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| **Lesson Guide** |
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| **Date:** | **Topic: Domestic** |
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| **Lesson:** |
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| Food likes and choices |
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| **Materials:** |
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| Food product containers, pictures of food  Computer with internet |
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| **Learning Objectives:** |
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| * Students will distinguish healthy and unhealthy food * Students will identify something healthy to eat for each meal and for a snack. |
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| **Structure/Activity:** |
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| 1. Discus healthy vs unhealthy foods 2. Ask students their favorite foods (they can name themselves, look at pictures, look through pantry of food items) 3. Have students determine if their item is healthy or not 4. Have students find something health to make for a meal or snack |
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| **Assessment:** |
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| Food likes and choices assessment |
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