

Checklist	Learning Components & Talking Points	Observation Notes
✓ =Complete, P=Partial, X=not observed		
Introduction		
	Educators introduce themselves and Husky Reads (i.e. each week we will be reading, trying healthy snacks, and moving our bodies to stay healthy)	
	Ask children if they know what “healthy” means, explain it is all the things we do to keep our bodies strong	
	Ask each child to name a healthy food or exercise they like	
	Introduce MyPlate poster	
	Prompt children to say “MyPlate”	
	Identify each food group by name and color	
	Prompt children to repeat names of the <u>food groups</u>	
	Identify foods within each food group	
	Explain that MyPlate reminds us what foods to eat to stay healthy	
Book: <i>Marvelous Me</i> or <i>I Like Myself</i> or <i>What I Like About Me</i> (circle book selected)		
	Name healthy foods / activities as they appear	
	Educators actively engage children	
	Educators use the Book Guide provided to ask children lesson reinforcing questions	
	Conclude by connecting story and lesson objectives	
Activity: Healthy Me Game		
	Name healthy habits shown on game cards	
	Discuss how each “healthy habit” is good for us	
	Educators actively engage children in game	
Tasting: Bananas		
	Explain bananas have peels to protect from damage	
	Encourage children to remove the peel themselves	
	Have children pick up banana and try together on the count of three	
	Children appropriately encouraged to try	
	Educators act as role model to try the food	
Review		
	Repeat key messages before leaving class	
Other comments:		

Husky Reads Lesson: Classroom Teacher Feedback Survey

Dear Classroom teacher:

In hopes of providing the strongest nutrition education and literacy development program to your students, the Husky Reads program would like to hear from our partnering teachers on their perspectives! Please circle one response per question.

We would like to know what you thought about today's Husky Reads lesson: *"What I Like About Healthy Me!"*

Do you think the:	Please circle your response:				
1) children enjoyed the lesson	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
2) lesson was age appropriate	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion

Do you think the lesson helped increase children's:	Please circle your response:				
3) recognition of MyPlate	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
4) ability to name example(s) of what it means to have a healthy body (ex: strong muscles and bones, energy to play, no illness, etc)	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
5) ability to name healthy <u>foods</u>	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
6) ability to name healthy <u>activities</u>	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
7) willingness to try new foods	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion

Please use this space to include any other comments you would like to share with the Husky Reads team about your students experience with our program.

Site:

Class:

Date: