

Name: Staci Guillemine and Karlie Schauer**Date:** Jan. 28, 2015**Grocery Store Frenzy**

Points	Category	Description	Points Awarded
-	Name of Activity		
1	Learning Goals/Objectives	The student will be able to successfully create a one day meal plan and snack plan based on the Recommended Dietary Allowances by looking over multiple food labels with a partner and choosing the healthier options.	
-	Grade level & SOLs	6th grade 6.5 The student will explain the connection between energy balance and nutrition guidelines, meal planning, and exercise intensity. a) Create a one-day meal and snack plan based on Recommended Dietary Allowances (RDA), portions, macronutrients, vitamins, minerals, hydration, sugar, and salt.	
1	Organization/ Equipment + Technology	Students will be placed into groups of two, in the front of the gym. Various food labels will be spread throughout the back half of the gym. Students will be given a meal plan template that must be filled out by the end of class. Each group will be assigned an Ipad to look up the various food options. Each group must return their Ipad at the end of class.	
4	Detailed Description of Activity	Procedures will be as follows: <ol style="list-style-type: none"> 1. <i>Instant Activity.</i> Students will line up in the center of the gym. The teacher will shout out two different food options, the students will then run to either the left or right depending on which food option they would choose. 2. <i>Review.</i> The teacher will review portion sizing as well as the three macronutrients(fat, protein, and carbs) and their ideal amounts. 3. <i>Set Induction.</i> Once the groups have their ipads and are lined up in the front of the gym, the teacher will explain the activity. "Let's imagine the gym is a grocery store today. You and your partner must pick out healthy options for each category on your worksheet. Each time you go to the 'grocery store' pick out the food you would each then come back to your ipad and look up the nutrition label for those items. Then use that information to fill out your worksheet. This could help your family make healthier choices at the store." 4. <i>Organization.</i> Students will be put into groups of 	

		<p>two. One student will get an ipad while the other gets a worksheet and a pencil.</p> <p>5. <i>Content.</i> In the groups, students will create a one day meal plan using the food labels they have chosen. While looking up the nutrition facts there should be a conversation of whether the choice is healthy or unhealthy.</p> <p>6. <i>Variations.</i> High skilled students should challenge themselves to modify an unhealthy option, making it healthier.</p> <p>7. <i>Discussion.</i> In the last five minutes of class, the students will discuss their one day meal plans and how the ipad aided their choices.</p> <p>8. <i>Homework.</i> For homework students will be asked to pick out dinner for their family tonight, using the information they learned in class today. Students should turn in a paper stating what they ate accompanied by a parent signature.</p>	
4	Integration of Technology	The use of the ipads will help students make healthy food choices, by being able to research nutritional facts. When at home the students will now have the knowledge to look nutrition facts up on their own.	
-	Assessment	Students will be assessed in two ways; the food choices they write on their worksheets as well as the homework.	