

Lesson Plan

DANCE/Fitness

Lesson #6

Grades 2-5

Standard

3.NPA.1.3 Plan activities for fitness and recreation during out of school hours.

Objective

Students will determine 3 GO foods to incorporate into their everyday meal planning

To-do

- 1) Print the attached worksheet; 2) Review GO, SLOW, WHOA foods; 3) Follow instructions on the worksheet and lesson plan

Materials

- Printer to print attached assignment
- Paper/writing utensil

Description

View the Go, Slow, Whoa foods presentation for review and suggestions to healthy eating

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/gswflashcards.pdf>



Feedback

Submit your completed worksheet (by scan attachment) to your teacher by end of day Wednesday, 3/25