

Checklist	Learning Components & Talking Points	Observation Notes
✓ =Complete, P=Partial, X=not observed		
<b>MyPlate Review</b>		
	Review of previous lesson	
	Display MyPlate poster and ask children if they remember seeing it last week	
	Ask children if they know the names of each of the food groups	
	Identify each food group by name and color	
	Prompt children to repeat the names of the food groups	
	Explain it's important to eat food from each food group and exercise every day to stay healthy & strong	
<b>Introduction</b>		
	Point out the purple section = protein group	
	Repeat "protein"	
	Protein begins with P	
	Discuss protein foods on poster: name, color, taste, source (i.e. eggs from chickens, hummus from beans)	
	Ask which protein foods children like to eat	
	Explain that protein helps to build strong muscles	
	have children show off their muscles	
<b>Book: Peanut Butter and Cupcake or Green Eggs and Ham</b>		
	Educators actively engage children in book	
	Educators use the Book Guide provided to ask children lesson reinforcing questions	
	Conclude by connecting story and lesson objectives	
<b>Activity: Protein Memory Game</b>		
	Name protein foods in the game	
	Say which muscle(s) the exercise is strengthening	
	Educators actively engage children in game	
<b>Tasting: Baby Carrots and Hummus</b>		
	Explain that hummus is made out of a type of bean and that it is a protein-rich food	
	Have children pick up carrot with hummus and try together on the count of three	
	Children appropriately encouraged to try	
	Educators act as role model to try the food	
<b>Review</b>		
	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, "Power Up With Protein!"

<b>Do you think the:</b>	<b>Please circle your response:</b>				
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

<b>Do you think the lesson helped increase children's:</b>	<b>Please circle your response:</b>				
3) recognition of MyPlate	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
4) awareness that MyPlate reminds us what to eat to be healthy	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
5) awareness of <u>protein</u> as a food group	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
6) ability to name <u>protein-rich</u> foods	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: