

Weller Health Education Center

Health Adventure

Healthy Eating series

45 minute, outreach program

Grades 2 - 3

Course Description

Go on a safari adventure through the digestive system! This is an in-depth look at the parts of the digestive system and how it breaks down food into nutrients. Students will be amazed at the size of our intestines as they unravel 20 feet of small intestine from a digestive apron.

Objectives

1. List three parts in the mouth that help with digestion.
2. List three organs involved in digestion.
3. Understand the size and function of the small and large intestines.

PA Standards

Health, Safety and PE Standards:

- 10.1.3.B Identify and know the location and function of the major body organs and systems.
- Digestive

Cross Curricular Opportunities

Science, Technology, and Engineering:

- 3.1.3.A.2 Describe the basic needs of living things and their dependence on light, food, air, water, and shelter.

Math:

- 2.1.3.C Use drawings, diagrams, or models to show the concept of fraction as part of a whole.

Reading, Writing, Speaking and Listening:

- 1.6.3.A Listen critically and respond to others in small and large group situations. Respond with grade level appropriate questions, ideas, information, or opinion.

RELA Lesson Ideas

- 1.4.3.B Write informational pieces using illustrations when relevant (e.g., descriptions, letters, single-topic reports, instructions).

- 1.5.3.A Write with a focus, with an understanding of topic, task, and audience.

2nd Grade: Write a story describing the path of your favorite food, what parts of your digestive system work to process that food?

3rd Grade: Write a story about the food you eat. Describe the importance of the three organs involved in digestion. Predict what would happen if your body was missing one of those organs.

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The **Healthy Eating** series also includes these outreach programs:

- Kids in Motion, grades 1 – 3
- Food for Thought, grades 2 – 3
- Food Label Mabel, grades 2 – 3
- Kitchen Nutrition, grades 2 – 4
- Jambalaya Jeopardy, grades 4 – 6
- Body Smarts, grades 5 – 7
- Media Wise, grades 5 – 7
- Chew on This!, grades 6 – 8
- NoBody's Perfect, grades 6 – 10