

Early Elementary Health				
<b>Access:</b> <a href="https://ket.pbslearningmedia.org/resource/3966366d-90dc-428b-80fd-589741788ca0/a-healthy-plate/">https://ket.pbslearningmedia.org/resource/3966366d-90dc-428b-80fd-589741788ca0/a-healthy-plate/</a>				
Academic Standards	Introduce	Apply	Assess	Connect
<p><b>Kentucky Core Academic Standards PL-P-PW-S-PPH6</b> describe how diet, exercise, and rest affect the body</p> <p><b>PL-P-PW-U-6</b> positive health habits can help prevent injuries and the spreading of diseases to self and others.</p> <p><b>Early Childhood Standards</b> <b>1.1.3</b> Identifies healthy food choices.</p> <p><b>Early Learning Outcomes Framework P-PMP 5</b> Child develops knowledge and skills that help promote nutritious food choices and eating habits.</p> <p><b>P-PMP 5</b> Child develops knowledge and skills that help promote nutritious food choices and eating habits.</p>	<ul style="list-style-type: none"> <li>Ask students to share what makes a healthy meal. Why should we eat healthy? What benefits do our bodies receive from healthy foods? What happens to our bodies when we eat foods that aren't healthy?</li> <li>After discussion, students should view the video resource:<a href="https://ket.pbslearningmedia.org/resource/3966366d-90dc-428b-80fd-589741788ca0/a-healthy-plate/">https://ket.pbslearningmedia.org/resource/3966366d-90dc-428b-80fd-589741788ca0/a-healthy-plate/</a>.</li> </ul>	<ul style="list-style-type: none"> <li>As a whole group activity, with a small group, or as a center, students should complete the <a href="#">activity</a> on categorizing healthy and unhealthy foods, found in the Support Materials.</li> </ul>	<ul style="list-style-type: none"> <li>Review student learning using appropriate questioning techniques and the discussion questions from the Support Materials, such as <i>Is there a place for junk food (give an example and explanation if necessary) on a healthy plate? Why do you think that is?</i></li> </ul>	<ul style="list-style-type: none"> <li>Further explore foods and taste using the interactive, <i>Tickle My Taste Buds</i>: <a href="https://ket.pbslearningmedia.org/resource/bd60c973-7321-4202-a197-723938be6d07/tickle-my-tastebuds/">https://ket.pbslearningmedia.org/resource/bd60c973-7321-4202-a197-723938be6d07/tickle-my-tastebuds/</a></li> <li>Students may create their own pictograph of healthy and unhealthy foods using drawings, magazine clippings, <a href="#">Adobe Spark</a>, or <a href="#">Canva</a>.</li> </ul>