

LESSON TITLE: ***My Favorite Drink in the World!***

GLE Text and Benchmarks:
(Includes Book and Follow Up Activity)

GLE # Mathematics

05	(PK-CM-N1) (N-3-E) (N-7-E) Compare sets of objects using the words <i>same/different</i> and <i>more/less/fewer</i> .
07	(PK-CM-M1) (M-2-E) Use words such as <i>day, week, month, schedule, morning, noon, night</i> .

GLE # English Language Arts

06	(PK-LL-R4) (ELA-1-E4) Relate pictures to characters.
09	(PK-LL-S3) (PK-LL-R4) (ELA-1-E5) Answer simple questions about a story read aloud.
10	(PK-LL-L1) (PK-LL-S1) (ELA-1-E6) Share related life experiences after stories are read aloud.
24	(PK-LL-L2) (ELA-4-E2) Follow one- and two-step verbal and nonverbal directions.
29	(PK-LL-S1) (PK-SE-C1) (ELA-4-E7) Recognize and follow agreed-upon rules for discussing, such as raising one's hand, waiting one's turn, and speaking one at a time.
41	(ELA-4-E7) Participate in designated roles within classroom activities, such as line leader, teacher helper, and calendar helper.
45a	(ELA-4-E5) Give oral responses, including telling stories and personal experiences.
21c	(ELA-7-E4) Apply basic reasoning skills: connecting what is learned to real-life situations.

GLE # Science

27	(LS-E-A6) Determine which foods are superior for developing a healthy body.
34	(LS-E-A1) Describe what the human body needs to grow and be healthy.
42	(LS-E-A6) Describe the relationship between eating habits and maintaining a healthy body.

Grade Level: Pre-K/K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size; 10-30

Life Skill/Nutrition: Identifying calcium-rich foods

Character Focus: Dealing with jealousy

Integrated Curriculum Concepts:

- Language Arts: Active Listening
- Health Science: Nutrition as it relates to healthy living
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of physical activity
- Making healthy food choices

What you need for the Lesson:

- *My Favorite Drink in the World!*
- Calci M. Bone Educational Tool
- The Calcium Match-Up Game
- Companion Activity Book (*Optional*)

Learning Activity:

- The Calcium Match-Up Game
- Companion Book Activities pgs. 15 and 16 (*Optional*)

Getting Ready:

- Read and familiarize yourself with the book.
- Make a copy of the Calcium Match-Up page. (Back of book) You may wish to enlarge the pictures. Cut out and laminate (*optional*) each of the items.
- Read the instructions for the “variation” of the game to be used for larger groups.

Note to Helper:

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today we are going to start learning about “bone health.” And here to teach you about it is none other than, Calci, Calci M. Bone!	Hold up the Calci M. Bone stuffed character.	Sit quietly and listen until interactive parts of book.
Make sure and pay attention to all of the “bone-healthy” foods in the book. I might ask you about them later!	Sit Calci next to you and read the book. (WITH ENTHUSIASM!)	Sit quietly & listen while book is read.
How many bones are in your body? Do you remember what Calci said? (ANSWER: 206!!)	Call on students to give the answers to the question.	Respond and answer questions by raising hands.
Raise your hands if you ate a calcium-rich food for breakfast this morning!	Call on about five students to tell you what calcium-rich food they ate for breakfast.	Respond and answer questions by raising hands.
Now we are going to play a little game. When I pass Calci to you, you must name a “bone-healthy” food.	Have the student that catches Calci name a “bone-healthy” food. Have them pass it back to you and you can toss it to another student. Play for about 3-5 minutes.	Respond and answer questions from the teacher.
Follow Up Activity: <i>The Calcium Match-Up Game</i>	Follow instructions of The Calcium Match-Up Game for either a small or large group depending on your group size. Encourage a lot of movement.	Should be actively involved in the activity.

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Optional Follow-up Activity (if using companion activity books):

- Use pgs. 15 and 16 in the Companion Activity Book