Lesson Plan Idea Format
(My Fitness Pal Educational Software Lesson)
Dereque Falls

Grade Level & Subject Area: 8th Grade Health and Wellness

Standards/Framework (Common Core, NAEYC, Mid-level ...):

Arkansas State Standards Health & PE Frameworks

PEL.3.8.3 Choose personal goals that affect body composition in nutrition and exercise

HW.12.8.1 Analyze factors that influence food choices:
- Time
- Cost/availability
- Culture
- Location
- Peers
- Media
- Family
- Body image

Develop a personal eating plan and physical activity schedule for weight management (e.g., caloric intake versus caloric expenditure)

HW.12.8.4 Analyze a daily nutrition log based on nutrition facts labels

HW.12.8.5 Assess a personal healthy eating plan based on proper nutrition using a nutritional guide

Theme/Series of Lessons (if Not applicable, put N/A. If it is part of a series, of lessons, tell me, give a BRIEF description of the overall and tell me where this particular lesson fits):

Lesson 5: This lesson is a data entry day; a day of assessment and reflection.

Time (is this a 1 day 50 minute lesson, 5 day 1 hour lesson, once a week over a month lesson....):

This lesson is a 1 time 45-50 minute lesson, which will occur over the next 2 weeks. This is a 3 week project.

What do the students already know? (This could be the Intro or they have learned information before starting this lesson):

This lesson is an introductory lesson. Students should already know or have an understanding of:

- The basic terms associated with this lesson; nutrition, food groups, etc.
- The basics of app usage.
The basics on the human body needs; food, water, exercise
An idea of their food intake and exercise output.
Factors influencing food choices: time, cost/availability, culture

Objective (What are the students’ going to accomplish):

- Students will input collected data into an iTunes app
- Students will continue to develop a food diary that will be analyzed.
- In this lesson students will do their first week assessment of personal nutrition and reflect on how (if) the first 3 influences of food choices has played a role in their choices.

Materials:

- Bell Ringer Question
- Student Food Diary for each student (excel table)
- Powerpoint covering the 4th influence “Location” (if time allows- if not can be moved to next lesson)
- Computer
- iPad or Tablet Technology (Computer can be used)- a device for each student and for the teacher is necessary
- Student Classroom Journal
- My Fitness Pal App or Website
- Food Diary (filled in for the appropriate days)
- Camera or other tool to display my actions as I move through the app
- App How-To

Procedure:

- The lesson will begin with a 5-7 minute bell ringer opener- asking the students, Have you noticed any of the influences we have discussed affecting your food choices? Why or How? If not detail one of the influences and give an example. * Influences so far are time, culture, availability.
- After the bell ringer I will introduce the lesson as a data input day. Students will be instructed to log in and access their personal MyFitness App. After logging in I will have them watch me navigate through the app, entering in my food according to my food log. I will have them work with me for the first few foods to be sure they can operate the app.
- While students are working I will talk occasionally, reminding them that the foods they currently eat and the lifestyles may not be their decisions or something they have control over, but understanding it now will be beneficial in the future when they do have more control over the daily choices made. Students will have as
long as necessary to complete the data entry. After students enter the data into the app they will be asked to reflect on the data they have entered and identify and trends beginning to appear.

- If time permits I will present a PowerPoint over the 4th influence in food choice-location. I will show examples accordingly.
- I will conclude the lesson with a final thought question and a reminder to keep completing the food diary.

**Assessment (How will the students’ show you that the objective has been met):**

- Assessment in this lesson is mainly through participation in the task. I will walk around and assess the amount of data students are entering and if the project has been completed so far. I will also assess student understanding through the bell ringer and discussion.

**A Brief Description Of The Entire Lesson - Plus Any Additional Information to be Included:**

- This lesson is a data entry lesson. Students will begin with a bell ringer and then the lesson will transition into use of the My Fitness Pal App. Students will follow my instructions and example as well as their "app how-to" and enter the data of food intake for the week. Students will work on this each Friday for a total of 3 weeks. After each student has enter his/her data I will teach a lesson on the 4th influence in food choices: location (if time permits). After entering their data, students will review their information and self-reflect on the data they have entered and any trends they are beginning to see.

*(I should be able to see and understand your entire lesson by reading this. Remember, Technology is not the lesson. It enhances the lesson)*