



A Lesson on The Food Change by Stefanie Sprofero

Grade Level: Grade 4

Subject Area: English Language Arts

Lesson Length: 3 hours

Lesson Keywords: A lesson On the Food Change

Lesson Description: The goal of this lesson is to allow the students the opportunity to use reading, writing, and vocabulary skills they have been practicing to deepen the lesson on a passage from "A Lesson on the Food Change". By reading and Rereading the passage they will focus on a series of vocabulary, discussion questions, and writing passages about the text. Students will identify the cause and effects of good and poor nutrition.

Common Core Standards Covered with This Lesson

CCSS.ELA-Literacy.RL.4.1: Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RL.4.4: Determine the meaning of words and phrases as they are used in a text, including those that allude to significant characters found in mythology (e.g., Herculean).

CCSS.ELA-Literacy.RI.4.4: Determine the meaning of general academic and domain-specific words or phrases in a text relevant to a grade 4 topic or subject area.

CCSS.ELA-Literacy.RI.4.5: Describe the overall structure (e.g., chronology, comparison, cause/effect, problem/solution) of events, ideas, concepts, or information in a text or part of a text.

CCSS.ELA-Literacy.RI.4.6: Compare and contrast a firsthand and secondhand account of the same event or topic; describe the differences in focus and the information provided.

CCSS.ELA-Literacy.RF.4.3: Know and apply grade-level phonics and word analysis skills in decoding words.

CCSS.ELA-Literacy.RF.4.4a: Read grade-level text with purpose and understanding.

CCSS.ELA-Literacy.W.4.2: Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

Lesson Content: Book/Story/Reading Passage

Instructions: Please read the following reading passage as many times as needed (aloud and silent) before starting to go through other lesson pages. Understanding the content of this passage is very important since the lesson activities will be all about this content. Feel free to print the passage if needed.

The Food Change

by

Content: ?My mother took me to see the doctor because, lately, I had been tired a lot.

?The doctor checked my temperature and then she checked my heart.?Afterward, she asked, What have you been eating? Usually I find that when?someone is tired, they have a nutrition problem.

?I responded, We have breakfast at school and lunch, too. I have milk and?cereal for breakfast. Then I eat whatever they have.?

?But what about dinner? And weekends the doctor asked.?

?My mother said, I cook good, healthy food, but she wont eat it. She wants to?eat snacks, like cookies and candy. Then, when its meal time, she leaves the food?on her plate.?

?No wonder youre tired, the doctor said. Youre a growing girl, and you need?to maintain a healthy diet. Havent you heard of the food pyramid??

?Yes, we studied that, but its hard to get all those kinds of foods, I told her.?

?It doesnt sound like that is the problem, she said. Your mother is making?good food, but youre eating candy and cookies. Do you know how much nutrition?there is in those foods? They arent even on that pyramid. Sugar gives you a burst?of energy, but that does not last. You need to have a better diet. You need good?food to sustain your energy. You need to eat meat, fruits, and vegetables.?

?When we left the doctors office, my mother grabbed a booklet. It told what?foods to eat. I knew it was going to be a bad time.

?I reached in my pocket to get a candy, and my mother grabbed it right out of?my hand. She said that was the end of candy, so I gave her the rest of the candy.?This was going to be even worse than I thought.?

?On the way home, my mother bought carrots and raisins at the store. She?gave them to me when we got home. I liked the raisins quite a bit, but I did not care?for the carrots.?

?That night, when we had dinner, I noticed mom had made a salad with raisins?and carrots. We had that with chicken and biscuits. I decided this big change?wasnt going to be so bad.?

?I still would like some candy, but I know thats not going to happen.?

Task 1: Vocabulary

Instructions: Please complete the following vocabulary activity by choosing the correct meaning of each word selected from the passage and use of each word correctly in a sentence.

Q: 1 WordPhrase: Maintain **WordPhraseTier:** 2

Question: The author uses the sentence "You're a growing girl, and you need to maintain a healthy diet." what does the word "maintain" mean in this sentence?

- A: Hold
- B: Start
- C: Stop
- D: Keep

Question: Which of the following sentences below use the word "maintain" correctly?

- A: You must maintain a positive attitude to keep your friends.
- B: To maintain the water flow you must shut off the host.
- C: In order to maintain the car you must press your foot down on the break.
- D: If you want to maintain the newborn baby you must first wash your hands.

Q: 2 WordPhrase: Sustain **WordPhraseTier:** 2

Question: In the sentence "You need good food to sustain your energy." what does the word sustain mean?

- A: Lower
- B: Support
- C: Weaken
- D: Harm

Question: Which one of the sentences below uses the word "sustain" correctly?

- A: Using bottled water is sustaining the ocean.
- B: When you fall off the monkey bars you sustain your hands.
- C: By drinking water you are sustaining a healthy lifestyle.
- D: By failing a test you are sustaining your grades.

Q: 3 WordPhrase: Nutrition **WordPhraseTier:** 3

Question: In the sentence "Usually I find that when someone is tired, they have a nutrition problem." What does the word nutrition mean?

- A: Deprivation
- B: Food necessary for health and growth
- C: Disorder
- D: Starvation

Question: Which of the following sentences below uses the word "nutrition" correctly?

- A: Nutrition is important for a growing child.
- B: Nutrition runs in my family.
- C: I ran off my nutrition over three miles today.
- D: I'm not going to eat that my nutrition is too high.

Q: 4 WordPhrase: Diet **WordPhraseTier:** 3

Question: The author uses the sentence "You need to have a better diet." What does the word "diet" mean in this sentence?

- A: Drink
- B: Work out
- C: Home
- D: Food one eats

Question: Which one of the sentences below uses the word "diet" correctly?

- A: Your diet is dirty.
- B: You have a very healthy and energizing diet.
- C: You need to lift more weight at your next diet.
- D: What flavor diet did you order?

Task 2: Forum Discussion

Instructions: This discussion forum will have questions for students to respond. Read the posted questions, and respond to each. Students are responsible for posting one initial and two peer responses for each topic.

1 - Why does the doctor ask ?What have you been eating??

Why does the doctor ask What have you been eating?. Explain why it is important that the doctor is asking this question.

2 - Why does the doctor tell the narrator ?No wonder your tired.?

Why does the doctor tell the narrator No wonder your tired.. Explain what the doctor means?with?this sentence.

3 - Why did the narrators mom stop at the store on the way home?

Why did the narrators mom stop at the store on the way home? Explain the importance of stopping at the store.

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Task 3: Writing Activity

Instructions: You are to write and post here 500 words essay on two positive effects of having healthy nutrition and two negative effects of having poor nutrition.

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