

**H E A L T H****First Grade**

<b>Subject:</b>	Health
<b>Concept:</b>	Basic function of the human body as it relates to health information and multi-sensory experiences with basic foods.
<b>Grade Level:</b>	First Grade
<b>Objective:</b>	To identify and demonstrate the five senses with the use of colorful fruits.
<b>Materials:</b>	Basket of real fresh fruit to include: strawberries, oranges, bananas, kiwi fruit and grapes; journals/notebook paper, pencils, colors/coloring pencils/markers, blindfold handkerchief material
<b>Timeline:</b>	3 days

**Instructional Procedures:**

1. Teacher explains the names and functions of the five senses.
2. Students trace their hand on a piece of paper and label each finger with the names of the five senses.
3. Teacher brings baskets of various fruits, specifically oranges, bananas, strawberries, kiwis, and grapes.
4. Teacher explains the vitamin content in each fruit referencing various research materials. Students write the names of the fruits, the vitamin content in their journals.
5. Teacher organizes the class into five groups with each group receiving one fruit.
6. Each group will pass the fruits around until every group has experienced/researched each fruit. Teachers are encouraged to take turns blind-folding students so the student can feel the texture of each fruit to strengthen the touch sense. The students will touch and smell each fruit, and write their findings in their journals.
7. At the end of the group lesson, the teacher can wash the fruit, cut the fruit into bite size pieces and distribute to the students to identify the taste sense. Students will write their findings about the tastes of the various fruits in their journals.
8. To reinforce the sight sense, students will draw a picture of each fruit in their journal.
9. Lastly, students will select one of the fruits and write a one-paragraph monologue about what life is like as a particular fruit. Students will present orally to the class.

**Integrated Curriculum:**

English/Language Arts, Science, Communication/Presentation Skills

**Assessment:**

Participation [individual and group] in group project, completion of findings/writing about each fruit sensory experience, completion of one-paragraph fruit monologue