

Re-purposing Technology Lesson Plan
TE 831: Teaching School Subject Matter with Technology

Summary Box

Lesson title: Nutrition: What to choose in the lunch line!

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Subject area: Health/Nutrition

Technology used: <http://pbskids.org/arthur/games/lunchomatic/index.html>

Length of lesson: 30-40 minutes

Suggested grade level: Elementary

Lesson Objectives: *The student will be able to choose the healthier option in the lunch line. Additionally, they will learn about the vitamins and nutrients in many healthy foods.*

Student NETS Standards Alignment: 4. Critical Thinking, Problem Solving, and Decision Making

Materials:

- Laptops/iPads with internet capability
- Projector screen hooked up to the laptop

Lesson Procedure:

Beginning: Open the lesson asking the students whether they know if they know how to eat a balanced and healthy meal.

- What are ways to tell if a meal is balanced or healthy?
- What type of foods should we be eating to stay healthy?
- How do we choose the healthiest meal in the lunch line?

During: I will introduce the online game we will be playing but first go over some information that is pertinent.

- What is protein, sodium, carbohydrates, fat, and grains and do we want a lot or a little of each?
- What contains Vitamin A and Vitamin C and why is it good for us?
- What contains iron or potassium and why is it good for us?

We will then go through as a class and choose the first five meal choices together. Discussing the reasoning behind each choice including what they have us choose as well as the other items on the tray. The next five meal choices will be done in small groups. After each choice, one group will have the chance to defend their choice before we discover the answer. The last five meal choices will be done individually by the students

unless they need more practice. We will then continue to do them in small groups until all of the students feel comfortable with the assignment.

After: We as a class will reflect on what we have learned about healthy choices in the lunch line. We will discuss how we learned that our bodies need protein, sodium carbohydrates, fat, and grains-sometimes more of some than others. We also will discuss how we learned about the benefits of having foods high in Vitamin A, C, iron, and potassium. The students should be able to comfortably pick well balanced and healthy meals from the lunch line.

Additional Resources: <http://pbskids.org/arthur/games/lunchomatic/index.html>

Reflection

Reflect on the lesson plan and implementation of your lesson by responding to the following questions - **in red** - in a reflection paper (reflection portion: 1,000 - 1,200 words):

- **What technology did you choose for this lesson and why did you choose it?**
- **What was the role of TPACK, SCOT, SAMR, and/or TIK in helping you shape/create/implement your lesson?**
- **What was the response of your learners to this lesson? What were the affordances? What were the constraints? (If you are not currently teaching, predict the kind of responses learners might have to your lesson, as well as the potential affordances and constraints).**
- **What other ways might this technology be re-purposed (in addition to your own classroom/content, this can be related to other topics or subject matters)?**
- **How did this lesson aid your professional development and teaching practice(s)?**

I chose to use gaming technology so that students could enjoy learning about nutrition. I originally had thought about trying to find a technology that would allow the students to categorize different types of food- fruits, vegetables, grains, proteins, and fats and which ones we want in our diet. As I was searching, I realized that the students would most likely not relate the lesson to real life. In my opinion, I think it is important for all students to be able to apply their learning both inside and outside of school. I came across a website from the television show *Arthur* that had many games some of which dealt with nutrition. The game I chose to use for my lesson plan is called “Lunch-O-Matic” and gives students an opportunity to choose menu items from the lunch line that will create a well-balanced meal. The game is interactive- the menu items are pictured with information attached as well as talking characters. After every five lunch trays the

students see, the characters recap the choices and discuss which choices were right and wrong. This particular website did a great job of allowing for a learning curve. It is paced properly for early elementary students and teaches them important information about nutrition.

TPACK played a big role in helping to create the lesson plan. This theory requires TK (technological knowledge), CK (content knowledge), and PK (pedagogical knowledge) all of which are important in creating a re-purposed lesson plan. I knew what content I wanted to teach my students along with my personal pedagogy. I was able to find a new technology to bring together the third aspect, TK of the TPACK framework. I created my lesson plan with this theory in mind to ensure that the lesson was easy to follow, full of information, and using exciting and different technology. Additionally, I can also see how my lesson used the SAMR model specifically augmentation. This means that the technology I chose acted as a direct tool substitute, with functional improvement. I theoretically could have taught the lesson without the technology, but it makes it more effective overall.

Even though I do not currently have a class, I feel like this lesson plan will be effective in teaching student's nutrition and the better meal option in the lunch line. I did give the lesson to two of my friends, although there is a large age gap, they did find the information useful. It actually took them a few tries to get all the answers. I think that the students will appreciate the lesson and will be able to learn what good options are in the lunch line. Playing games will hopefully entice the students to want to learn more about nutrition. I hope that they will be able to transfer the skills learned in the lesson to the actual lunch line as well as at home and at restaurants. The game is user-friendly which allow the students with just a few clicks to navigate the questions and request help when needed.

Another affordance of the technology I chose is that it is both free and easily accessible. This will allow students to practice what they would chose in the lunch line at home with their parents so that the learning does not end. This however may also be a constraint because not all children have internet access. Additionally, I realized that at times, the wording in the game can be confusing. One way I tried to help this situation was by first going over the terminology used in the game with the class, creating a mini lesson on the important nutritional choices. I then had the whole class attempt to solve the problems together so that everyone could see what was required of them. Once, there is an understanding, I have the students work in smaller groups so that they can discuss what they believe is the correct answer.

Technology, like the online game I used in my lesson plan, is a 'point and click' interface. There are many ways that we can re-purpose this technology to teach nutrition as well as other subjects. Other games such as sorting foods into correct food groups, choosing what food is the healthier option, or placing food items into the food pyramid are all re-purposed examples. In terms of other subjects, spelling is easy to learn using point and click technology by choosing each letter to finish a word. Additionally,

definitions, history facts, or basic math questions can all be learned using this gaming technology. I think early elementary students will benefit greatly from this type of technology because of their early exposure to tablets, computers, and other devices early on. We as educators can take advantage of the student's prior knowledge and use it to help in the learning process.

I felt this assignment made me think about technology in a new light. When I was looking to re-purpose a lesson plan, it was amazing at how many technologies exist. It was eye opening to see how many games exist to try and teach nutrition to children. This helped my professional development because I learned a valuable lesson on time management. I spent a lot of my time searching for different games that I could utilize for my lesson, when I could have been developing how I was going to integrate the technology. It made me wonder if it would be possible to flip the idea and see if the class could come up with a technology that would teach the same concepts. Incorporating the technology into my re-purposed lesson plan showed me that it is more rewarding and less complicated than I originally had predicted. I think the technology I utilized will help students learn the healthier option in the lunch line better than the lesson plan without technology. I look forward to utilizing technology in my future classes to teach more nutrition, fitness, and overall wellness to my students.