

Delicious Descriptions

Who Am I? Exploring Me, Myself, and I

Recommended Time: 1 Workshop

Objective:

Students will think about and examine the kinds of healthy choices they need to make in order to grow up healthy, strong and happy. They will write about healthy foods and activities and why they are important.

Materials:

- Flashcards with names and pictures of a variety of fruits and vegetables (included)
- "I am" template (included)
- Soccer ball/talking piece

Warm Up:

- **We're Going on a Trip:** Have the group sit in a circle. Explain to them that they will be playing a game where the team will be planning a trip (how about a soccer tournament in Hawaii with SCORES!) and will need to think of all the different things they should bring with them. The trick is that the group will have to go in order of the alphabet and choose something that starts with the letter the group is on when it is their turn. For example, the first person will start by saying, "We're going on a trip, and I will bring the Apples!" Make it a group goal to see how many fitness/nutrition items they can think of! The game stops when you get through the alphabet.

Commented [MSOffice1]: Maybe "We're Going on a Trip." You can play it so that every item they say they're taking should be a healthy food if they can think of one, eg. "I'm taking apples." "I'm taking bananas." "I'm taking carrots," etc. Approximately 10 minutes.

Lesson:

1. **(10 minutes)** Begin with a short discussion to get the team thinking about what healthy choices they need to make in order to grow up healthy and strong. Use the soccer ball as the "talking piece" (**Note to Coach:** when using the soccer ball as a talking piece, either have the students stand in a circle and pass the ball with their feet or have them sit in a circle and pass the ball by rolling it with their hands.) Remind students that only the person with the ball is allowed to speak.

Sample Questions:

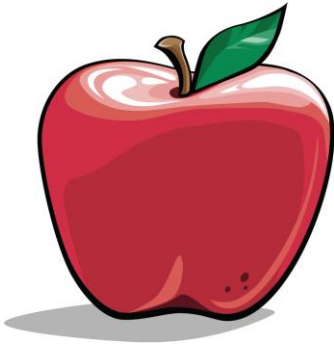
- What kinds of food do we need to eat in order to be healthy and strong?
 - Is it important to run and play sports, like soccer, in order to keep our bodies healthy? Why?
 - What do you want to be when you grow up?
2. **(20 minutes) Write-On:** Hand out a flashcard and a copy of the "I am" Template to each student. The students should start by re-writing the word on their flashcard and then write down "describing words" on their paper. For example, for apple: *round, crunchy, fast, red*. Tell the students they are going to write "I am" poems, where they pretend to be the fruit or vegetable on their flashcard.
 - a. **Tips for non-readers/non-writers:** First help these students sound out the word on the flashcard so that they know what they are writing. Encourage the students to use the picture to help them figure it. Some students may



need to trace the letters in order to re-spell the word they were given. Brainstorm describing words with them (begin by giving your own example). Ask them to choose one word, sound it out, and write down those sounds.

- b. **Tips for advanced students:** After writing a list of describing words, ask these students to now write down the opposites of those words - words that do *not* describe their flashcard. They can include these in their poem by writing lines that start with "I am not___."
3. **(5 minutes)** Put the students in pairs and provide a few minutes for each to practice sharing his/her poem with one other student.
4. **(10 minutes) Share:** Time to play a guessing game! Each student will read his/her poem and the students in the audience will guess which flashcard that student had based on the descriptions he/she is giving.

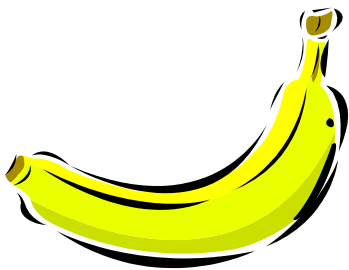
apple



orange



banana



broccoli



carrot



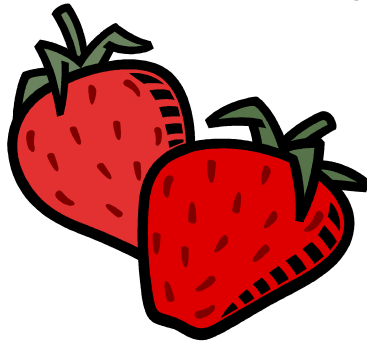
corn



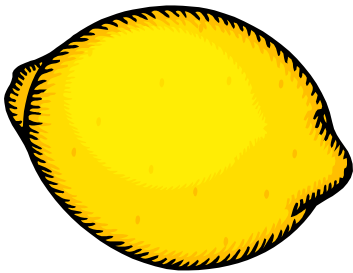
spinach



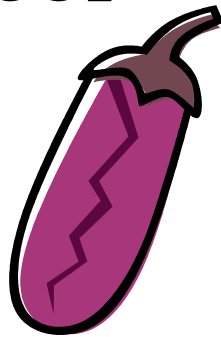
strawberry



lemon



eggplant



peach



grapes

