

# Fuel Your Superpowers: Healthy Eating & Language Skills

## Lesson Overview

**Target Age:** 7 years old (Grade 3 Admission Prep)

**Duration:** 20 Minutes

**Goal:** Students will improve reading comprehension, identify parts of speech (nouns, verbs, adjectives), and practice sentence structure using the theme of healthy eating.

## Materials Needed

- Paper and pencil
- Three colored pencils or markers (Red, Blue, Green)
- A small piece of real fruit (optional, for the hook)

## Learning Objectives

By the end of this lesson, the student will be able to:

- Identify at least two nouns, verbs, and adjectives in a text.
- Answer two comprehension questions about a short passage.
- Write two complete sentences with correct capital letters and periods.

## 1. The Hook: Superpower Fuel (2 Minutes)

**Teacher/Parent Script:** "Imagine your body is like a high-speed racing car. To win the race, do you put muddy water in the engine or high-quality fuel? Healthy food is our 'superpower fuel'! Today, we are going to read about how to keep our engines running fast while practicing our Grade 3 detective skills."

## 2. Reading & Grammar: The Healthy Snack (8 Minutes)

*(I Do / We Do)*

**Instructions:** Read the following passage aloud with the student.

### The Crunchy Snack

Ben sits at the wooden table. He picks up a **shiny** red **apple**. Ben **eats** the fruit slowly because it is very **crunchy**. Healthy snacks help kids **grow** strong. He smiles because he has lots of energy to **run**!

### Comprehension Check:

1. Why does Ben eat the apple slowly?
2. What do healthy snacks help kids do?

### Grammar Detective Task:

Explain the "Parts of Speech" quickly:

- **Nouns (Naming Words):** People, places, or things (e.g., apple, table).
- **Verbs (Action Words):** Things you can *do* (e.g., eat, run).
- **Adjectives (Describing Words):** Words that tell us *what it's like* (e.g., shiny, crunchy).

**Activity:** Go back to the text. Circle one **Noun** in Blue, one **Verb** in Red, and one **Adjective** in Green.

## 3. Writing Task: My Healthy Plate (8 Minutes)

*(You Do)*

**Instructions:** Now it's your turn to be the author! Write two sentences about your favorite healthy food. Use the checklist below to make sure they are perfect for a Grade 3 test.

### The Rules:

- Use at least one **Adjective** (describing word).
- Start with a **Capital Letter**.
- End with a **Period (.)**.

*Example: I love sweet oranges. They make me feel fast.*

(Student writes here)

## 4. Conclusion & Success Check (2 Minutes)

**Recap:** "You did a great job today! We learned that nouns name things, verbs show action, and adjectives make our writing more interesting. Most importantly, we learned that healthy food gives us the energy to learn!"

### Success Criteria:

- Did I find a noun, verb, and adjective?
- Did I answer the questions about Ben?
- Did my sentences start with capital letters and end with periods?

## Differentiation & Adaptability

- **For Extra Support:** Provide a "Word Bank" for the writing task (e.g., Sweet, Banana, Munch, Cold, Carrot).
- **For an Extra Challenge:** Ask the student to find a "Proper Noun" (Ben) and explain why it has a capital letter. Ask them to add an exclamation point to their writing.
- **Classroom Tip:** If doing this in a group, have students "Think-Pair-Share" their favorite healthy food before writing.