

Special Ed

HEALTHY CHOICES



ALSO INCLUDES GOOGLE SLIDES

Special Needs for Special Kids



This unit was created with this guy in mind. He has autism and an intellectual disability. He is a non-reader, has a very short attention span, and struggles to sit still. With some support he is able to do this unit, and enjoys the challenge. He is my tester!!



This unit contains 14 days of material in a printable and digital format. I have included a detailed lesson plan to help you make the most of everything in this unit including how to add some group activities.

It comes in 2 separate files. One in color and one in black and white.

Healthy Choices Lesson Plan

Preparation

- Print out a vocabulary board for each student to use throughout unit
 - Laminate or place in page protector
- Book
 - Print out, laminate, and bind

Preassessment (do day 1 before starting lesson)

- Use the fact sheet to assess what your students may already know
- I cannot emphasize enough how important this step is. If you want to see growth, this preassessment is so important!!

Teaching Tips

1. **Color Coding:** this is a really easy wa activity. Outline or color in an empty the corresponding picture symbols the task.
 - a. For more info, read more here: <https://specialneedsforspecialkids.com/differentiation/>
 - b. I also have a blog post on differe <https://specialneedsforspecialkids.com/3-ways-easily-and-effectively/>
2. **Make you own copies of the activitie** yesterday. For that reason:
 - a. I often complete the activity mys that I could use year after year.
 - b. My copies were also helpful as ei more support or as a way for mo work.
3. **Options for Use:** Turn any activity in laminating and adding Velcro.
 - a. For more info, watch this video f <https://www.teacherspayteachers.com/Activities-3474240>

Quick Look

Day	Activity
1	<ul style="list-style-type: none"> • Book • Vocab board activity • Circle map • Multiple choice activity
2	<ul style="list-style-type: none"> • Book • Vocab board activity • Circle map • Multiple choice activity
3	<ul style="list-style-type: none"> • Book • Vocab board activity • Circle map

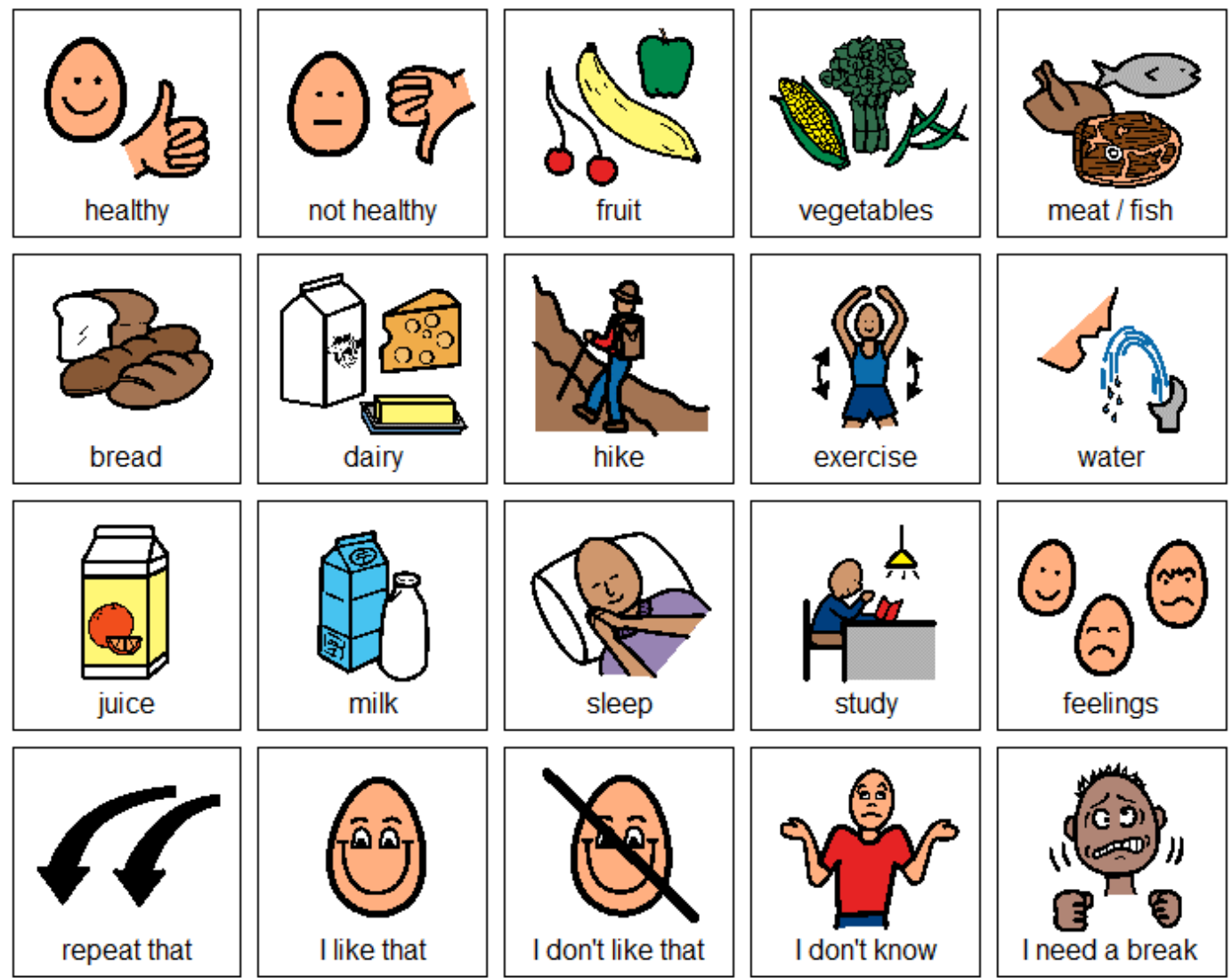
Day 2

Activity	Notes	Materials
Read the book or listen to the recorded PowerPoint (10 minutes)	<ul style="list-style-type: none"> • Read through the story, asking lots of questions • Continue to make connections between book and vocabulary board 	<ul style="list-style-type: none"> • Book • Vocabulary board
I Spy Game with vocabulary board (10 minutes)	<ul style="list-style-type: none"> • Hold up one of the pictures from the board so only you can see it. • Describe it with as much detail as you can • Ask students to put their marker/counter on the picture they think you are holding • Turn it around and ask students to raise their hand if they got it correct 	<ul style="list-style-type: none"> • Vocabulary board cut apart • Vocabulary board
Circle map review (5 minutes)	<ul style="list-style-type: none"> • Review the circle map completed yesterday 	<ul style="list-style-type: none"> • Circle map completed yesterday
Circle Map (10 minutes)	<ul style="list-style-type: none"> • Do the circle map on healthy drinks. • Choose the best version (errorless or not) depending on the learning level of your students • Students cut out symbols and place in circle map. • Make connections to the book as necessary 	<ul style="list-style-type: none"> • Circle map • Scissors • Glue
Multiple Choice activity (5 minutes)	<ul style="list-style-type: none"> • Do one of the multiple-choice activities. • Read the scenario and discuss each set of choices. • If varying opinions, consider tallying up the votes for each pair of items 	<ul style="list-style-type: none"> • worksheet
Sharing (10 minutes)	<ul style="list-style-type: none"> • Each student shares their finished activity with the group using the communication method of their choice 	<ul style="list-style-type: none"> • Completed activity • Communication devices

The lesson plans contain:

- Overall tips for teaching students with significant needs
- A quick look at what you will do each day
- Detailed instructions on how that day's lesson should run





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This unit comes with a vocabulary board.

Vocabulary boards are great for ALL students to assist with participation and engagement in group discussions.

Tips on how to use in the unit!!

(There are NO vocabulary cards in this unit.)

So how will you know which choice is the best one?



There is a 20-page book with simple text and engaging photos.

It comes in pdf version as well as a voice recorded PowerPoint (so you don't have to print it out.) There is also a movie version you can use in google slides.

What about if you are thirsty?



Which do you think would be the most healthy choice?

Our bones have important jobs to do, like standing up straight and riding our bike.



™

When your skin is exposed to sunlight, it makes Vitamin D.



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There is a second book all about keeping your bones strong.

It comes in pdf version as well as a voice recorded PowerPoint (so you don't have to print it out.) There is also a movie version you can use in google slides.





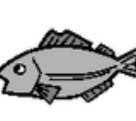




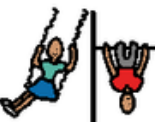





Bingo cards



- Included are 10 bingo cards in color and 10 bingo cards in BW.
- Place the cards in page protectors or laminate for long term use.
- This is a great way to practice the new vocabulary included in this unit.
- Cut apart a set of the vocabulary cards to use as the calling cards.
- To download a quick list of 10 ways to play bingo, [CLICK HERE](#)
- To get detailed directions on how to play these 10 different games including different ways to mark the board to increase engagement, then visit this blog post:
 - <https://specialneedsforspecialkids.org/2022/01/31/10-ways-to-play-bingo-in-your-special-education-classroom/>

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Healthy Choices

 vegetables	 fruit	 dairy	
 meat	 fish	 milk	 snack
 moving	 park	 playground	 water
 bike ride	 sleep	 shower	 exercise

This unit comes with 20 Bingo cards. There are suggestions for 10 different ways to play bingo as a review of the vocabulary.

My Healthy Journal



By

Christa Joy, Special Needs for Special Kids

Today's date: _____

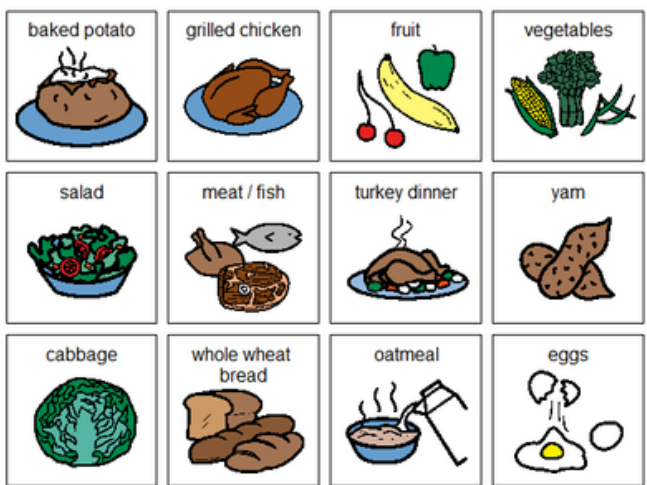
Healthy Choices I made today!!

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This unit comes with a journal that students can fill out throughout the unit documenting some choices they make each day that are healthy.

errorless

The pictures below are some healthy foods. Cut out the pictures and place in the circle map on the previous page.



Place the pictures below in the circle map **ONLY IF** you think they are healthy foods.



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There are 4 circle maps about healthy habits, including foods, drinks, snacks, and breakfast choices.

Circle maps are a great way for students to see the concept at a glance. There are 2 versions:

- One is errorless
- One has wrong answers mixed in students will have to set aside

When you get home from school, you might want a snack. Some snacks are healthier than others. Look at the snacks on the next page and sort them into those that would be healthy choices and those that would not be healthy choices.



potato chips	pretzel	apple	banana	candy
candy bar	French fries	cheese	yogurt	ice cream
cookies	brownie	carrot	celery	fruit roll
cake	rice cake	salsa	pizza	fish crackers

You finish all your homework and have some free time. Look at the activities on the next page and sort them into those that would be healthy choices and those that would not be healthy choices.



watch TV	hike	go to the park	stay inside
go for a walk	ride bike	video game	run
computer	shoot baskets	jump rope	go fishing

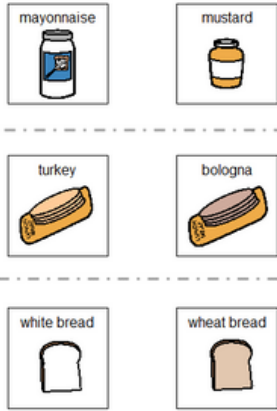
After playing outside on a hot day, you get thirsty. Look at the drinks on the next page and sort them into those that would be healthy choices and those that would not be healthy choices.



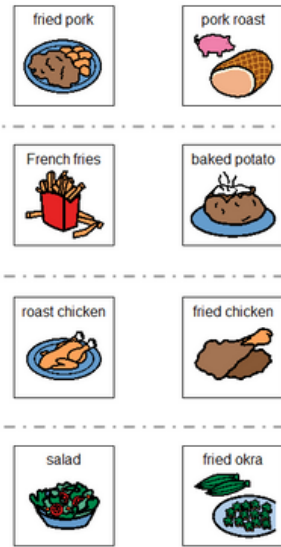
apple juice	milk	soda	grape juice
milkshake	chocolate milk	water	sweet tea
Kool-Aid	Mountain Dew	orange juice	

There are 3 sorting activities looking at choices that are healthy and less healthy in different scenarios. Suggestions for differentiation are included.

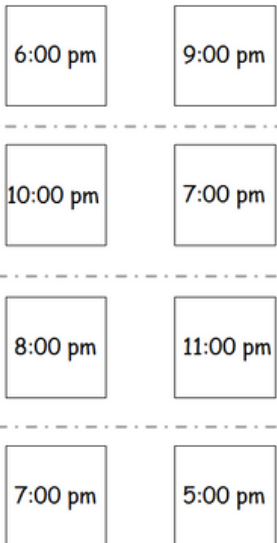
1. You are making a sandwich. Circle the option that would be healthier in each pair.



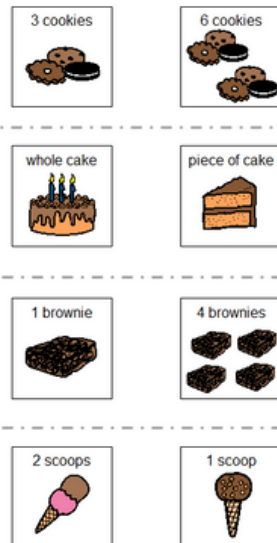
2. Your mom is getting ready to cook dinner. There are different ways she can cook the same thing. Circle the method of cooking that would be healthier in each pair.



3. Did you know that eating late at night is not a healthy choice? Circle the time that would be the healthier time to eat dinner, dessert, or a snack.



4. Everyone likes dessert sometimes. It is just important to not over do it. Circle the choice that would be a healthier amount for dessert when you have it.



There are 5 multiple choice activities. Students will be given two choices, and they will choose the healthier choice.



dairy



non-dairy



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dairy



non-dairy



milk

cottage cheese

lemon

orange

ice cream

butter

hamburger

yogurt

hot dog

ice cream

ice cream cone

waffle

cheese slices

fish crackers

chocolate milk

steak

cheese

tomato soup

ice cream

strawberry

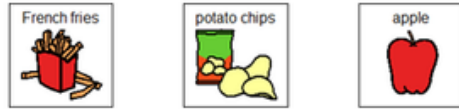
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There is a sorting activity that goes with the story about strong bones. It comes with real photos and picture symbols. Students will sort foods that do and do not belong to the dairy food group.

1. As you get older, who makes most of your decisions?



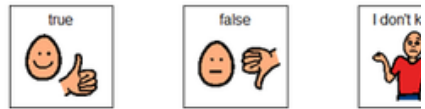
2. Circle the best option for a snack when you are hungry.



3. Circle the best option for a drink when you are thirsty.



4. True or False. Eating a healthy breakfast is a

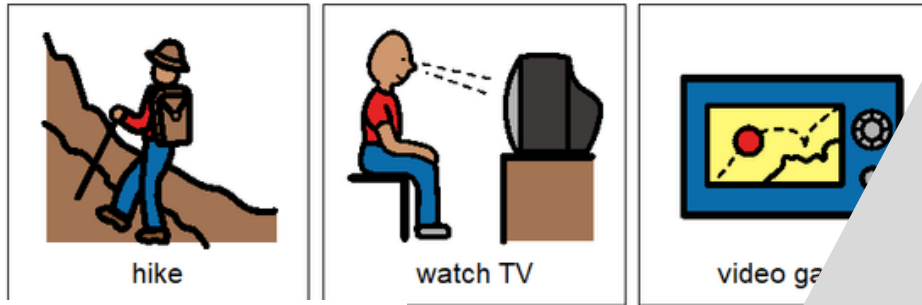


5. What is the best option when you have some free time?

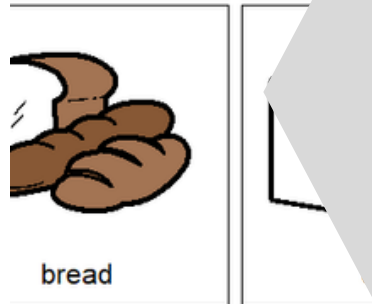


Print onto cardstock or mount on index cards. Cut pictures apart and show student answer choices for each question.

Q 5



- As you get older, who makes most of your decisions?
 - You
 - Police officer
 - Parents
- Circle the best option for a snack when you are hungry.
 - French fries
 - Potato chips
 - apple
- Circle the best option for a drink when you are thirsty.
 - Soda
 - Milkshake
 - Water
- True or False. Eating a healthy breakfast is a good choice.
 - True
 - False
 - I don't know
- What is the best option when you have some free time?
 - Hike
 - Watch TV
 - Video games
- Which food group helps to keep your bones healthy?
 - Candy
 - Bread
 - dairy



There is a 10 question assessment.

There are 3 versions. This version has 10 questions with 3 picture choices for each question.

Answer key included.

Watch the
movie on
Making
Healthy
Choices



Making Healthy Choices

By
Christa Joy

Watch the
movie on
Strong
Bones



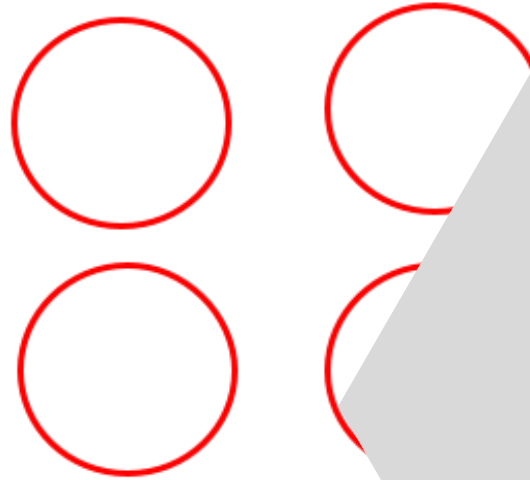
Strong Bones

By
Christa Joy

*This unit also includes digital
versions of the activities.*

*Students can watch movie
versions of the books rather
than printing them out.*

4. Everyone likes dessert sometimes. It is just important to not over do it. Circle the choice that would be a healthier amount for dessert when you have it.



Each activity is set up so students can click and drag answers. No typing is required.



When you get home from school, you might want a snack. Some snacks are healthier than others. Look at the snacks on the next page and sort them into those that would be healthy choices and those that would not be healthy choices.



healthy



less healthy


Place the pictures in the correct column. If you are not sure, place it on the middle line.

potato chips	pretzel	apple	banana
candy	candy bar	French fries	
yogurt	ice cream	cookies	
carrot	celery	fruit roll	cake
rice cake	salsa	pizza	fish crackers

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The second set of slides uses color for differentiation and extra support for students who may need it. Mix and match slides from both sets to make the perfect set for each student.





This resource comes in a zipped folder. You will need to unzip the folder to access all the contents which include:

- **9 days of lesson plans**
- **Healthy choices activities in color**
- **Healthy choices activities in black and white**
- **Voice-recorded PowerPoint show**
- **Healthy Choices book (PowerPoint) to use with activities**
- **Strong Bones book (PowerPoint) to use with activities**
- **Links and directions to digital activities**