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# Lesson Plan: Caleb's Super Food Adventure!

**Subject:** Health & Nutrition

**Time Allotment:** 20 Minutes

**Student:** Caleb (Age 6)

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## Materials Needed:

- 3 pieces of construction paper: 1 green, 1 yellow, 1 red
- A marker or pen
- Pictures of about 10-15 different foods cut from magazines, printed from the internet, or drawn. (Include a mix of healthy and less-healthy options, e.g., apple, banana, carrots, broccoli, chicken, milk, cookies, chips, soda, candy, bread, pizza).
- A paper plate
- Tape or a glue stick

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## Learning Objectives

By the end of this 20-minute lesson, Caleb will be able to:

1. Identify the difference between foods that are good for his body every day and foods that are occasional treats.
2. Sort pictures of food into three categories: "Go," "Slow," and "Whoa."
3. Create a "Superpower Plate" using mostly "Go" foods.

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## Lesson Procedure & Activities

### Part 1: The Superpower Introduction (3 Minutes)

1. **Engage:** Start by asking, "Caleb, did you know that the food you eat can give you different kinds of superpowers? Some foods give you the power to run super fast and play all day. Other foods don't give you much power at all."
2. **Introduce the Concept:** Lay out the green, yellow, and red papers. Explain, "We're going to think about food like a traffic light."
  - Point to the **green** paper. "Green means '**GO!**' These are super foods that give you lots of energy to grow, learn, and play. We can eat these anytime." (Write GO on the green paper).
  - Point to the **yellow** paper. "Yellow means '**SLOW!**' These foods are okay to eat sometimes, but not every day. They don't give you as much power." (Write SLOW on the yellow paper).
  - Point to the **red** paper. "Red means '**WHOA!**' Stop and think! These are special occasion treats. They taste yummy but have lots of sugar and don't help our bodies get strong." (Write WHOA on the red paper).

## Part 2: The Great Food Sort (8 Minutes)

1. **Activity:** Spread out all the food pictures on the floor or table.
2. **Guided Practice:** Say, "Okay, Super Caleb, your mission is to help me figure out which foods give us the best powers! Let's sort them."
3. Pick up the first picture (e.g., an apple). Ask, "What about an apple? Do you think this is a GO food for playing, a SLOW food, or a WHOA, just-a-treat food?" Guide him to place it on the green paper. Celebrate his choice: "Yes! Apples are GO foods! They give you energy to run!"
4. Continue with the other pictures, letting Caleb take the lead. Pick up a picture of a cookie. "What about a cookie? Does this give you long-lasting superpower energy?" Guide him to place it on the red 'Whoa' paper. Explain why: "Cookies are delicious, but they have a lot of sugar that makes our bodies feel tired later. They are a 'Whoa' treat!"
5. Use simple explanations for each food (e.g., "Carrots help you see in the dark!", "Milk builds strong bones!").

**Teacher Tip (Differentiation):** If Caleb finds this easy, ask him *\*why\** a food is a GO or WHOA food. If he struggles, sort the first few pictures together, talking through your reasoning for each one.

## Part 3: Build a Superpower Plate! (7 Minutes)

1. **Creative Application:** Give Caleb the paper plate. Say, "Great job sorting! Now, for your final mission: build yourself a Superpower Meal! Choose foods from our piles to create the perfect lunch on this plate that will give you the most energy for the rest of the day."
2. Let him choose pictures and tape or glue them onto his plate. Encourage him to pick mostly from the "GO" pile, maybe one from the "SLOW" pile, and explain why he wouldn't want to fill his plate with "WHOA" foods for lunch.
3. **Assessment & Closure:** When he's done, have him present his plate. Ask, "Tell me about your superpower meal, Caleb! What powers will these foods give you?" This is a fun way to check his understanding.
4. **Wrap-up:** Conclude by saying, "You did an amazing job today! Now you know how to choose GO foods to fuel your body for all your adventures. You are officially a Super Food expert!"

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