

# HECT Lesson Plan

**Lesson Title:** Digestion; How Our Bodies Absorbs Nutrients

**Lesson Length:** 4 days

**Objective (s):** To understand and explain the process of digestion through a poster and presentation to the class.

## **Home Economics Careers and Technology Standards Addressed:**

HTR: 2.4, 9.3

Pathway: A4.3

**Materials Required:** Text: Food For Today, Guide to Good Food, construction paper, colored pencils, markers.

**Previous Knowledge (if any):** As this is the introduction to nutrients and how our body uses them, no previous knowledge is required. This assignment is concurrent with the Nutrient Poster assigned to other tables.

## **Lesson Activities:**

### **Opener- how are you introducing the subject/topic for this lesson**

Define "Nutrient"-A chemical substance in food that helps maintain the body.

"By the end of this lesson you will know each of the nutrients, the foods they are found in, how our body digests them and how they are used by the body."

### **Step by step activity instructions**

Day 1-Assign Digestion and Absorption to a table group. Read Chapter 2 section on Digestion, taking notes on required information.

Day 2-Rough draft of poster will be started. Information on poster must include-

Title; Parts of the digestive track and their role in digestion; How and when nutrients are absorbed; 2 additional facts about digestion and appropriate pictures.

Day 3-Complete posters.

Day 4-Presentations.

### **Reinforcement**

Observation and constructive criticism as students proceed, including positive verbal comments.

Comments and suggestions on rough draft turned in.

### **Summary/Closure**

Students will present their poster as other groups take notes on information presented.

## Evaluation of skills/knowledge gained

### Evaluation/Rubrics:

	<b>Excellent</b>	<b>Good</b>	<b>Fair</b>	<b>Poor</b>
Completed Poster:				
Name of nutrient and functions, foods high in nutrient, bodies reaction to excess or deficiency-	30Pts.	26Pts.	23Pts.	20Pts.
Two additional Facts:				
	10Pts.	8Pts.	6Pts.	4Pts.
Pictures:				
	10Pts.	8Pts.	6Pts.	4Pts.
Neatness and Creativity:				
	10Pts.	8Pts.	6Pts.	4Pts.
Daily notes and participation:				
	30Pts.	26Pts.	23Pts.	20Pts.
Presentation:				
	10Pts.	8Pts.	6Pts.	4Pts.
<b>Total:</b>	<b>100Pts.</b>			