**Name:** Abbey Child

**Lesson Title:** Are you fit?

**Grade Level:** Kindergarten-2nd Grade

**Subject:** Health

**Curriculum Goal:** Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.

**Learning Objectives:**

K-2.H.7.1.1Demonstrate healthy practices and behaviors to maintain and improve personal Health.

K-2.H.7.1.2 Demonstrate behaviors that avoid or reduce health risks.

**Equipment Needed/Materials:**

Students will need information on the food pyramid, poster to create a food pyramid, computers for each individual student, Microsoft Word.

**Lesson Summary:**

In this lesson the teacher will explain different topics pertaining to the food pyramid and how each student can become healthier. The teacher will use the food pyramid post as a visual. The students will make an advertisement poster on Microsoft Word and post them around the school in order to promote healthy eating habits.

**Integration of Technology:**

# Each student will learn how to use shapes, text boxes, clipart, and borders in Microsoft Word. They will also learn how to use the internet search engine to find additional pictures.