



*Grade Level: Grade 1*

*Title:*

## **Keeping Fit and Healthy & Holy Communion**

*Denomination: Catholic*

*Lesson ID: LS-G1-03-CA*

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***Note: Web sites referenced in this lesson were valid at time of publication.***

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## LIFE SCIENCE MODULE – FIRST GRADE - CATHOLIC LESSON 3 – Keeping Fit and Healthy and God feeds us with Holy Communion

**GENERAL CONCEPT:** Diet, Exercise, and Good Habits and God feeds our bodies and souls.

### SCIENCE LESSON CONCEPT

Food Pyramid, Exercise, Brushing Teeth.

### GOAL OF SCIENCE LESSON

Student will be introduced to the food pyramid, the importance of exercise, and the necessity of brushing the teeth.

### OUTCOME EXPECTED

1. Student will be able to classify foods into food groups and to know what foods are healthy.
2. Student will begin to see how exercise and brushing teeth are good habits.

### MATERIALS NEEDED

- Measuring tool: measuring tape

### RELIGION LESSON CONCEPT

God feeds our bodies and souls.

### GOAL OF RELIGION LESSON

Student will know that Jesus feeds us with His Word and with Holy Communion.

### OUTCOME EXPECTED

1. Student will respect life and keeping healthy.
2. Student will begin to learn that asking for forgiveness and receiving Holy Communion feeds our souls and keeps us healthy.

### MATERIALS NEEDED

- Stories of Jesus feeding the crowds.

- Food Pyramid Chart (latest version)
- Paper
- Tooth brush
- Tooth paste
- Science Journal Page: Diet, Exercise, and Good Habits
- Crayons

#### SCIENCE METHODOLOGY

- **ASK:** What did you have for breakfast?
- **USE** the food pyramid chart to locate each child's answer.
- **DISCUSS** how much of the food pyramid the breakfast selections covered.
- **ASK:** What did you bring for lunch? What do you think you will buy for lunch?
- **USE** the food pyramid chart to find their choices.
- **DISCUSS** how well their selections matched the food pyramid recommendations.

- Stories of Jesus healing people
- Paper to make cards
- Crayons/Markers

#### RELIGION METHODOLOGY

- **DISCUSS** how to keep healthy and we need to do when we are sick.
- **DISCUSS** how we have a healthy body and we need a healthy soul.
- **TELL** the students that Jesus fed the people who came to listen to Him.
- **READ** the story of the Feeding of the 4000 or 5000 people.
- **ASK:** How does Jesus feed us today? (Through His Word and Holy Communion)
- **ASK:** Why did Jesus feed the crowds? (They were hungry and He loved them.)

- **HAVE** the student draw their food choices on the Science Journal Page: Diet, Exercise, and Good Habits.
- **HAVE** the student draw or write in what they need to eat for supper to complete the pyramid.
- **DISCUSS** how diet affects our health over time.
- **ASK:** How many brushed their teeth today?
- **HAVE** the student demonstrate the motions of brushing teeth.
- **EXPLAIN** up and down rather than across. Front teeth and back teeth.
- **ASK:** Why is it important to good health to always brush your teeth after eating?
- **HAVE** the student draw themselves brushing their teeth.
- **ASK:** What kind of exercise do you do?
- **HAVE** several students demonstrate the exercise.
- **ASK:** How long should you exercise?
- **ASK:** How often should you exercise?
- **ASK:** Can exercise be fun? How can we make it fun?
- **HAVE** the class do one or two exercises.

- **TELL** the student that Jesus also worked many miracles.
- **READ** one of the healing stories to the student.
- **ASK:** Why did Jesus heal this person?
- **ASK:** What did Jesus say to the person? (Go and sin no more.)
- **SAY:** Jesus gave forgiveness to this person and He wants to forgive us for our sins. We have to say that we are sorry.
- **SAY:** We are going to make a card to tell our parent or guardian thank you for taking good care of your body and your soul.
- **HAVE** the student design and create the Thank you card.
- **SEND** the card home.
- **POSIT:** God feeds us with His Word and With Holy Communion. He wants us to be physically and spiritually healthy.

- **POSIT:** Good health habits like diet, exercise, and brushing teeth make us healthy people.

## RESOURCES, LINKS AND COMPUTER LESSONS.

### Science Links

(Student with some teacher or parent guidance for pre-readers)

[http://www.kidshealth.org/kid/closet/games/mission\\_nutrition.html](http://www.kidshealth.org/kid/closet/games/mission_nutrition.html)

(Student and teacher) - nutrition

<http://www.dole5aday.com>

(Teacher) Links to many nutrition sites!

<http://edtech.kennesaw.edu/web/nutrit.html>

(Teacher) <http://www.healthychoices.org>

(Teacher) From the National Institutes of Health – free Video Discovery Units for Grades 1 & 2 (Open Wide and Trek Inside) with almost 1 inch of pages for 16 days of lessons on oral and dental health. CD can install until on teacher computer. Plenty of black line masters and lessons plans.

<http://science-education.nih.gov>

### Religious Links

(Teacher) Printable coloring pages of the Lord's Prayer

<http://www.raindrop.org/rugrat/fun/cpray2.gif>

(Teacher and student) Lyrics, music, and score of "Seven by Seven"

<http://patamb.supanet.com/lambs/seven.html>

(Teacher) Links to prayers, coloring pages and books about reconciliation.

<http://www.catholicmom.com/reconciliation>

**KEY WORDS**  
**LIFE SCIENCE – LESSON 3 – GRADE ONE - CA**



**FOOD PYRAMID**

**DIET**

**EXERCISE**

**BRUSHING TEETH**

**MEASURING TAPE**

**PHYSICAL HEALTH**



**HOLY COMMUNION**

**GOD'S WORD**

**FORGIVENESS**

**SOUL**

**SPIRITUAL HEALTH**

**KEY WORDS**  
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**FOOD PYRAMID**

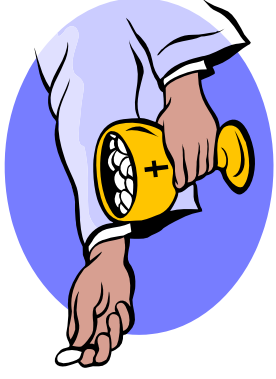
**DIET**

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