

Nutrition Education Lesson
Second Grade (TL-2-4)

Nutrition constructs	This lesson is designed to improve students' knowledge of the benefits of drinking milk.		
Iowa Core	W.2.2 – Write informative/explanatory texts in which they introduce a topic, use facts and definitions to develop points, and provide a concluding statement or section.		
Supplies needed	Physical Activity Card Set (provided)	Time required	30 minutes
Before the lesson	<p>Write the following words on the board:</p> <p style="text-align: center;">protein calcium vitamin D strong muscles bones teeth power</p>		
Lesson	<ol style="list-style-type: none"> 1. Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the physical activity card set provided. Take the opportunity to remind your students how important it is to be active throughout the day to keep our bodies and minds strong. 2. Review the benefits of drinking milk with the class. If you have a story book featuring the importance of drinking milk, read aloud to the class. <p style="margin-left: 40px;"><i>Drinking milk is a great way to keep your body healthy. Milk has protein that builds strong muscles. The calcium and vitamin D in milk make teeth and bones strong. Drinks like soda contain a lot of sugar and don't give our bodies the nutrients they need. Second graders need 2.5 to 3 cups of milk per day. When do you drink milk?</i></p> <p>Take a few answers from the class.</p> 3. Ask each student to take out a piece of paper. <i>Today we're going to draw a picture of a super hero whose super powers come from milk. What words would describe a super hero powered by milk?</i> Scribe these words on the board or word wall. Each drawing should include (customize for your students): <ul style="list-style-type: none"> • A title (perhaps the super hero's name) • A picture of the super hero • Three statements about the super hero's powers that come from milk. • When/how your super hero drinks milk. 4. As time allows, encourage students to share their work. 		