Present Activity 1, as written, reading aloud the featured book, *Good for Me and You*.
- Present Activity 2 using the PowerPoint presentation following the lesson outline on pages 6-8.
 1. Show the First Slide.
 - ◆ Show the first slide showing *MyPlate*.
 - ◆ Follow lesson instructions as written.
 2. Build on What Students Know.
 - ◆ Pass out the food models. Ask students with vegetables to come up and show their foods. Populate *MyPlate* to see if correct. Repeat with other food groups. (Students sit down and keep food.)
 - ◆ Discuss the food groups.
 3. Introduce the Concept of Sometimes Foods.
 - ◆ Follow the lesson instructions using the slide presentation to populate *MyPlate* with the *Sometimes Foods*.
 4. Food Groups and Nutrients.
 - ◆ Populate the slide with the word *Nutrients*.
 - ◆ Follow instructions in the curriculum for leading a discussion covering nutrients and continue populating the slide with the nutrients for each food groups: *vitamins* and *minerals*, *carbohydrates*, *protein*, and *calcium*.
 5. Nutrient Icons.
 - ◆ Follow the instructions in the curriculum.
 - ◆ Students give *Nutrient Cutouts* back to teacher when board is populated.

EATING HEALTHY IS GOOD FOR ME...AND YOU!

6. Play the Nutrient Game.
 - ◆ Follow the lesson instructions in the curriculum. Place *Nutrient Information Cards* on the board or front of a table and placing a paper plate below for the students to place the food in. Students will have their food model cutout from Step 2.
7. Review and Reflect.
 - ◆ Follow the lesson instructions in the curriculum.



Lesson 1

Eating Healthy is Good for Me...and You!





Nutrients


Vitamins and Minerals
Provide shiny hair and sparkly eyes



Carbohydrates
Provide energy to work, play, and exercise





Sometimes Foods





Nutrients

Protein
Helps you grow and build muscles



Calcium
Helps build strong bones and teeth



BREAKFAST IS GOOD FOR ME...AND YOU!

Lesson 2

Supplies:

- *Good for Me...and You!* Lesson 2 Interactive Classroom PowerPoint Presentation - available from your Nutrition Educator
- *The Hatseller and The Monkeys* by Baba Wague Diakite
- Food Models, pages 24-29
- Helicopter Handouts, page 17
- Sometimes Foods Breakfast Pictures, page 33



Instructions:

- Present Activity 1, as written, reading aloud the featured book, *The Hatseller and The Monkeys*.
- Present Activity 2 using the PowerPoint presentation following the lesson outline on pages 6-8.
 1. Review *The Hatseller and The Monkeys*.
 - ◆ Follow the lesson instructions as written in the curriculum.
 2. Breaking the Fast.
 - ◆ Follow the lesson instructions as written in the curriculum.
 3. Fuel Up at Breakfast Helicopters.
 - ◆ Follow the lesson instructions as written in the curriculum.
 4. Getting the Right Breakfast Fuel.
 - ◆ Follow the lesson instructions and bring up the first slide with the *MyPlate* in the center and *Sometimes Foods* on the bottom of the slide.
 - ◆ Bring up the *Eat a Healthy Breakfast Every Day* piece.
 - ◆ Tell the students that a good breakfast includes foods from at least three of the four food groups. Bring up the *Choose Foods from Three Food Groups* piece.
 - ◆ Bring up one at a time the sample breakfast meal pictures. Discuss what foods are represented in each breakfast.
 5. Make Better Choices.
 - ◆ Bring up the *Making Better Choices* and the *Instead of* pieces.









BREAKFAST IS GOOD FOR ME...AND YOU!

- ◆ Show the students pictures of Sometimes Foods that might be eaten for breakfast. Ask which food groups they belong to (they don't belong to any; they are Sometimes Foods.)
 - ◆ Ask students for healthier food choices of each and bring up the picture options.
6. Revisit, Fuel Up the Breakfast Helicopters.
 - ◆ Follow the instructions in the curriculum.
 7. Review and Reflect.
 - ◆ Follow the instructions in the curriculum.





Lesson 2

Breakfast is Good for Me...and You!

Make Better Choices

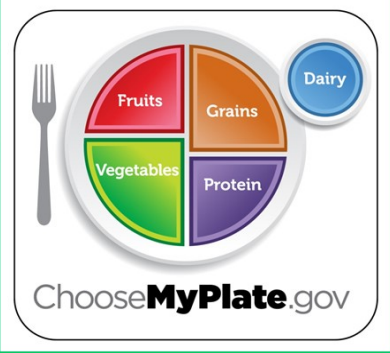
Instead of   Instead of   Instead of   Instead of  

Choose Food from Three Food Groups

Sometimes Foods

Eat a Healthy Breakfast Every Day



Choose**MyPlate**.gov

HEALTHY SNACKS & BEVERAGES ARE GOOD FOR ME...AND YOU!

Lesson 3

Supplies:

- *Good for Me...and You!* Lesson 3 Interactive Classroom PowerPoint Presentation - available from your Nutrition Educator
- Packaging from 3 or 4 “treats” that are high in sugar
- Granulated sugar
- Teaspoon measure
- 3 or 4 clear cups
- White board of flipchart paper
- Marker



Instructions:

- Present Activity 1, as written, reading aloud the featured book, *Eating Well* by Liz Gogerly.
- Present Activity 2 using the PowerPoint presentation following the lesson outline on pages 6-8.
 1. Healthy Snacks Verses Treats.
 - ◆ Follow the lesson instructions in the curriculum.
 - ◆ Bring up the first slide of *MyPlate* and review the food groups and emphasize that healthy snacks come from the five food groups.
 2. Sugar in Treats?
 - ◆ Follow with the lesson instructions as written in the curriculum.
 - ◆ Bring up the pictures of “treats”.
 - ◆ Bring up the slide showing the *Nutrient Fact Label* from the first snack.
 - ◆ Measure the amount of sugar in the snack per the curriculum instructions.
 - ◆ Continue bringing up each slide of the Nutrient Facts Label for each of the “treats” and measure the amount of sugar contained in it.
 3. Healthy Snacks from the Five Food Groups.
 - ◆ Follow the lesson instructions, bringing up the slide of *MyPlate* and the word *Nutrients*.
 - ◆ Ask students if they can name the four nutrients they learned about in Lesson 1.
 - ◆ One at a time bring up the name and the picture of the nutrient icon in the slide presentation. Review.

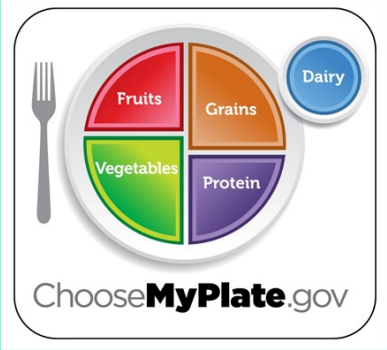
**Lesson
3**

HEALTHY SNACKS & BEVERAGES ARE GOOD FOR ME...AND YOU!

- ◆ Discuss healthy snacks following the curriculum instructions.
 - ◆ Bring up the *Snacks Should Be Mini Meals* slide.
4. Water a Healthy Beverage.
 - ◆ Follow the instructions and activities as written in the curriculum.
 5. Play Swap for a Healthy Snack.
 - ◆ Follow the instructions in the curriculum.
 6. Review and Reflect.
 - ◆ Follow the instructions in the curriculum.



Lesson 3

Healthy Snacks & Beverages are Good for Me...and You!





Nutrients

Vitamins and Minerals
Provide shiny hair and sparkly eyes





Carbohydrates
Provide energy to work, play, and exercise





Sometimes Foods

Nutrients

Protein
Helps you grow and build muscles



Calcium
Helps build strong bones and teeth



Snacks should be Mini Meals

EXERCISE IS GOOD FOR ME...AND YOU!

Lesson 4

Supplies:

- *Good for Me...and You!* Lesson 4 Interactive Classroom PowerPoint Presentation - available from your Nutrition Educator
- *Wallie Exercises* by Steve Ettinger
- Keep on Moving Chart, page 35
- Whiteboard
- Marker



Instructions:

- Present Activity 1, as written, reading aloud the featured book, *Wallie Exercises*.
- Present Activity 2 using the PowerPoint presentation following the lesson outline on pages 6-8.
 1. Introduction to Physical Activity.
 - ◆ Follow the lesson instructions in the curriculum.
 - ◆ Bring up the first slide that says, *Exercise is Good for Me...and You!*
 - ◆ Bring up the next slide that says, *Keep on Moving...60 Minutes Throughout the Day - Every Day!*
 2. Aerobic Exercise for Strong Hearts, Lungs, and Healthy Brains.
 - ◆ Follow the lesson instructions as written in the curriculum.
 - ◆ Bring up the slide that says, *Aerobic Exercise*. Discuss per the curriculum instructions.
 - ◆ Bring up the slide that includes *heart and lungs*.
 - ◆ Follow the instructions in the curriculum that gets the students up and moving.
 - ◆ Bring up the slide that includes the *brain* and discuss.
 - ◆ Ask what students can do to get their heart and lungs working. Bring up the slide with pictures of *students doing aerobic exercises*. Discuss.
 - ◆ Emphasize the words at the bottom of the slide saying most of the 60 minutes you spend on physical exercise should be aerobic exercise.
 3. Exercise for Strong Muscles.
 - ◆ Follow the lesson instructions bringing up the slide that says, *Exercise for Strong Muscles* and the pictures of the *boy showing his muscles*.
 - ◆ Do the exercises with the students.

EXERCISE IS GOOD FOR ME...AND YOU!

- ◆ Bring up the slide that says, *Muscle Strengthening Exercises (3 times at week)*. Discuss.
 - ◆ Ask students what they can do to strengthen their muscles. Bring up the pictures of *students doing muscle strengthening exercises*. Discuss.
4. Exercise for Strong Bones.
- ◆ Follow the lesson instructions bringing up the slide that says, *Exercise for Strong Bones* and the picture of the *skeleton*.
 - ◆ Do the exercises with the students.
 - ◆ Bring up the slide that says, *Bone Strengthening Exercise (3 times a week)*. Discuss.
 - ◆ Ask students what they can do to strengthen bones. Bring up the pictures of *student doing bone strengthening exercise*. Discuss.
5. Less Seated Activities.
- ◆ Follow the instructions in the curriculum.
 - ◆ Bring up the *Limited Seated Activities* words and pictures. Discuss.
6. Keep on Moving Chart.
- ◆ Follow the instructions in the curriculum.
7. Review and Reflect.
- ◆ Follow the instructions in the curriculum.



KEEPING FOOD SAFE IS GOOD FOR ME...AND YOU!

Lesson 5

Supplies:

- *Good for Me...and You!* Lesson 5 Interactive Classroom PowerPoint Presentation - available from your Nutrition Educator
- 2 recloseable plastic sandwich bags
- 2 packages of dry yeast
- 2 teaspoons of granulated sugar
- 1/2 cup tap water
- 2 cups very warm water, at least 110-120 degrees
- 2 cups ice water
- 2 clear quart-size bowls
- 1 thermometer
- Whiteboard or chart paper
- Markers



Instructions:

- Present Activity 1, as written, reading aloud the featured book, *Food Safety* by Sally Lee.
- Present Activity 2 using the PowerPoint presentation following the lesson outline on pages 6-8.
 1. Review Key Points of the Book Reading.
 - ◆ Follow the lesson instructions in the curriculum.
 2. Germs Multiple.
 - ◆ Follow the lesson instructions as written in the curriculum.
 - ◆ Bring up the slide that says, *Keeping Food Safe is Good for Me...and You!* and the picture of the *thermometer*.
 - ◆ Discuss
 3. Conduct the Experiment.
 - ◆ Follow the instruction and activities as written in the curriculum.
 4. Store Foods in the Refrigerator.
 - ◆ Follow the instructions in the curriculum.
 - ◆ Bring up the slide that says, *Keep Cold foods Cold and Store Foods in the Refrigerator* and the picture of the *refrigerator*.

Lesson
5


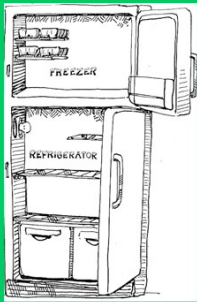
KEEPING FOOD SAFE IS GOOD FOR ME...AND YOU!

- ◆ Follow the instructions in the curriculum.
 - ◆ Bring up the pictures of *foods that should be refrigerated*. Discuss.
5. In the Danger Zone.
- ◆ Follow the instructions in the curriculum.
 - ◆ Bring up the *Germ Grown Quickly* slide.
 - ◆ Bring up the slide with the words *When Food is in Danger*. Ask students, “When is food in danger?”.
 - ◆ Bring up the slides, one at a time, of the *pictures of occasions when food might be in the zone*. Discuss.
 - ◆ Review by bringing up the slide that says, *Don't Forget the 2 Hour Rule!*
6. Revisit the Experiment.
- ◆ Follow the instructions in the curriculum.
7. Review and Reflect.
- ◆ Follow the instructions in the curriculum.

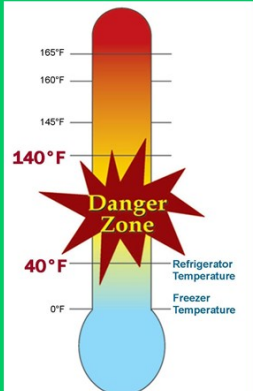
Lesson 5

Keep Cold Food Cold

Store Foods in the Refrigerator



Keeping Food Safe is Good for Me...and You!



165°F
160°F
145°F
140°F
40°F
0°F

Danger Zone


Refrigerator Temperature
Freezer Temperature

Germ Grows Quickly


DON'T FORGET THE 2 HOUR RULE!

When Food is in Danger


Taking lunch to school




Coming home from the grocery store



Leaving leftovers out on the counter



Going on a picnic



Using an Interactive PowerPoint to Teach GOOD FOR ME...AND YOU!

A Nutrition Curriculum for Second Grade



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Agriculture and Natural Resources



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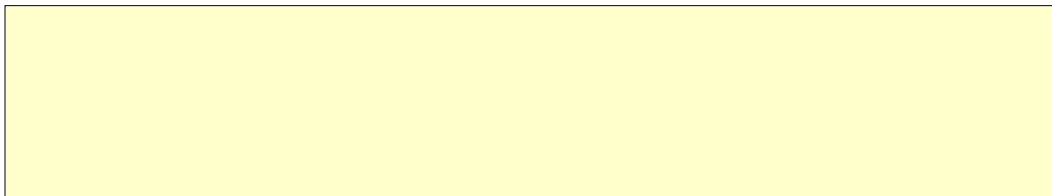
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Your Nutrition Educator's Contact Information



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