Teaching Cloverleaf Books™ My Healthy Habits

Interest Level: Grades K-2 Reading Level: Grade 2



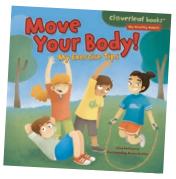
Titles in this series:

Be Aware! My Tips for Personal Safety
Choose Good Food! My Eating Tips
Keep Calm! My Stress-Busting Tips
Move Your Body! My Exercise Tips
Poison Alert! My Tips to Avoid Danger
Zones at Home
Take a Bath! My Tips for Keeping Clean









Standards

National Curriculum Standards for Social Studies

- · Individual Development and Identity
- · Science, Technology, and Society

Next Generation Science Standards

· LS1.B: Growth and Development of Organisms

National Science Education Standards

- · Life Science
- · Science in Personal and Social Perspectives

Common Core Reading (Informational Text)

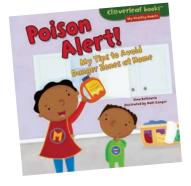
- · Key Ideas and Details
- · Range of Reading and Level of Text Complexity

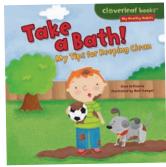
American School Counselor Association

· Students will understand safety and survival skills.

Multiple Intelligences Utilized

· Verbal-linguistic, bodily-kinesthetic, visual-spatial, interpersonal, intrapersonal







Lesson 1 Preview a Book

Purpose

Students will practice the reading strategy of previewing a text before they read.

Materials

· My Healthy Habits series

Prepare

· Choose a My Healthy Habits book to use as a model.

Pretest

· How do you know what a new book is about?

Model

 Using a My Healthy Habits book as an example, ask students to look at the title of the book. Ask: What is

in the picture on the book's cover?

- · Flip through the book, showing students some of the pictures inside.
- · Ask students to guess what the book is about based on the title, cover picture, and inside pictures.

Read

· As a class, read the example My Healthy Habits book.

Discuss

· What was the book about? Were your predictions correct?

Practice

- · Divide students into small groups. Each group will choose a My Healthy Habits book.
- · Students will look at the title, cover art, and interior pictures, as demonstrated.
- · One person in each group will write down what the group thinks the book will be about.

Evaluate

· Review groups' notes and evaluate group participation.





Lesson 2 What Is a Healthy Habit?

Purpose

Students will identify healthy and unhealthy habits.

Materials

- · My Healthy Habits series
- · old magazines or photos
- · scissors
- · glue
- · Healthy or Unhealthy? p. 7

Prepare

- · Collect old magazines or photos.
- · Divide students into small groups.
- Copy Healthy or Unhealthy? p.
 7 for each student. Alternatively, show it electronically and ask them to recreate the column on their own paper.

Pretest

· What does healthy mean?

• What are some examples of healthy choices that kids can make?

Read

· Read books from the My Healthy Habits series.

Model

- Make a two-column chart on the board. Ask students to list some healthy habits and choices described in the books. Write these in the first column.
- · Ask the class to list unhealthy choices and habits. Write these in the second column.
- Explain that students will look through magazines to find pictures of healthy and unhealthy choices.

Practice

- Students will find and cut out pictures that represent healthy and unhealthy choices and habits.
- Students will glue pictures in the correct columns of Healthy or Unhealthy? p. 7.

Discuss

- · Which healthy choice or habit in your chart do you like best? Why?
- Does everyone in your class think the same choices and habits are healthy?

Evaluate

· Assess completion of Healthy or Unhealthy? p. 7 and understanding of healthy and unhealthy choices.



Lesson 3 Why Do We Make **Healthy Choices?**

Purpose

Students will write fictional stories about someone who fails to make healthy choices.

Materials

- · My Healthy Habits series
- · paper
- pencils

Pretest

· Why do we make healthy habits? What would happen if we didn't?

Read

· Read one or more books in the My Healthy Habits series.

Model

· As a class, make a list of healthy choices the character in the book makes.

 Go through the list and discuss each choice. Ask students why the character makes that choice. Invite them to think about what might happen if the character had made a different choice. Could something bad happen?

Practice

- · Invite students to choose one of the healthy habits or choices described in the books. Ask them to come up with a story in which a character makes a different, less healthy choice.
- · Students will write a story in which a character makes an unhealthy

choice. The stories will include discussion of what could happen as a result of that character's choice.

Discuss

· Why do we make healthy choices and practice healthy habits? Who benefits from doing so?

Evaluate

· Evaluate stories to be sure students understand healthy and unhealthy habits.



Lesson 4 **Tools We Use**

Purpose

Students will learn why people make and use tools.

Materials

- · My Healthy Habits series
- · paper
- · pencils
- · crayons, colored pencils, or markers

Prepare

· Choose a book to model.

Pretest

- · What are tools? Why do people use tools?
- · What do you think of when you hear the word technology?

Read

· Read the example My Healthy Habits book as a class.

Model

- · As a class, make a list of tools the characters in the book use or encounter, such as a toothbrush or a school bus.
- Discuss what tools are and why we have them. Guide students to understand that people build tools to make tasks easier. This is called technology.

Practice

- · Divide students into small groups. Each group will read a My Healthy Habits book other than the one used as a class model.
- · Each group will make a list of the tools used in the book.
- Next, each group member will choose one tool from the group's

list, draw a picture of it, and then write a few sentences to explain how that tool helps people.

Discuss

- · What was the most useful tool your group listed?
- · Besides tools, what else is part of technology?

Evaluate

· Evaluate groups' lists and teamwork as well as the follow-up discussion.



Track Your Healthy Habits

Students will keep track of their own healthy habits for a week.

Materials

Lesson 5

- · My Healthy Habits series
- · Healthy Habits Chart p. 8
- · pencils

Prepare

· Copy Healthy Habits Chart p. 8 for students.

Pretest

· What healthy habits and choices do you make in your life?

Read

· Read the My Healthy Habits books.

Model

- · As a class, go through the My Healthy Habits books one by one. Ask students to point out one or two healthy habits from each one.
- · Show Healthy Habits Chart p. 8 to students. Demonstrate how to write a healthy choice or behavior in one of the boxes.

Practice

· For the next week, students will use Healthy Habits Chart p 8 to keep track of their own healthy behaviors and choices.

Discuss

Purpose

- · What do you think of your habits and choices this week?
- · Are there any habits or choices you are especially proud of? Are there any you would like to change?

Evaluate

· Evaluate groups' lists and teamwork as well as the follow-up discussion.





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Name	Date

Healthy or Unhealthy?

Cut out pictures that show healthy and unhealthy choices. Then glue them into the correct columns below.

Healthy	Unhealthy

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Name	Date

Healthy Habits Chart

Every day this week, write down two healthy choices you make. Put the first choice in the Healthy Habit A column. Put the second choice in the Healthy Habit B column.

	Healthy Habit A	Healthy Habit B
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		