

Common Core Standards

Lesson Plan:

- **K.RI.2:** With prompting and support, identify the main topic and retell key details of a text.

Print Concepts and Fluency:

- **K.RF.1a:** Follow words from left to right, top to bottom, and page-by-page.
- **K.RF.1b:** Recognize that spoken words are represented in written language by specific sequences of letters.
- **K.RF.1c:** Understand that words are separated by spaces in print.
- **K.RF.4:** Read emergent-reader texts with purpose and understanding.

Practice Exercises:

- **K.L.1c:** Form regular plural nouns orally by adding /s/ or /es/ (e.g., dog, dogs; wish, wishes).
- **K.CC.7:** Compare two numbers between 1 and 10 presented as written numbers.

Active Learning:

- **K.W.2:** Use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.
- **K.SL.6:** Speak audibly and express thoughts, feelings, and ideas clearly.

Printable Book:

- **K.RF.1a:** Follow words from left to right, top to bottom, and page-by-page.
- **K.RF.1b:** Recognize that spoken words are represented in written language by specific sequences of letters.
- **K.RF.1c:** Understand that words are separated by spaces in print.



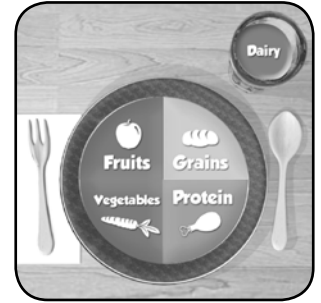
Common Core Lesson Plan

“How to Order a Balanced Meal”

Grade: K

Common Core Standards:

- **K.RI.2:** With prompting and support, identify the main topic and retell key details of a text.



Materials Needed:

- “How to Order a Balanced Meal” video episode, computer, Wi-Fi connection, “Big Idea, Little Idea” worksheet, scissors, glue

Preparation:

- Familiarize yourself with the lesson, video, and the related fluency passage.
- Gather the needed materials in an appropriate area.

Breaking it Down:

- Watch the video, “How to Order a Balanced Meal.”
- Use the fluency passage to reinforce the lesson theme and goals.
- Complete the lesson.

Lesson:

1. After watching the video lesson, hand out the “Big Idea, Little Idea” worksheet.
2. Ask your students to tell you what the story is about. Prompt them to give you the main idea.
3. Ask your students to help you describe or explain the main idea. Using simple pictures and words, draw and write the ideas on the whiteboard.
4. Guide the students through reading the captions on the pictures, cutting out the four pictures, and gluing them in the “Big Idea” and “Little Idea” idea bubbles.



Wonder Grove Kids

wgep021 v04

“How to Order a Balanced Meal”

Common Core Lesson Plan

“How to Order a Balanced Meal”

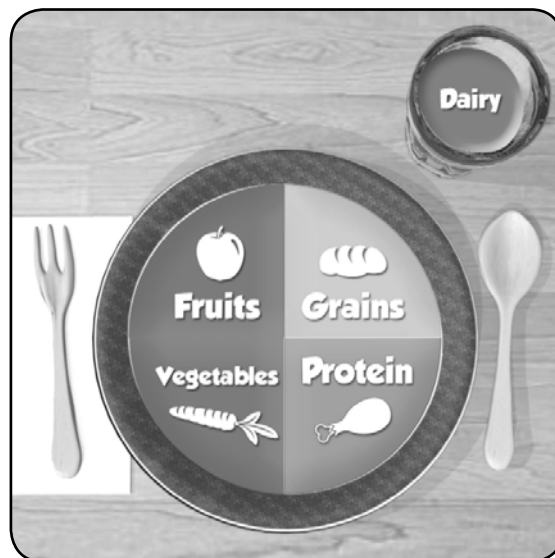
Grade: K

Open Dialogue:

- Review the five food groups and what foods they include.
- Discuss ideas on how kids can eat balanced meals at home and at school.
- Have students share what foods they would order to create a balanced meal.

Capping it Off:

- Have students complete the practice math and language exercises.
- Have students color the associated coloring pages. Display within the classroom or have the students take them home to share with their families.
- Have students complete the active learning project.
- Encourage students to refer back to the printable book and fluency passage as needed.
- Reinforce the lesson throughout the year by using reminders and reviewing the episode.



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“How to Order a Balanced Meal”

Big Idea, Little Idea

Name: _____ Date: _____

"How to Order a Balanced Meal"

Big Idea



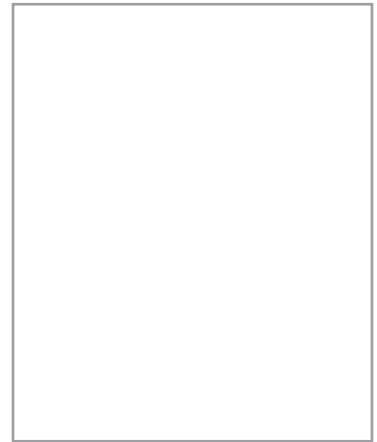
Little Idea



Little Idea



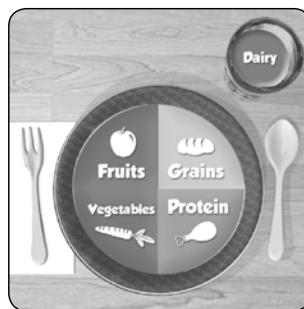
Little Idea



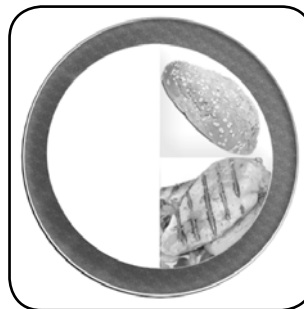
Fruits and Vegetables



Eat a balanced meal.



Protein and Grains



Dairy

