







This part contains eight lessons. Use the following At a Glance chart to help you select the lessons that best fit your curriculum objectives. Lessons marked with a  are especially well suited for health and PE classes. Some of the lessons offer a choice of activities. Adapt the lesson procedures to fit your teaching style, students' skills, and time constraints.

Lessons in this part meet many Massachusetts learning standards that may be similar to standards in your state. Refer to appendix E (page 571) to see which of the 1999-2006 Massachusetts Curriculum Frameworks (MCFW) each lesson incorporates. Please check the CD-ROM for parent information materials that support the lessons you teach.

Language Arts at a Glance

| Theme | Lesson | Level of difficulty by grade* | | | Subject-specific skills | Materials needed |
|--|--|-------------------------------|-----|-----|---|---|
| | | 6th | 7th | 8th | | |
| Balanced diet  | 3 Food Power | M | M | L | Persuasive writing | Posterboard |
| Balanced diet  | 4 Carbohydrate: Energy Food | H | M | M | Reading comprehension, analyzing and interpreting nonfiction, concept mapping | Overhead transparency |
| Fruits and vegetables | 5 The Language of Food | M | M | L | Writing and analyzing poetry | Dr. Seuss's <i>Green Eggs and Ham</i> (optional), assorted fruits and vegetables (optional) |
| Fruits and vegetables  | 6 Keep It Local | H | M | M | Persuasive writing | Overhead transparency (optional) |
| Activity | 7 Write a Fable: Important Messages About Activity | H | M | M | Reading comprehension; writing, critiquing, and revising fables | None |
| Activity  | 8 Go for the Goal | M | M | L | Writing goals | None |
| Lifestyle | 9 Lifetime Physical Activities: Research One, Describe One, Try One! | H | M | M | Research, writing nonfiction | Books on sports and leisure activities, access to the Internet (optional) |
| Lifestyle  | 10 Choosing Healthy Foods | M | M | M | Persuasive writing | Advertisements (optional) |

* Level of difficulty: L = low, M = medium, H = high.

Note: Some lessons require either a blank overhead transparency or a chalkboard.