

Digestion Lesson

Learning Objectives

- I can explain why healthy foods are good for digestion and provide examples of some of those healthy foods [3.1b, 3.2b, 3.3b]

Teacher Notes

- This lesson goes after the Grains Lesson
- Teacher poses the class questions prior to playing the video. I suggest asking students to respond via chat.
- The teacher will need to tell the class how they plan to communicate whether their choice is good (G), bad(B) or neutral(N). If using chat, I recommend a 1 letter response to maximize efficiency.
- Examples of foods in the good category: fruits, veggies, whole grains, nuts, seeds and seafood
- Examples of foods in the bad category: junk food, refined grains, sweets, dairy products, etc.
- If you aren't sure where a food should go, then call it neutral!
- Video run time 5 minutes 18 seconds, activity time = about 5 minutes

Lesson Steps: Video Outline [Video Link](#)

Step 1 Introduction

- Class Questions: 1) What is digestion? 2) What types of foods do you think are easy for your body to digest? 3) What types of foods might be harder to digest?

Step 2 Activity

- Students name a food, teacher tells them whether it is good, bad or neutral for digestion. After naming their food, students do a corresponding exercise: short times for the good ones, longer times for the bad. The goal is to name a variety of as many healthy foods as possible!

Step 3 Closure

- [Exit Slip](#) – attached (optional)



Assessments

- Questions listed under step 1
- For the exit slip, open the link provided above under Step 3. Change the last 4 letters of the URL in the link from 'edit" to "copy". Use the new URL and paste it in the chat to your students. That will force them to make a copy of the exit slip so they can each create their own individual response

Extensions/Connections/Applications

- You could also use student chat responses as an informal post assessment.

Resources/References

- <https://www.medicalnewstoday.com/articles/326596>



Exit Slip

1) Why are healthy foods easier to digest than junk food?

2) Name 2 examples of healthy foods that are good for digestion

3) Name 2 examples of junk food that aren't good for digestion
