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Group Reflection

Alps Road Elementary School is a public school that serves a wide variety of children from all different backgrounds in the Athens, Georgia area. If you look at the surrounding area of the school, you will find stores, shopping centers, and neighborhoods that reflect these various family backgrounds. Using our lesson plan, the students will be able to investigate their own family backgrounds through their own personal nutrition.

There are several standards that we will be using in this lesson plan to help students learn about their own eating habits, how to manage a budget to provide for their nutrition while at the same time working on their writing and math skills. During the first day of the lesson, students will draw their dinner plates of what they ate for dinner. This activity focuses on the standard **VA2PR.1** Creates artworks based on personal experience and selected themes. The students will also calculate the nutrition and cost of their meal.

Students will then look at the data collected from their dinner plates and figure out who ate what for dinner by using a bar graph to chart the data. This activity supports the standard **S2CS5:** Students will communicate scientific ideas and activities clearly: use simple pictographs and bar graphs to communicate data. After the students have reviewed what they have eaten, they will each individually write a letter to Michelle Obama that discusses how they can improve their own nutrition and healthy habits. This writing activity focuses on the standard **ELACC2W5:** With guidance and support from adults and peers, focus on a topic and strengthen writing as needed by revising and editing.

The next activity that students will complete involves their parents or guardians. The students will ask their parents how much they spend on groceries on average. The teacher will take these numbers, and give each student a budget and a list of products and prices for both Whole Foods and Kroger. Students will then use the budget to “grocery shop” for the week. This activity supports the standard **SS2E4:** The student will describe the costs and benefits of personal spending and saving choices.

This lesson plan recognizes that not all students in the Athens area come from the same family backgrounds. They all grocery shop at different places and eat different things. Allowing students to create their own budgets and grocery lists allows for them to learn how to best budget a grocery list within realistic boundaries. All students, however, need and should practice healthy eating habits, and students will learn what those are during these activities. This lesson plan helps the students recognize that healthy eating habits are possible no matter what their budget may be.

After the lesson plan is conducted, parent involvement in the classroom would be encouraged. Each week, a parent would cook and prepare to bring in a healthy snack for the classroom. These healthy snacks would include fruits and vegetables. Students will then have examples as to what a realistic healthy snack will look like. Another application would include a class garden. Parents would assist the classroom in planting healthy fruits and vegetables and maintaining their growth. Once the plants are full grown, the class would then get to sample the food.