

GED 2002 Teachers' Handbook of Lesson Plans

Content Area Science	Lesson Title <i>Raising a Healthy Child</i>	Correlation to Framework 03.02/03.05/03.06/03.07	Lesson Number 34
<p>Objectives/Learner Outcomes</p> <p>At the end of this lesson, the learner will be able to:</p> <ul style="list-style-type: none"> • Get the GIST of a passage related to health • Identify key features in promoting their children's health • Be more focused and actively involved in their children's lives • Develop a health and wellness plan for their children 		<p>Materials/Resources/Internet Sites/Handouts/Worksheets</p> <ul style="list-style-type: none"> • Handout – <i>Instructions for Getting the GIST</i> • Handout – <i>Overweight and Obesity in Children</i> • Handout – <i>Overweight and Obesity in Children – Cause and Effect</i> • Handout – <i>If This – Then That!</i> • Internet Resources <ul style="list-style-type: none"> ○ Kids Health Index – Nutrition and Fitness http://www.kidshealth.org/parent/nutrition_fit/index.html ○ Body Mass Index and Kids http://www.kidshealth.org/parent/nutrition_fit/nutrition/bmi_charts.html ○ Related Articles on Kids Health http://www.kidshealth.org 	
<p>Pre-Requisite Knowledge</p> <p>The learner should be able to:</p> <ul style="list-style-type: none"> • Identify the main idea and important details within a reading sample • Read charts and graphs • Perform basic math calculations • Compare and contrast information 		<p>Key Words</p> <ul style="list-style-type: none"> • Overweight • Obesity • Body Mass Index (BMI) • Eating Disorders • Sedentary 	
<p>Anticipatory Set/Introduction</p> <p>Ask: Do you ever worry about the health of your children? Unfortunately, today's research shows that our children are not as healthy as they could be. They spend more time in front of the television rather than reading books. They eat lots of junk food and too many times end up at a fast food restaurant rather than eating dinner at home. In this lesson, we are going to look at things that we can do as parents to help our children be healthier.</p>			

Preview Questions for Lesson

1. Do you have children?
2. How much time do your children spend watching television or playing on the computer?
3. How much physical activity do your children get everyday?
4. What are your children's favorite foods?
5. How often do you sit down for dinner and watch television at the same time?

Instructional Outline

Many parents are not aware of the health risks that face their children. They may also not be familiar with the many resources that they can access about children's health. In this lesson, students will read a passage that includes data from recent research and learn about ways they can improve their children's health. However, many students have difficulty in getting the GIST of passages from different content areas. In this lesson, students will use the GIST method in order to increase their comprehension of more complex reading materials. Prior to the lesson, spend a few minutes reviewing the procedures for the GIST method. This lesson will take a minimum of 1 hour and possibly longer as students use the GIST method to analyze the text.

Divide the students into team of 2-3. Distribute copies of the Handout – ***Overweight and Obesity in Children*** to students. Explain the GIST process to the students. Model the process for the students using the first two sentences of the passage. As students complete the GIST for each subsequent set of sentences, have them share their sentences with the group. Write each GIST statement on the board. Show students how to edit if they have too many words or if they do not write their GIST statements in their own words. When students have gotten the GIST for all of the sentence sets, have them write a GIST statement for the entire passage. Compare and contrast each team's GIST statements.

Distribute copies of the Handout – ***Overcoming Overweight and Obesity in Children***. Have each student write a GIST statement for the article and share it with the class. Compare and contrast the statements.

Have students complete the *If This – Then That* worksheet.

Process/Activities

During this lesson, students will:

- Use the GIST method to improve reading comprehension skills and integrate reading and writing into a science activity
- Read text and write a summary GIST statement
- Complete the ***If This – Then That*** worksheet

Product/Evaluation/Summary

When students have completed this lesson, they will provide the teacher with a copy of their:

- edited GIST statements for the passage entitled ***Overweight and Obesity in Children***:
- summary GIST statement for ***Overcoming Overweight and Obesity***; and
- completed the Handout – ***If This – Then That***.

Teaching to Different Types of Learners			
	Visual	Auditory	Kinesthetic/Tactile
Learning Activity	Provide written instructions for the activity.	Provide oral instructions to ensure that students understand what is expected of them.	Have students skim through each paragraph to get a rough idea of what the paragraph is about before reading for detail and starting the GIST process.
Special Differentiation Strategies	Set up a table for the GIST, rather than using lines on a page. This will help students visually organize the material. Have students add vocabulary words to their personal dictionaries and include definitions in their own words.	Make an audio tape of the text that is broken down into two sentence segments so that students can listen to it while they read. Students can listen to the segments multiple time in order to better comprehend the material and develop their GIST statements.	Have students write their GIST statements on index cards and then use those cards to develop the GIST summary statement.
Evaluation	Write GIST statements on an overhead and present them to the class.	Have the students read their GIST statements in their small groups to see if they “hear” anything that needs to be changed.	Have students construct poster boards of their healthy living plan rather than writing it on paper. Have students develop a PowerPoint presentation for the class that includes information on their healthy heart plan.
The Family and Adult Literacy Connection Have parents complete the Handout – <i>If This – Then That</i> with their children. Have parents help their children make smart decisions about things they can do to increase physical activity and decrease chances of weight gain. Have parents share their children’s ideas with the rest of the class.		ESE/ESOL Accommodations ESOL students come from very diverse cultural backgrounds with their own traditions related to food. Be sensitive to the students’ traditions when discussing good and bad food choices for children. Help ESOL parents identify ways that they can incorporate more healthy foods in their diet while maintaining the traditions of their culture.	

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The GIST Procedure (Generating Interactions between Schemata & Text) Teacher Directions

The GIST Procedure is a strategy that can be used to improve students' abilities to comprehend the gist or main ideas of paragraphs by providing a prescription for reading from group sentence-to-sentence production to individual or partner entire paragraph gist production. It incorporates both reading and writing, important for the adult student.

You can either use a paragraph or short passage version. At a higher level of comprehension, students may even wish to try to get the "gist" of an entire chapter or unit in a summary sentence.

Paragraph Version

Choose the appropriate paragraphs. Choose several paragraphs containing three to five sentences each of which has a gist or main idea.

Read the first two sentences. The students read the first and second sentences and retell them in the same number of words used for the first sentence alone.

Generate a summary of sentences one and two. The students then generate a single sentence of no more than 15 words that summarizes both sentences one and two.

Continue with the procedure for the rest of the paragraph. The procedure is continued until the students have produced a single statement of 15 words or fewer that best summarizes the paragraph.

Move beyond a sentence-by-sentence approach to a paragraph approach. Students should be encouraged to produce their own gist statements on an individual basis across a variety of different types of paragraphs. Move to paragraphs and then short passages. A 20 word rule should be in effect for a full paragraph.

Short Passage Version

Have students read the first paragraph and summarize that paragraph in 15-20 words, dependent on the complexity of the paragraph. Next have the students summarize the second paragraph, etc. When a summary sentence has been written for each paragraph, have students summarize the entire passage in a sentence of 20 words or less. Have students compare and contrast the gist of the passage as noted from the different summaries.

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Overweight and Obesity in Children

The number of overweight and obese children in the United States is growing at an alarming rate. Children spend less time exercising and more time in front of the TV, computer, or video game console. Busy families have less time to prepare healthy, home-cooked meals. Today, more people are interested in fast food and quick and easy solutions rather than taking the time to ensure health and well-being.

GIST Statement 1 (limit to 15 words or less)

GIST Statement 2 (limit to 15 words or less)

Since the 1960s, the number of overweight children in the United States has nearly doubled. Today, 10% of 2- to 5-year-olds and more than 15% of children between the ages of 6 and 19 are overweight. More than 30% of adults are also obese. Studies show that overweight children have approximately an 80% chance of being overweight or obese adults, especially if one or more parent is overweight or obese.

GIST Statement 3 (limit to 15 words or less)

GIST Statement 4 (limit to 15 words or less)

Developed by Susan Pittman
04/29/04

To prevent your children from becoming overweight or obese, you have to change the way you and your family eat. You also have to ensure that all members of your family increase their physical activity level. Healthy meals and exercise will ensure that you and your children live long and healthy lives. Finally, an essential element in building healthy families is for you, as the parent, to set the right example for your children.

GIST Statement 5 (limit to 15 words or less)

GIST Statement 6 (limit to 15 words or less)

Passage Summary Statement (limit to 20 words or less)

Adapted from Kids Health, The Nemours Foundation. Retrieved from the World Wide Web on 04/29/04 at: <http://kidshealth.org/parent/>.

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Overweight and Obesity in Children Cause and Effect

There are a number of factors that can cause obesity. If someone becomes overweight or obese, genetic factors, lifestyle habits, or both may be involved. Much of what we eat is quick and easy - from fast food to microwave meals. Daily schedules provide little time to prepare healthy meals or even limited amounts of exercise. Portion sizes have increased. Plus, life is often very sedentary. Children are spending more time in front of the television or on the computer.

Dr. Dorothy Anne Richmond, Director of the Eating, Assessment and Treatment Clinic at Georgetown University Hospital in Washington, D.C, says, "More TV viewing is associated with being overweight." Research shows that children younger than 8 spend an average of 2.5 hours a day watching television or playing video games, and children 8 and up spend 4.5 hours a day watching television or playing video games. In other words, once many children get home from school, virtually all of their free time before dinner, doing homework, and getting ready for bed is spent in front of one screen or another!

Physical education in school can help children get up and moving. Many schools are cutting out physical education programs or cutting down on the amount of time spent doing fitness-building physical activities. Some students get as little as 25 minutes of activity each week.

A greater reliance on "food fixes" to deal with emotions can also cause children to gain weight. Some people tend to eat more when they're feeling sad, stressed, or bored. Children will often pick up negative eating patterns from their parents. Certain endocrine problems, genetic syndromes, and medications can also be associated with excessive weight gain.

Genetics is also an important factor. A person's genes help determine how his/her body stores and burns fat. Genes and habits can be passed down from one generation to the next, so many times several members of a family will have weight problems.

People in the same family tend to have similar habits; this includes eating patterns, levels of physical activity and personal attitude about weight. Studies have shown that children are at greater risk of being overweight or obese if they have one or more parent that is overweight or obese.

Overcoming Overweight and Obesity in Your Child

The key to keeping children at a healthy weight is for the whole family to watch what they eat. However, parents must be able to "walk the walk," not just "talk the talk." Children learn by the examples that their parents set. The best way to encourage healthy eating is to work together as a family so that everyone is following the same rules. Buying groceries and cooking can be family time when parents and their children spend time together and make good food choices.

Parents must set a good example by:

- Watching less television
- Going for walks with their children
- Helping children feel good about themselves
- Building children's confidence
- Avoiding common food/eating behavior traps

Common Food/Eating Behavior Traps

- Don't reward children for good behavior or try to stop bad behavior with sweets or treats. Come up with other solutions to modify their behavior.
- Don't maintain a clean-plate policy. Be aware of children's hunger cues. Reinforce the idea that they should only eat when they're hungry.
- Don't talk about "bad foods" or completely eliminate all sweets and favorite snacks from overweight children's diets. Children may rebel and over-eat these forbidden foods outside the home or sneak them in on their own.

Recommendations for Children of All Ages:

- **Birth to Age 1:** Some doctors feel that breastfeeding instead of using formula may help prevent excessive weight gain because breastfed babies are more able to control their own intake and follow their own internal hunger cues. Limit the amount of extra sugar infants get, particularly in what they drink. Instead of lots of juice, offer water when they're thirsty.
- **Ages 2 to 6:** Start good habits early. Limit TV time and increase physical activity. Encourage children to eat healthy foods and only to eat when they're hungry. Don't use food as a reward system. Make good foods fun. Try to eat meals together.
- **Ages 7 to 12:** Encourage children to be physically active every day. Keep children active at home through everyday activities like walking and/or playing in the yard. Even basic household chores like vacuuming, washing the car, and raking leaves burn calories.
- **Ages 13 to 17:** Teens like fast-food joints. Help them make healthier choices like grilled chicken sandwiches, salads, and smaller sizes. Encourage them to join a school sports team or participate in less competitive sports like skateboarding.
- **All Ages:** Cut down on TV, computer, and video game time. Don't eat while watching the television. Include 5 servings of fruits and vegetables a day in your children's diet, plan healthy snacks, and encourage your children to eat a nutritionally balanced breakfast everyday. Most of all let your children know that you love them - no matter what their weight - and that you want to help them be happy and healthy. If you, as a parent, eat well, exercise often, and incorporate healthy habits into your family's daily life, you're modeling a healthy lifestyle for your children that will last a long time.

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If This...Then That!

It is important that parents provide alternatives for children. Fill in the blank for each statement showing what you would do as a healthier alternative for your child. There is no absolute right or wrong answer to each answer. Think of ideas that would work for your family.

1. If your child comes home from school and immediately turns on the television, then you could _____.

2. If you and your family watch television during meal times, then you could _____.

3. If your children complain about not having anything to do, then you could _____.

4. If your child shows signs of an eating disorder, then you could _____.

5. If your child eats when he/she is bored, then you could _____.

6. If your child says he/she is too fat, then you could _____.

7. If you have a "clean plate" rule in your household, then you could _____.

8. If you tell your child to stop eating junk food, then you could _____.

9. If you use candy or chips as a reward for good behavior when you go grocery shopping, then you could _____.

10. If your child refuses to try new foods, then you could _____.