



Educator Guide: Goal-Setting Lesson

Recommended for Grades:

1st grade

Time:

2 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 6: Use a goal-setting process to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. Identify two trusted adults who can help them set a health-related goal.
2. Set and track a nutrition goal for one week.

Lesson Description:

In this lesson students will learn what a goal is, and what adults can help them with their goals. The characters will share what their goals are, and based on those examples, students will set their own nutrition goal for the week and track their progress using the Goal-Setting Worksheet provided both in the lesson and in this guide.



Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Goal-Setting Lesson. You may choose to use this list in any way that fits your needs.

- Balance – doing physical activities and eating healthy food every day
- Fruit – a food group, which includes things like apples, grapes, oranges, bananas and pineapple
- Go foods – foods that you can eat almost any time because they are good for you
- Goal – something you decide to do
- Vegetable – a food group, which includes things like lettuce, broccoli, peppers and carrots
- Whoa foods – foods that you shouldn't eat very often because they are not very good for you

Goal-Setting Worksheet

Name: _____ Date: _____

Parents: Help your child set a food goal to try this week. Some examples could include: drink only water and milk each day, or try one new fruit or vegetable each day.

Student: Write down your food goal for the week.

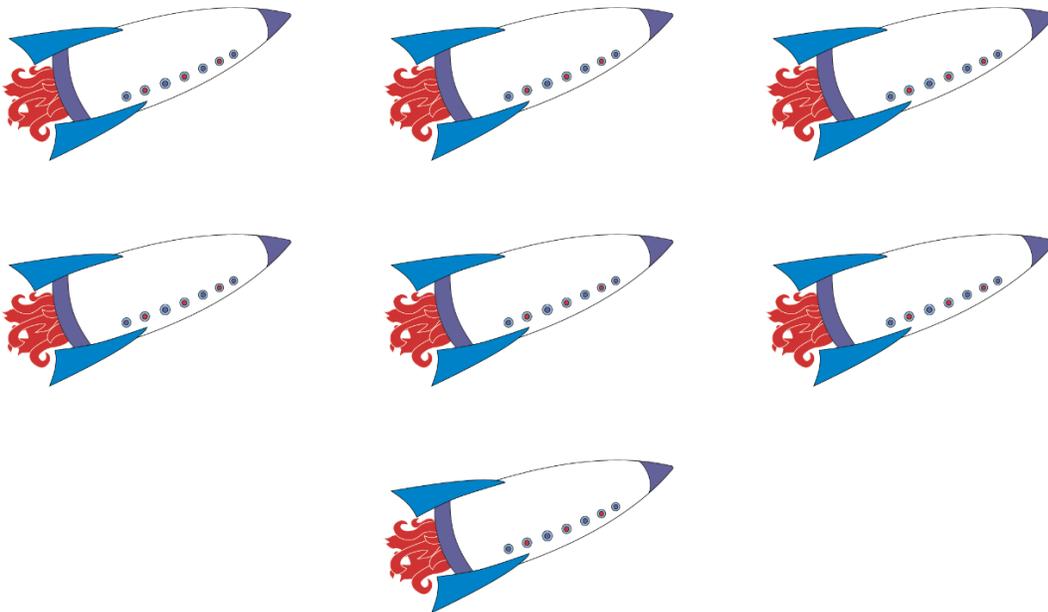
I will _____
_____.

Who are two adults that can help you?

1- _____

2- _____

Cross off one rocket ship each day that you achieve your goal.



Supplemental Activity: Family Meals

Objectives:

After completing this activity students will be able to:

- Recognize the importance of family meals.
- Talk with their family about family meals.

Materials Needed:

- Family Meals Handout (in the Handouts section of this guide or in the E-Learning Center).

Time Required:

10 minutes

Instructions:

Hold a discussion with students about the importance of eating as many meals together as a family as possible. Mealtime can be used to talk with each other and share something that happened that day. Even if the whole family cannot eat together, it's important to try to eat with at least one other family member. Maybe dinner isn't an easy time to get everyone together. Make breakfast the family meal then! Eating together as a family improves food choices and family relationships.

Send each student home with a copy of the Family Meals Handout, which can be found on the next page or in the E-Learning Center. At the bottom of that handout is a place for families to write down their goal for eating together as a family.

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Family Meals

Families Who Eat Together:

- Have better nutrition
- Have higher self-esteem
- Have a lower risk of depression
- Have lower rates of obesity
- Do better in school

What You Can Do:

- Create a space for your family to sit together. This could be a table or other flat surface in your home.
- Turn off the TV during mealtime. This helps family members focus on each other and the food they're eating.
- Make a no cell phone policy at meals. All phones should be kept in another room.
- Connect by talking. Start by saying what the best part of your day was. Ask others to share too.
- Have children help with mealtime tasks when they can. Younger children can set the table, make a salad or help measure ingredients. Older children can cook simple items with an adult watching and helping.
- Make a plan for the days and times to eat family meals. If it is hard to eat dinner together, try lunch on the weekends, or breakfast during the week. If you cannot get the entire family together, choose a time that works for most family members. Answer the questions below to get started.

Currently, how many meals does your family eat together per week? _____

Our goal is to eat _____ meals together as a family next week.

Check the boxes below for meals below that you will eat together during the week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							



Transcript

Slide 1

Goal Setting

Slide 2

Do you know what a goal is? When you have a goal, you decide what you're going to do, and then you try to do it. Can you set a food goal for this week? You might decide to try five different fruits or vegetables or stop drinking sugary drinks. You can use the worksheet to write down how you're doing with your goal.

Sometimes, there are things that make it hard to get to your goal. These are called obstacles. There are plenty of adults who can help you with your goals. If you have an obstacle, you can talk to parents, relatives, teachers, and even doctors or food experts!

And remember, different people set different goals, even your friends here in outer space. Click on their pictures to hear about their goals.

Sofia: My last goal was to try three new foods. This week, I want to try six new foods! Snack time will be awesome!

Carly: I don't like cooked spinach. It's so slimy! My goal is to find a different way of making spinach, so it tastes better, like in a salad!

Jack: My goal is to eat five fruits and vegetables a day without eating the same one twice! Wow, think of all those different flavors and colors!

Zach: I want to find a way to make Whoa Foods into Go Foods. Like if my mom bakes chicken for dinner instead of frying it!

Slide 3

Congratulations! You've finished your outer space travels. Remember, when you stop to think about what your body might need, that's when your health goes to light speed! Good luck, space travelers!



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