

=====

A Lesson on The Food Change by Shelby Glonek

Grade Level: Grade 4

Subject Area: English Language Arts

Lesson Length: 2 hours 30 minutes

Lesson Keywords: Reading, Writing, A Lesson on The Food Change

Lesson Description: The goal of this lesson is to give students the opportunity to use the reading and writing habits they've been practicing on a regular basis to review and understand the lesson from the passage. By reading and rereading the passage closely, and focusing their reading through a series of questions and discussion about the text, students will identify what the food change is and why it isn't so terrible after all.

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.RI.4.2: Determine the main idea of a text and explain how it is supported by key details; summarize the text.

=====

CCSS.ELA-Literacy.RF.4.4c: Use context to confirm or self-correct word recognition and understanding, rereading as necessary.

=====

CCSS.ELA-Literacy.W.4.1: Write opinion pieces on topics or texts, supporting a point of view with reasons and information.

=====

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: Nutrition **WordPhraseTier:** 3

Question: The doctor in the story says, "Usually I find that when someone is tired, they have a nutrition problem.?" - What does the word "nutrition" refer to in this sentence?

A: The food you eat to be healthy and grow

B: Not sleeping enough

C: Not eating enough

D: A person's snack

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

A: My mom picked up nutrition at the store today.

B: Did you find any nutrition at the mall today?

C: Milk is full of nutrition and helps to build strong bones.

D: I saw nutrition on my way home from school.

Q: 2 WordPhrase: Studied **WordPhraseTier:** 2

Question: When asked about the food pyramid, the girl answers, "Yes, we studied that, but it's hard to get all those kinds of foods" - What does the word "study" mean?

A: To read a book

B: To spend time learning about something

C: To take notes

D: To make flash cards

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

A: At eight, I study arithmetic.

B: I need to study my dirty laundry.

C: We went to go see a study in the park.

D: I picked up a study at the grocery store.

Q: 3 WordPhrase: Maintain **WordPhraseTier:** 3

Question: The doctor said to the girl, "You're a growing girl, and you need to maintain a healthy diet" - What does the word "maintain" mean in this sentence?

A: to eat

B: to hold

C: to give away

D: to keep/continue

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

A: In order to get good grades, I need to maintain high test scores.

B: Mom said she wants to take a trip to maintain tomorrow.

C: I think I saw a maintain through the window.

D: What do you want to maintain tonight?

Q: 4 WordPhrase: Temperature **WordPhraseTier:** 2

Question: "The doctor checked my temperature and then she checked my heart." - What does the word "temperature" mean in this sentence?

A: A measure of weight

B: A measure of warmth or coldness

C: A measure of height

D: A measure of hearing

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

A: When was the last time you went to the temperature?

B: Which temperature are we going to today?

C: Don't forget to check the temperature before you go outside.

D: I saw you smelling the temperature in the garden.

=====

Task 2: Writing Activity

Instructions: For your writing assignment, in five or more sentences, explain why you think the girl realized that the big food change wasn't so bad after all. Use information from the reading and provide examples.

=====

=====

Task 3: 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 - What are some ways you include good nutrition in your diet?

What are some ways you include good nutrition in your diet? Give an example of a typical meal that you consider to be nutritious and one that you consider to be unhealthy.

2 - What do you think helped the girl realize the big change wasn't going to be so bad?

What do you think helped the girl to realize the big change wasn't going to be so bad? Give an example from the reading.?

3 - Do you think the girl will have to go back to the doctor again?

Do you think the girl will have to go back to the doctor again? Why or why not? Explain your answer and use examples from the reading.

4 - What do you think the purpose of this reading was?

What do you think the purpose of this reading was? Give a brief explanation in 3 or more sentences.?

=====