

Nutritious Words

With a little creativity, a typical spelling lesson can also be an exercise in hand-eye coordination and nutrition! In this lesson, students will use new props to add “flavor” to their spelling words while moving at the same time.

SUBJECTS



PHYSICAL
ACTIVITY



NUTRITION



LANGUAGE
ARTS

GRADE LEVEL

2

TIME

20 min

Nutritious Words

Objectives

- Students will practice spelling the names of fruits and vegetables while engaging in physical activity

Materials & Preparation

- Beach ball with the colors of common fruits and vegetables (red, orange, yellow, green, blue/purple, and white)
- Students should have some prior knowledge of how to spell words similar to the ones in the activity

Common Core Standards

- W.2.8. Recall information from experiences or gather information from provided sources to answer a question.

Lesson Introduction

1. Explain to students that as a morning warm-up, today we will be practicing our spelling words with some physical movement.
2. Explain the rules of the game:
 - All students must stand next to their desks.
 - The teacher will throw the beach ball to a student. When the student catches the beach ball he must check to see what color his right (or left) thumb has landed on.
 - The student then needs to say a fruit or vegetable that is the same color.
 - As the student spells the word, all the students will perform a pre-selected physical movement, such as jumping jacks, as each letter is spelled. For example, if the word is “banana,” the students will do six jumping jacks, one for each letter of the word “banana.”
3. Do a practice demonstration with two responsible students, one naming the produce and doing the spelling, while the other demonstrates the required movement.

Nutritious Words

Body of Lesson

4. Begin by throwing the beach ball to a student. (Request that the students throw the ball to someone who has not had a turn yet.) If the student catches the ball and can't come up with a fruit or vegetable, he can say "pass" and then toss it to the next student. If the student spells the word incorrectly, someone can "save" the student by spelling the word again while the first student does the movement.
5. Continue until every student has had a chance to catch the ball.

Conclusion

6. Review the words spelled, and add any new words to the word wall or list. Use the new words to write a poem, paragraph or short story about what was learned. Which words were the easiest to spell? Why were they so easy? (Did the students have lots of exposure to that fruit or vegetable?) What were the hardest words to spell? What were the hardest colors to match with examples of produce?

Extensions

- Bring in lesser-known fruits and veggies and/or ask students to bring in a fruit or vegetable (assign half to bring fruit and half veggies. Ask for a new, rare or favorite vegetable to be shared.) Let groups or pairs of students observe (using the five senses) and record what they learned about the fruit or vegetable they observed.
- Students can do many types of quizzes the same way, with a beach ball and a type of movement. Math facts such as adding and subtracting are very easy areas in which to add movement.